San José State University  
Kinesiology Spring 2020, KIN 61A, Beginning Hatha Yoga

Contact Information

Instructor: Suzanne Caughlan  
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Office Hours: By Appointment  
Class Meetings & location YUH 208

Course Description

In this course the student will learn the correct movements, postures and sequence used in traditional Hatha Yoga Course

Course Goals, Student Learning Objectives, Basic Skills

* Knowledge of fundamental skills and techniques of hatha yoga. 
* An understanding of the mental, energetic and physical health benefits from practicing meditation, pranayama and concentration techniques. 
* Concepts, history, current research, and basic terminology. 
* An understanding of the alignment and issues. 
( There are specific pages in your course reader related to all of the above categories )

Activity Program Learning Outcomes

After completion of the physical activity graduation requirement, students shall be able to:

• Demonstrate proficiency in the execution of the motor/sport skills appropriate to the specific activities completed.
• Identify and/or explain the applicable history, rules, strategies, current research, safety, and etiquette related to the specific activities completed.
• Identify and/or explain the benefits of physical activity as related to physical and mental health.
• The ability and awareness to choose the asana variation appropriate for you and use of these beneficial skills in daily life.

Course Reader (Required)

Purchase the course reader for this class at Maple Press
On the edge of campus at 330 South 10th Street. They only accept cash.

Course Notes
* Class protocol: Students are expected to arrive on time and participate fully in all activities throughout the class period. Turn cell phone off and put away for the duration of the class. Interactions with classmates and the instructor are expected to be respectful at all times. Cooperation and mature behavior are expected in the class.

• Intellectual property: Course materials developed by the instructor (e.g., exam/quiz items, videos, lecture notes), are the instructor’s intellectual property and cannot be shared or uploaded in any form publicly without the instructor’s approval.

• If you have pre-existing medical or physical problems you should consult your physician before participating in this class and alert the instructor to any required limitations.

• Report any accidents to the instructor immediately.

• Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of 45 hours over the length of the course (normally three hours per unit per week) for instruction, preparation/studying, or course related activities.

• Put all of your personal items in the designated area of the room

• You can bring your own yoga mat, it is recommended but not required

• Wear comfortable unbinding clothes that do restrict your movement or breath.

Course Requirements, Assignments, and Grading -

• Written quiz - February 28th

• There are ten questions, some are based on the course reader pages that I have talked about during class (pages weeks 1 – 6) and some are based on foundational skills that we have been focusing on in class.

• No make-up for missing quiz except in extreme cases.

• C=6.25, B=7.75, A=9.25 - Whole grades out of 10.

Assignments/Projects:
Journal Notes: See full page of information in your course reader.
Finals Assignment: See full page of information in your course reader.

Grading
60 points - Participation** and knowledge of skills. (see below)
10 points - Work sheets which are included in your course reader / Finals assignment /
Turning thing in on time
20 points - Assignment – Journal Notes
10 points - Written Quiz

**Participation-
You can miss one class with no affect to your grade.
Please check with me about possible excused absences.
If you miss a class because you feel that you know the material already, contact me before that class and I will then assign you a paper to turn in instead, related to the topics involved for the class you have not attended.
Students are expected to arrive on time and participate fully in all activities throughout the class period.

Grading Scale used to determine final course grade.

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<tr>
<th>Percentage</th>
<th>Equivalent Grade</th>
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<tbody>
<tr>
<td>97% - 100%</td>
<td>A+</td>
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<tr>
<td>93% - 96%</td>
<td>A</td>
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<td>90% - 92%</td>
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<td>87% - 89%</td>
<td>B+</td>
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<td>83% - 86%</td>
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<td>below 60%</td>
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University Policies

Information pertaining to university programs and policies designed to facilitate student success can be found here:

http://www.sjsu.edu/gup/syllabusinfo/
Beginning Yoga- (The bold italic phrases refer to course reader pages.)

General order of when we focus on specific course reader pages.

Week - 1 and 2
Welcome to class and what you should expect for the semester.
Introduce alignment, breath, relaxation and beginning asanas.

Course Outline and Journal Notes
Kinesiology Department Policies pages.
General Guidelines and Yoga Benefits pages.
Turn in What Are You Expecting, Personal Level of Participation pages.

Diaphragmatic Breathing
Savasana / Deep Relaxation / Namaste / pauses
Table and Tadasana, alignment practices

Alignment page

Pranayama page.
Individual asanas of the Sun Postures.
Introduce Asana Images pages.
Bridge / Pelvic tilt
Cobra
Supine twist - basic
Moon

Week 3 and 4
Continue with course reader pages from week 1 and 2

Yoga History / Theory
Balanced Routine and Order of Movement pages.

Meditation page.

Sun Postures and Asana Pages

Alignment Assignment page.
Three part diaphragmatic breathing
Seated alignment demo and props
Beginning floor, seated and standing asanas
Basic asana flows (firm, child, hare) and (seated alignment, forehead to knees, boat)
Supine rotation – Cross-legged and variations
Cobra, arms behind
Gate

Week 5 and 6
Emphasis a complete and balanced routine.

Asana Central Instruction
Measured breath
Sphinx
Locust
New variations of the moon pose
Sun posture variations
Bridge + leg raises
Seated forward bend demo
Moon and rise up
Visualization-Healing Energy
**Week 7 and 8**
Review for the quiz.
Quiz
Turn in *Personal Assessment / Request* page.
New variation of seated rotation
Half bow
Dolphin
Butterfly
Locust / Tree
Bridge-Arms under and leg raises
*Pranayama* II - Lunar / Solar Breath
Refinement of alignment points

**Week 9 and 10**
*Chakra chart*
*Chakra Diagrams*
*Affirmations*
Chakra Class
*Ashtanga + Yamas / Niyamas*
Begin to choose your asana version
Begin to do some of the asanas on your own
Lunge and Rotate
Bridge pose at wall
Fish and Butterfly
Leg Raise to Pigeon
Foot stretches
Visualization-universal travel
Affirmation- Inspiration

**Week 11 and 12**
*Meditation*
More individual choices within class
Extra long deep relaxation – Energy Flush
Energy / thoughts / magnetism
Butterfly
Tree variations
More sun posture variations
Review details of alignment to deepen experience.
Guided visualization- Calm mind

**Week 13 and 14 and 15**
Journal notes due.
Work more with pranayama, breath and meditation practices including hong/sau.
Expand upon all of the yoga practices so far introduced.
More visualizations
Inverted L at wall.
Shoulder stand at wall
Review of asanas, one category at a time.
Each week we will expand upon the asana pages. Look them over throughout the semester.