I. **Course Description**
Kinesiology 1131-002 Yoga. Instruction and practice of Yoga asanas, pranayama, meditation, and relaxation.

II. **Rationale**
Yoga is an introductory course designed to provide the student with a basic knowledge of the practice of Yoga. Classroom and practical experience opportunities will be provided for students to format a complete practice with the goal to overcome the limitations and imbalances to improve physical strength, general health, flexibility, posture, and manage stress.

III. **State Adopted Proficiencies for Teachers and/or Administrators/Counselors**
1. **LEARNER-CENTERED INSTRUCTION:** The teacher possesses and draws on a rich knowledge base of content, pedagogy, and technology to provide relevant and meaningful learning experiences for all students.
2. **LEARNER-CENTERED INSTRUCTION:** To create a learner-centered community, the teacher collaboratively identifies needs; and plans, implements, and assesses instruction using technology and other resources.
3. **EQUITY IN EXCELLENCE FOR ALL LEARNERS:** The teacher responds appropriately to diverse groups of learners.
4. **LEARNER-CENTERED COMMUNICATION:** While acting as an advocate for all students and the school, the teacher demonstrates effective professional and interpersonal communication skills.
5. **LEARNER-CENTERED PROFESSIONAL DEVELOPMENT:** The teacher, as a reflective practitioner dedicated to all students’ success, demonstrates a commitment to learn, to improve the profession, and to maintain ethics and personal integrity.

IV. **TExES Competencies (if applicable)**
N/A

V. **Course Objectives/Learning Outcomes**
*This course is designed to enable students to:*
enable students of every level of ability, age, and physical condition to develop a yoga practice to improve fitness, balance, posture, and manage stress. Given lectures, discussions, demonstrations, assignments and community resources the student will be able to:

1. Demonstrate knowledge of structure, anatomy and physiology of yoga asanas.
2. Demonstrate knowledge of modifications and individualization of yoga asana for specific populations and physical conditions or injury.
3. Demonstrate knowledge of different pranayama techniques.
4. Demonstrate an understanding of various meditation and relaxation techniques.
5. Demonstrate knowledge of Yoga concepts, history and philosophy.

VI. Course Topics
*The major topics to be considered are:*
A. Hatha Yoga - Iyengar Tradition/History
B. Eight Limbs of Yoga (Patanjali's Yoga Sutras) - Philosophy
C. Classical Asanas - Structure, anatomy/physiology, benefits, and contra-indications
D. Pranayama - Breath Control
E. Meditation and relaxation techniques
F. Modification of Asana practice for individuals with special needs

VII. Instructional Methods and Activities
*Methods and activities for instruction include:*
A. Traditional Experiences (lecture/discussion; demonstration; guest instructor; video)
B. Clinical Experiences (cooperative groups; student demonstrations and presentation, student practice and participation)

VIII. Evaluation and Grade Assignment
*The methods of evaluation and the criteria for grade assignment are:*
A. METHODS AND PERCENTAGE OF FINAL COURSE GRADE
   1. Traditional Assessment - Written Tests
   2. Performance Assessment - Practical & Attendance

   1. Attendance 200 points
   2. Midterm Practical 100 points
   3. Quizzes 2 @ 50 pts. 100 points
   4. Final Practical 100 points

   TOTAL 500 POINTS

B. GRADING SCALE
   A = 450-500 POINTS = 90-100%
   B = 400-449 POINTS = 80-89%
   C = 350-399 POINTS = 70-79%
   D = 300-349 POINTS = 60-69%
   F = BELOW 300 POINTS = BELOW 60%

IX. Course Schedule and Policies (see attached)

X. Textbook
*The textbook adopted for this course is:*
“Yoga for the Joy of It!” by Minda Goodman Kraines, MA and Barbara Rose Sherman, BS
XI. Bibliography

The knowledge bases that support course content and procedures include:

- Desikachar, T.D.V. The Heart of Yoga. Inter Trad. Int. Rochester, VT.
- Feuerstein, G. Shambhala Encyclopedia of Yoga. Shambhala Publ., Boston, MA.
- Iyengar, B.K.S. The Tree of Yoga Shambhala Publications. Boston, MA.

XII. Grade Appeals

As stated in University Rule 13.02.99.C2, Student Grade Appeals, a student who believes that he or she has not been held to appropriate academic standards as outlined in the class syllabus, equitable evaluation procedures, or appropriate grading, may appeal the final grade given in the course. The burden of proof is upon the student to demonstrate the appropriateness of the appeal. A student with a complaint about a grade is encouraged to first discuss the matter with the instructor. For complete details, including the responsibilities of the parties involved in the process and the number of days allowed for completing the steps in the process, see University Rule13.02.99.C2, Student Grade Appeals, and University Procedure 13.02.99.C2.01, Student Grade Appeal Procedures. These documents are accessible through the University Rules Web site at http://www.tamucc.edu/provost/university_rules/index.html. For assistance and/or guidance in the grade appeal process, students may contact the Office of Student Affairs.

XIII. Disabilities Accommodations

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you believe you have a disability requiring an accommodation, please call or visit Disability Services at (361) 825-5816 in Driftwood 101.

If you are a returning veteran and are experiencing cognitive and/or physical access issues in the classroom or on campus, please contact the Disability Services office for assistance at (361) 825-5816.
A. Course Schedule-Tentative
Throughout the Semester, Chapter 3-13 will be practiced.

Jan. 12th
Read: Forward & Preface
Discuss: Course Overview, Policies & Syllabus

Jan. 17th & 19th
Read: Chapters 2 & 5
Eight Limbs: Asana & Pranayama
Concepts: Definition of Yoga, Namaste, Prana
Asanas: Viranahadrasana I & II (Warrior) Tadasana (Mountain) Navasana (Boat)
Alanasana (High Lunge) Anjananasana (Low Lunge) Matsyasana (Fish)
Vrksasana (Tree)

Jan 24th & 26th
Read: Chapters 4, 5, & 6
Eight Limbs: Pratyahara
Concepts: Samskara, Drishti, Chitta Vrtti, Bandha, Agni and Prop Usage
Asanas: Virabhadrasana III (Warrior) Adho Mukha Svanasana (Down Dog)
Bhujangasana (Cobra) Balasana (child’s pose) Viparita Karani (legs up wall)
Supta Padangusthasana w/two straps Salabhasana (locust) with bolster

Jan. 31st & Feb. 2nd
Read: Chapter 6
Eight Limbs: Dharana & Dhyana
Concepts: Gunas (Qualities) Tamas, Satva & Rajas
Asanas: Uthitha Trikonasana (triangle) Uthitha Parsvakonasana (extrended lateral triangle) Ardha Chandrasana (standing half moon) Malasana (garland squat)
Eight Point (grasshopper) Eka Pada Raja Kapotasana (cobra)
Feb. 7th & 9th
Read: Chapters 14, 7, & 9
Eight Limbs: Yama & Niyama
Concepts: Bandhas; Jalandhara Bandha, Uddiyana Bandha, Mula Bandha, Hasta Bandha, Pada Bandha,
Asanas: Utkatasana (Chair) Parivrtta Trikonasana (revolved triangle) Parsvottanasana (pyramid) Prasarita Padottanasana (extended leg forward bend) Gomukhasana (cow faced pose)

Feb. 14th & 16th
Read: Chapters 6, 7, & 14
Eight Limbs: Samadhi-Review all limbs
Buddhist Gratitude Meditation (for Valentines Day)
Concepts: REVIEW CONCEPTS
Asanas: Natarajasana (dancer) Dhanurasana (bow)

Feb. 21st
Quiz 1

Feb. 23rd
Read: Review Chapters 6 & 7
Full Practice- Standing Asanas & Arm balances at wall (prep for handstand)
Practical Thursday March 8th

Feb. 28th & March 1st
Read: REVIEW Chapter 6, Begin Chapter 13
Concepts: Gunas: Satva, Tamas, and Rajas
Asana: Adho Mukha Dandasana (plank) workshop, Eight Point Pose (grasshopper), Surya Namaskara: Viniyoga Tradition (one minute flow)
Review STANDING ASANAS
MIDTERM PRACTICAL March 8th

March 6th
Read: Review Chapter 6
Full Practice. REVIEW STANDING ASANAS AND SEQUENCE FOR MIDTERM PRACTICAL.
Meditation: Begin Metta /Karuna Meditation

March 8th
MIDTERM PRACTICAL: STANDING ASANAS

March 13th & 15th
SPRING BREAK
March 20th & 22nd
Read: Chapters 9 & 10
Concepts: Yama: Ahimsa & Satya
Asanas: Garudasana (eagle) Setu Bandhasana (bridge) Ustrasana (camel)
Paschimottanasana (forward bend) & variations, Upavistha Konasana (seated wide angle) Urdhva Dhanurasana (backbend)

March 27th & 29th
Read: Handout Yama/Niyama & Chapter 8
Concepts: Yama: Asteya & Bramacharya
Presentation: Masuri Emoto-Water
Meditation: Metta/Karuna
Asanas: Adho Mukha Dandasana (plank), Chaturanga Dandasana (low plank)
Urdhva Mukha Svanasana (upward facing dog), Purvottanasana (upward Plank), Vasisthasana (one arm plank)

April 3rd & 5th
Read: Chapter 13 & Yama/Niyama Handout
Concepts: Yama: Aparigraha; Niyama: Saucha Practice of Kriya
Demonstrate: Netti Pot
Meditation: Metta/Karuna
Asanas: Surya Namaskar-Iyengar Tradition Beginning & Insertion Standing Asanas

April 10th & 12th
Read: Chapter 13 & Yama/Niyama Handout
Concepts: Niyama: Samtosha & Tapas
Meditation: Metta/Karuna
Asanas: Surya Namaskar Ashtanga Tradition A & B

April 17th & 19th
Read: Chapter 14 & Yama/Niyama Handout
Concepts: Branches of Yoga & Niyama: Svadhyaya & Isvaripranidhana
Asanas: Surya Namaskar Vinyasa Tradition Dancing Warriors
Vote and State Surya Namaskara for final.
REVIEW CONCEPTS FOR QUIZ II APRIL 24TH

April 24th
QUIZ II

April 26th
Review for Final Practical

May 1st
Final Practical
B. Class Policies

1. SAND DOLLAR CARD IS MANDATORY. Forgetting your card is not an excuse to miss class. In an emergency, the front desk has a class roster and you will be allowed admittance twice each semester with photo I.D.

2. ATTENDANCE
   Students are expected to attend all classes. Students will sign in on an attendance roster at the beginning of each class. If you are unable to participate, but not ill, please attend class and observe. YOU ARE RESPONSIBLE FOR THE MATERIAL COVERED REGARDLESS IF YOUR ABSENCE IS EXCUSED OR NOT. Students should review their calendar and contact their fellow classmates to find out what they missed. Please notify instructor of any special circumstances that might influence your performance or attendance in class. YOU WILL BE ALLOWED ONE ABSENCE WITHOUT POINT DEDUCTION. WITH THE SECOND ABSENCE THERE WILL BE A TWENTY (20) POINT DEDUCTION PER ABSENCE. Two absences can be made up with prior notification and approval of instructor (e.g. attending another yoga class, outside work, or additional student demonstration).
   A student will lose 20% of the points awarded for the assignment if the work is turned in after the deadline regardless of the excuse. If the assignment is not received the following day by 2:00 p.m. it will not be accepted and the student will receive a zero.

3. TARDINESS
   Due to the nature of yoga, arriving after class has started can result in serious injury. Arrive early enough to allow time to get your mat and props, be dressed, and signed in and in place to begin class on time. Anyone arriving more than five minutes late for class will need to see the instructor at the end of class before being allowed to sign the roster.

4. ACADEMIC HONESTY
   University students are expected to conduct themselves in accordance with the highest standards of academic honest. Academic misconduct for which a student is subject to includes all forms of cheating, such as illicit possession of examinations or examination materials, forgery or plagiarism. Please refer to Texas A&M university-Corpus Christi current catalog for information on all aspects of disciplinary action for academic misconduct and penalties.

5. QUIZZES
   The quizzes will be taken directly from a combination of the textbook, lectures, and material sheets. It is the student’s responsibility to obtain material sheets and attend the review. ABSOLUTELY NO MAKE-UP EXAMS WILL BE GIVEN UNLESS THE STUDENT HAS SECURED PRIOR PERMISSION FROM THE INSTRUCTOR AND/OR ACADEMIC DEAN.
6. MIDTERM/FINAL PRACTICALS
The midterm and final will consist of a physical demonstration of knowledge of Yoga Asana. The exact expectations of student performance will be covered and reviewed in class. IT IS THE STUDENT’S RESPONSIBILITY TO ATTEND ALL WORKSHOPS AND REVIEWS OF THIS MATERIAL. ABSOLUTELY NO MAKE-UP PRACTICALS WILL BE GIVEN UNLESS THE STUDENT HAS SECURED PRIOR PERMISSION FROM THE INSTRUCTOR AND/OR ACADEMIC DEAN.

7. CONDITIONS THAT AFFECT PARTICIPATION AND THE AMERICANS WITH DISABILITY’S ACT (ADA)
It is the student’s responsibility to inform the instructor if you have a condition that may impair or influence full participation in this class. Also, if your condition is severe enough to require special modifications to course requirements students should contact the Students with Disabilities Office. The ADA is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disability. If you believe you have a disability requiring an accommodation, you MUST contact the Disability Services Office at (361)825-5816 or visit the office in Driftwood 101. Any accommodations needed are required to come through the DSO. The DSO will then contact your professor and set up necessary provisions. Do not seek accommodations directly from your professor because professors do not have the authority to make such decisions/modifications.

8. ATTIRE
Dress in appropriate attire: comfortable clothing that will not restrict your movement. The instructor will need to observe your alignment so the clothes should be somewhat fitted. T-shirts, warm-up pants, shorts, leggings are all types of clothing that would be appropriate. NO SHOES ARE WORN DURING THE ACTUAL PRACTICE.