

**San José State University**  
**Kinesiology**  
**KIN 61A, Beginning Hatha Yoga, Sections 6 & 8, Fall 2015**

**Course and Contact Information**

<b>Instructor:</b>	Sandy Olliges
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<b>Office Hours:</b>	Mondays 11:00 a.m. – 1:00 p.m., Tuesdays by appointment
<b>Class Days/Time:</b>	Section 6: Tuesdays 1:30 – 3:20 p.m. Section 8: Tuesdays 3:30 – 5:20 p.m.
<b>Classroom:</b>	EC - AER

**Email Information**

Class information will be posted on my website: <https://sites.google.com/a/sjsu.edu/olliges-sjsu/> and sent to you via MySJSU email. Please keep your MySJSU email address updated. This syllabus is posted on the [Kinesiology](http://www.sjsu.edu/kinesiology/GreenSheet/) website: <http://www.sjsu.edu/kinesiology/GreenSheet/>.

**Course Description**

**You must bring your Tower Card to be admitted to class.**

In this course, the students will learn the correct movements, postures, and sequences used in traditional hatha yoga. Emphasis will be on learning fundamental yoga asana skills and related techniques and principles. The students will learn the Kali Ray TriYoga system of asana, breath, and mudra.

**Course Goals and Student Learning Objectives**

Following activities and assigned reading, students will be able to demonstrate through class activities/ assignments, skill tests, and written exams,

- the correct movements, postures, and sequences used in Hatha yoga, as taught in the Kali Ray TriYoga system. Emphasis will be on learning fundamental yoga asana skills and related techniques and principles;
- Proficiency in execution of the skills covered;
- An understanding of ‘mindful movement’ as it applies to exercise;
- An understanding of meditation as it applies to exercise;

- An understanding of the history, rules, strategies, current research, safety, and etiquette associated with Yoga;
- An understanding of the mental and physical health benefits to be derived from Yoga;
- An appropriate level of proficiency in personal fitness as it relates to core strength, upper body strength, lower body strength, balance, coordination, flexibility, and body alignment;
- An understanding of how to reduce mental and emotional stress levels through breath work, concentration, meditation, physical training, and an increased understanding of the body/mind relationship;
- An understanding of the various paths of Yoga, the goal of which is Self-realization.

## 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

## Required Texts/Readings

### Textbook

Required Text (available from SJSU Bookstore):

Feuerstein, G., (2011). *The path of yoga: An essential guide to its principles and practices*. Boston, MA: Shambhala.

Read the following chapters: 1-4 and 7-10.

## Course Requirements and Assignments

### Tests and Other Assignments:

#### ASSIGNMENT SCHEDULE:

- 10% Take-Home Test 9-22-15
  - Based on readings in required text (see above)
  - Turn in hard copy in class on or before 9-22
- 10% Midterm Paper 10-20-15
- 20% Skills Testing 11-17 and 11-24
- 10% Final Paper 12-1-15
- 50% Skill Development through class participation 8-25 through 12-8

#### PAPERS

- Papers may be submitted by hard copy in class or by email to [solliges.yoga@comcast.net](mailto:solliges.yoga@comcast.net) Papers must be in 12-point font, double-spaced.

- I will deduct up to 10% of the paper's grade for mistakes in grammar and/or punctuation. The papers are expected to be written at a college level of proficiency.
- If submitted by email, papers must either be Word or Pages or be copied into the body of the email. I will send you a reply within 24 hours of receiving your paper. If you have not received a reply by the due date, your assignment will be considered late. Alternately, you can hand in a hard copy in class, on or before the due date.
- Points will be deducted for late assignments (5 points per class day).

### **Midterm Paper Assignment**

**Due October 20, 2015**

Refer to Chapter 4 in the textbook, *The Path of Yoga*, which describes the five moral precepts and the five practices of self-restraint that are given by Patanjali in the *Yoga-Sutra*. Choose one of the moral precepts **or** one of the practices of self-restraint.

Write a one- to three-page essay describing your understanding of and experience with this precept or practice and how it is related to Yoga.

### **Final Paper**

**Due December 1, 2015**

Pick **one** of the following question sets. Write a one- to three-page paper that answers the question set that you have chosen.

1. Do you identify yourself with your body or with your mind and feelings, or with the seer who sees through the mind? How would you recognize these different ways of seeing yourself?
2. Do you feel there is a reason or a purpose for your existence? How is this purpose served by your incarnation in this body at this time and place?
3. How do your mental posture and emotional state affect your physical posture? And vice versa?
4. Can you identify in yourself two natures—lower and higher, or carnal and spiritual? What are the tendencies and habits of these two natures?
5. What do you think is the relationship between the existence of something and its perception by someone?

### SKILLS TEST                      11-17 or 11-24

Students will demonstrate sequences of postures that have been taught during the semester. Evaluation will be based on correct alignment, rhythmic movement, economy of motion, and mudra.

## Grading Policy

### Grading Plan

#### EVALUATION:

Develops Skills Through Class Participation	50%
Instructor will observe students' performance of Yoga skills during their class participation.	
Take-Home Test (Based on readings from required text)	10%
Written Midterm Paper	10%
Skills Testing	20%
Final Paper	10%

**Grading Scale used to determine letter grade for each component above.**

Percentage	Equivalent Grade
97% - 100%	A+
93% - 96%	A
90% - 92%	A-
87% - 89%	B+
83% - 86%	B
80% - 82%	B-
77% - 79%	C+
73% - 76%	C
70% - 72%	C-
67% - 69%	D+
63% - 66%	D
60% - 62%	D-
below 60%	F

#### **Class Make-Ups**

The instructor continually assesses the students' development of skills during class participation. Missing more than one class will result in a lowering of the participation grade.

Students can make up participation points by attending class in the other section (Section 6 students can attend Section 8, and Section 8 students can attend Section 6) or by completing additional written assignments.

To make up one class via written assignment, Refer to Chapter 4 in the textbook, *The Path of Yoga*, which describes the five moral precepts and the five practices of self-restraint that are given by Patanjali in the *Yoga-Sutra*. Choose one of the moral precepts **and** one of the practices of self-restraint that you did not write about in your midterm paper.

Write one page about the moral precept and one page about the practice of self-restraint, describing your understanding of and experience with this precept and practice and how they are related to Yoga.

**There are no make-ups for the skills test.**

### **Penalty for Late Take-Home Tests and Papers**

There will be a 5-point penalty for each class day that the take-home test or midterm paper is turned in late. No assignments or make-up work will be accepted after the last day of class, December 8.

## **Classroom Protocol**

The training room will be treated as a traditional ashram (a place of spiritual practice).

The following serves as introductory etiquette:

- Students are expected to be punctual and remain to the end of the class.
- Students should wear comfortable clothes that will allow unimpeded movement.
- Jewelry must be removed and pockets emptied. Shoes and socks must be removed. Keep hands and feet clean.
- No eating or chewing gum.
- An attitude of respect is to be maintained for all participants at all times.
- Practice is relaxed and internally focused.
- All injuries will be immediately reported to the instructor.
- Students will participate in breath work (*pranayama*), chanting, visualization, and meditation.

### **IMPORTANT COURSE INFORMATION AND REQUIREMENTS:**

- Active class participation is essential to fulfill the course requirements. You will be allowed to miss one class without any deduction of participation points. Absences can be made up as described above; all make-up work must be completed by December 8, 2015.
- Class time lost due to injury or illness: Timely communication between the student and the instructor regarding an ongoing illness or injury is a must. Special arrangements regarding such issues need to be handled at the onset of the condition.
- **There are no make-ups for the skills test.**
- Five points will be deducted for each class day that an assignment is turned in late.

## University Policies

### Dropping and Adding

Students are responsible for understanding the policies and procedures about add/drop, grade forgiveness, and so forth. Refer to the current semester's [Catalog Policies](http://info.sjsu.edu/static/catalog/policies.html) section at <http://info.sjsu.edu/static/catalog/policies.html>. Add/drop deadlines can be found on the current academic year calendars document on the [Academic Calendars webpage](http://www.sjsu.edu/provost/services/academic_calendars/) at [http://www.sjsu.edu/provost/services/academic\\_calendars/](http://www.sjsu.edu/provost/services/academic_calendars/). The [Late Drop Policy](http://www.sjsu.edu/aars/policies/latedrops/policy/) is available at <http://www.sjsu.edu/aars/policies/latedrops/policy/>. Students should be aware of the current deadlines and penalties for dropping classes.

Information about the latest changes and news is available at the [Advising Hub](http://www.sjsu.edu/advising/) at <http://www.sjsu.edu/advising/>.

### Consent for Recording of Class and Public Sharing of Instructor Material

[University Policy S12-7](http://www.sjsu.edu/senate/docs/S12-7.pdf), <http://www.sjsu.edu/senate/docs/S12-7.pdf>, requires students to obtain instructor's permission to record the course.

- “Common courtesy and professional behavior dictate that you notify someone when you are recording him/her. You must obtain the instructor's permission to make audio or video recordings in this class. Such permission allows the recordings to be used for your private, study purposes only. The recordings are the intellectual property of the instructor; you have not been given any rights to reproduce or distribute the material.”
  - Because active participation of other students may be on the recording, permission of those students must be obtained as well.
- “Course material developed by the instructor is the intellectual property of the instructor and cannot be shared publicly without his/her approval. You may not publicly share or upload instructor generated material for this course such as exam questions, lecture notes, or homework solutions without instructor consent.”

### Academic Integrity

Your commitment, as a student, to learning is evidenced by your enrollment at San Jose State University. The [University Academic Integrity Policy S07-2](http://www.sjsu.edu/senate/docs/S07-2.pdf) at <http://www.sjsu.edu/senate/docs/S07-2.pdf> requires you to be honest in all your academic course work. Faculty members are required to report all infractions to the office of Student Conduct and Ethical Development. The [Student Conduct and Ethical Development website](http://www.sjsu.edu/studentconduct/) is available at <http://www.sjsu.edu/studentconduct/>.

### Campus Policy in Compliance with the American Disabilities Act

If you need course adaptations or accommodations because of a disability, or if you need to make special arrangements in case the building must be evacuated, please make an appointment with me as soon as possible, or see me during office hours. [Presidential Directive 97-03](http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf) at [http://www.sjsu.edu/president/docs/directives/PD\\_1997-03.pdf](http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf) requires that students with disabilities requesting accommodations must register with the [Accessible Education Center](http://www.sjsu.edu/aec) (AEC) at <http://www.sjsu.edu/aec> to establish a record of their disability.

## **Accommodation to Students' Religious Holidays**

San José State University shall provide accommodation on any graded class work or activities for students wishing to observe religious holidays when such observances require students to be absent from class. It is the responsibility of the student to inform the instructor, in writing, about such holidays before the add deadline at the start of each semester. If such holidays occur before the add deadline, the student must notify the instructor, in writing, at least three days before the date that he/she will be absent. It is the responsibility of the instructor to make every reasonable effort to honor the student request without penalty, and of the student to make up the work missed. See [University Policy S14-7](http://www.sjsu.edu/senate/docs/S14-7.pdf) at <http://www.sjsu.edu/senate/docs/S14-7.pdf>.

## **Student Technology Resources**

Computer labs for student use are available in the [Academic Success Center](http://www.sjsu.edu/at/asc/) at <http://www.sjsu.edu/at/asc/> located on the 1st floor of Clark Hall and in the Associated Students Lab on the 2nd floor of the Student Union. Additional computer labs may be available in your department/college. Computers are also available in the Martin Luther King Library. A wide variety of audio-visual equipment is available for student checkout from Media Services located in IRC 112. These items include DV and HD digital camcorders; digital still cameras; video, slide and overhead projectors; DVD, CD, and audiotape players; sound systems, wireless microphones, projection screens and monitors.

## **SJSU Peer Connections**

Peer Connections, a campus-wide resource for mentoring and tutoring, strives to inspire students to develop their potential as independent learners while they learn to successfully navigate through their university experience. You are encouraged to take advantage of their services which include course-content based tutoring, enhanced study and time management skills, more effective critical thinking strategies, decision making and problem-solving abilities, and campus resource referrals.

In addition to offering small group, individual, and drop-in tutoring for a number of undergraduate courses, consultation with mentors is available on a drop-in or by appointment basis. Workshops are offered on a wide variety of topics including preparing for the Writing Skills Test (WST), improving your learning and memory, alleviating procrastination, surviving your first semester at SJSU, and other related topics. A computer lab and study space are also available for student use in Room 600 of Student Services Center (SSC).

Peer Connections is located in three locations: SSC, Room 600 (10th Street Garage on the corner of 10<sup>th</sup> and San Fernando Street), at the 1st floor entrance of Clark Hall, and in the Living Learning Center (LLC) in Campus Village Housing Building B. Visit [Peer Connections website](http://peerconnections.sjsu.edu) at <http://peerconnections.sjsu.edu> for more information.

## **SJSU Writing Center**

The SJSU Writing Center is located in Clark Hall, Suite 126. All Writing Specialists have gone through a rigorous hiring process, and they are well trained to assist all students at all levels within all disciplines to become better writers. In addition to one-on-one tutoring services, the Writing Center also offers workshops every semester on a variety of writing topics. To make an appointment or to refer to the numerous online resources offered through the Writing Center, visit the [Writing Center website](http://www.sjsu.edu/writingcenter) at <http://www.sjsu.edu/writingcenter>. For additional resources and updated information, follow the Writing Center on Twitter and

become a fan of the SJSU Writing Center on Facebook. (Note: You need to have a QR Reader to scan this



code.)

### **SJSU Counseling Services**

The SJSU Counseling Services is located on the corner of 7<sup>th</sup> Street and San Fernando Street, in Room 201, Administration Building. Professional psychologists, social workers, and counselors are available to provide consultations on issues of student mental health, campus climate or psychological and academic issues on an individual, couple, or group basis. To schedule an appointment or learn more information, visit [Counseling Services website](http://www.sjsu.edu/counseling) at <http://www.sjsu.edu/counseling>.

## Kin 61A / Beginning Yoga Sections 6 & 8, Fall 2015, Course Schedule

The schedule is subject to change with fair notice, which may include verbal announcements in class and/or email to students.

Week	Course Content (Assignments/Activities)
1 Aug 25	Introduction to TriYoga Begin reading the following chapters in <i>The Path of Yoga</i> and begin working on the Take-Home Test: Chapters 1-4 and 7-10.
2 Sept 1	Level 1 Series 1-1 asana, pranayama, concentration, meditation
3	Level 1 Series 1-1 asana, pranayama, concentration, meditation
4	Level 1 Series 1-1 asana, pranayama, concentration, meditation
5 Sept 22	Level 1 Series 1-1 asana, pranayama, concentration, meditation <b>Take-Home Test Due – Bring Hard Copy to Class</b>
6	Level 1 Series 1-2 asana, pranayama, concentration, meditation
7 Oct 6	Level 1 Series 1-2 asana, pranayama, concentration, meditation
8	Level 1 Series 1-2 asana, pranayama, concentration, meditation
9 Oct 20	Level 1 Series 1-2 asana, pranayama, concentration, meditation <b>Midterm Paper Due</b>
10	Level 1 Series 1-3 asana, pranayama, concentration, meditation
11 Nov 3	Level 1 Series 1-3 asana, pranayama, concentration, meditation
12	Level 1 Series 1-3 asana, pranayama, concentration, meditation
13 Nov 17	Level 1 Series 1-3 asana, pranayama, concentration, meditation <b>Skills Test</b>
14 Nov 24	Level 1 Series 1-3 asana, pranayama, concentration, meditation <b>Skills Test</b>
15 Dec 1	Level 1 Series 1 asana, pranayama, concentration, meditation <b>Final Paper Due</b>
16 Dec 8	Level 1 Series 1 asana, pranayama, concentration, meditation <b>Last Day</b> to turn in late assignments and make-up work.