I. **Course Description**  
Kinesiology 1131-002 Yoga. Instruction and practice of the 8 limbs of Yoga, Yamas and Niyamas, and Yoga Asana and Universal Alignment.

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, overall health and wellness, flexibility, balance, posture, and enhance life.

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 yamas and niyamas.
4. Demonstrate an understanding of various pranayama, 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
B. Eight Limbs of Yoga (Patanjali’s Yoga Sutras) - Philosophy
C. Classical Asanas-Structure, anatomy/physiology, benefits, and contra-indications
D. Yamas and Niyamas
E. Pranayama, 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. Research Project 100 points
   3. Written Practical 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
INSTRUCTOR: Lindy Burns
PHONE: Cell: 361-688-4725
E-MAIL: Lindy.Yougayoga@gmail.com
A. Course Schedule-Tentative
Week 1:

June 3rd: Opening and Introduction
June 4th: Yamas and Niyamas
June 5th: Asana
June 6th: Pranayama, Midterm Project Assigned

Asanas and UPAs of Week 1: Tadasana, Utkatasana, Prasarita Padatonasana, Anjanyasana, Alanasana, Vinyasa, Plank Pose, Bandha: Pada and Hasta, Muscle to Bone and Foundation, Ujaii Pranayama

Week 2:

June 10th: Pratyahara and Dharana
June 11th: Dhyana and Samadahi
June 12th: Review
June 13th: Written Practical

Asana and UPAs of Week 2: Virabhadrasana Eka, Uttanasana, Parsvottanasana, Adho Mukah Svanasana, Virabhadrasana 3, Bhujangasana, Badha Konasana, Uppavista Konasana, Mula Bandha, Midline and balance of strength and flexibility, 3-part Pranayama

Week 3:

June 17th: Yamas, Ahimsa
June 18th: Satya, Asteya
June 19th: Brahmacharya, Aparigraha
June 20th: Midterm Presentations and Potluck

Week 3 Asanas and UPAs: Virabhadrasana Dui, Utthita Trikonasana, Utthita Parsvokonasana, Ardha Chandrasana, Vrksasana, Utthita Hasta Padangusthasana, Setu Bhanda Sarvangasana, Virasana, Chakras, Inner Spiral and Outer Spiral, Nadi Shodhana Pranayama

Week 4:

June 24th: Niyamas: Meditation
June 25th: Shaucha, Santosha
June 26th: Tapas, Svadhyaya
June 27th: Practice Outside, Ishvarpranadhana

Week 4 Asanas and UPAs: Vinyasa, Chataranga, Urdhave Muhka Svanasana, Parivritta Trikonasana, Parivritta Parsvokonasana, Urdhva Dhanurasana, Halasana, Should Loop, Agni Prasana Pranayame (Breath of Fire)

July 1st: Review
July 2nd: Written Practical 2
July 3rd: Nutritional Potluck Project.
July 4th: off
July 5th: Final Practical at Art Walk.
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 honesty. 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. Written Practicals
   The WP will be taken directly from a combination of the lectures, and material sheets. It is the student’s responsibility to obtain material sheets and attend the review. ABSOLUTELY NO MAKE-UPS WILL BE GIVEN UNLESS THE STUDENT HAS SECURED PRIOR PERMISSION FROM THE INSTRUCTOR AND/OR ACADEMIC DEAN.
6. **Midterm Project**
   In Groups of 2-3 students: you will showcase additional information on a specific limb along with a visual representation of the limb. More information will be given when groups are formed.

7. **FINAL PRACTICALS**
   A gathering during CC Down Town Art Walk on July 5th to showcase Midterm Projects and educate the community. Students are expected to attend due to the amount of time to prepare and schedule.

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.

X. **Textbook(s) NA**

XI. **Bibliography**
   The knowledge bases that support course content and procedures include:
   - Vishnudevananda, Swami. Meditation and Mantras. ISYVC. Delhi, India

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 Rule 13.02.99.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 Corpus Christi Hall (116).

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.