

San José State University
Kinesiology Spring 2021, KIN 61B, Beginning Hatha Yoga
Modified for the On Line Semester:

Instructor:	Suzanne Caughlan
Office Location:	SPX 102 (main office)
Telephone:	408 924-3010 (main office)
Email:	Suzanne.Caughlan@sjsu.edu
Office Hours:	By Appointment
Class Meetings & location	On Line

Only use your S.J. email address not a personal email address when corresponding via Email and refer to both your course # and section# with each email.

Check your email and Canvas regularly.

This is an unusual semester, being entirely on line. There will be a lot of foundational material at the beginning of the semester, and it is important that you keep up with it, because everything builds sequentially and there will be frequent quizzes.

There is written material from two sources for this class. Some of the information is exclusively in this course reader and some material exclusively in ILearn.

Some pages will be in both locations.

Also in ILearn you will find:

Recorded audios, My pre-recorded videos, Announcements, Assignments

Course Reader (Required) Purchase the course reader for this class at Maple Press
www.maplepress.net

330 S. 10th St., San Jose, CA (408) 297-1000 Monday - Friday, 8:30 am - 5:00 pm

Course Description

Further exploration of the theories and practices of Hatha Yoga encompassing the second level series of traditional intermediate Hatha Yoga postures, breathing exercises, and relaxation techniques. Prerequisite: Beginning level or its equivalent.

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.

*We will start out for the first few weeks at a pace that may seem slow, so everyone can have correct technique, style and alignment. For most of the semester the asanas are at a level that you may be expecting for this class. By the end of the semester there will be some asanas that will be optional for most people.

*Complete a balanced routine- Beginning with focusing the awareness into breath practice; Warm ups which energize and open the body; Strength, balance and flexibility through a varied selection of yoga asanas; and then come to a place of completion at the end of each class with deep relaxation, concentration and meditation techniques. Many of these yoga practices can increase concentration, creativity and mental clarity.

Course Notes

- * 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.
- Wear comfortable unbinding clothes that do not restrict your movement or breath.
- You should have your own yoga mat and a large beach towel..

Course Requirements, Assignments, and Grading -

Quizzes on Line

The quizzes will cover information from throughout the semester and will be on line. I will tell you ahead of time when to expect them.

Keep up with all of the reading and assignments so you are ready for each quiz.

Also look over the appropriate course reader pages, the ones I have talked about so far.

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.

Other On Line Assignments.

Grading

60 % of your grade is Participation and knowledge of skills. Since we are on line the quizzes, video assignments and fully watching all of the posted videos will be in this category.

The remaining 40 % of your grade will include other assignments, turning things in on time, turning in forms, and journal notes. All details are on Canvas.

Grading Scale used to determine final course grade.

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

University Policies

Information pertaining to university programs and policies designed to facilitate student success can be found here: <http://www.sjsu.edu/gup/syllabusinfo/>

KIN 61B (*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 + Background*** pages.

Yoga History / Theory

Warm ups

Pranayama

Daily Yoga

Savasana / Deep Relaxation / Namaste

Tadasana and directions of movement (standing poses)

Moon

Bridge / pelvic tilt

Cobra / Supine twist

Individual asanas of the ***Sun Postures***.

Week 3 and 4

Balanced Routine and ***Order of Movement***

Alignment and Alignment Assignment

Asana Categories

Asana Images

Table and Tadasana, alignment practices

Seated alignment / Seated rotation

Prop demos – Firm/Seated on floor/ Seated in chair

Measured breath / Three part breath

Meditation

Beginning floor, seated and standing asanas

Basic asana flows (firm, child,hare) and (seated alignment, forehead to knees, boat)

Locust / Sphinx

Bridge with leg raises

Gate

Week 5 and 6

Emphasis a complete and balanced routine.

Sun Posture Variations

Ashtanga

Affirmation

Pranayama II

Inverted poses

Pigeon

Tree

Turn in ***Personal Assessment / Request*** page

Week 7 and 8

.Focus on the breath pattern with the standard sun postures routine.

Begin to choose your asana version / Begin to do some of the asanas on your own

Wide Stance Forward + Rotation

Leg Raise into Pigeon

Fish

Lunar Breath / Solar breath

Warrior / Chair

Week 9 and 10

Advanced Asana Advanced chakra class.

Camel

Ganesha

Pyramid

Chair

Alternate nostril breath

Maha Mudra

Chakra Diagram, Chakra Charts and *Chakra Worksheet*

Chakra class.

Week 11 and 12

Guided visualization.

Extra long deep relaxation.

Headstand Prep

Headstands.

More individual attention.

Yoga seal

More advanced seated poses

Week 13 and 14

Work more with pranayama and breath practice

Work more with meditation practice.

Expand upon all of the yoga practices so far introduced.

Visualizations – Calm Mind

More sun posture variations

Continue to introduce and add *Advanced Asanas* and variation to our routine.

Journal notes due.

Week 15 and 16

Review details of alignment to deepen experience.

Optional *Advanced Level Asanas*.

Peacock feather

Full bow

Head Stand

Finals Assignment

Each week we will expand upon the asana pages. Look them over through out the semester.