I. Course Description
Kinesiology 1131-001 Yoga. We will study and practice the 8 limbs of Yoga.

II. Rational
I. Yoga is an introductory course designed to provide the student with a basic knowledge of the practice and science of Yoga. Students will explore the science and history of classic yoga through the lens of asana (Practice of poses) and everyday experience. The course will foster personal analysis assisting the student in uncovering limitations and imbalances thus contributing to a dynamic practice of wellness that will 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 of ANY ability, age, and physical condition to develop a yoga practice to enhance overall physical and mental wellness, 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:
- Hatha Yoga
- Eight Limbs of Yoga (Patanjali's Yoga Sutras) - Philosophy
- Classical Asanas- Structure, anatomy/physiology, benefits, and contra-indications
- Yamas and Niyamas
- Pranayama, Meditation and relaxation techniques
- Modification of Asana practice for individuals with special needs
- Variations of poses for students who would like to progress their practice

VII. Instructional Methods and Activities

Methods and activities for instruction include:
- Traditional Experiences (lecture/discussion; demonstration; guest instructor; video)
- Clinical Experiences (cooperative groups; student demonstrations and presentation, student practice and participation)
- Field Experiences (field teaching; field trips; community resource use; case studies; internship; student teaching; practicum)

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, Mid Term Presentation, Final Practical
2. Performance Assessment-Practical & Attendance

   1. Attendance                     200 points
   2. Research Project               100 points
   3. Exams 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

X. Course Schedule-Tentative

Week 1:
   June 1st: Opening and Introduction
   June 2nd: Yamas and Niyamas
   June 3rd: Asana
   June 4th: Pranayama, Midterm Project Assigned
Asanas and UPAs of Week 1: Tadasana, Utkatasana, Prasarita Padatonasana, Anjanayasana, Alanasana, Vinyasa, Plank Pose, Bandha: Pada and Hasta, Muscle to Bone and Foundation, Ujaii Pranayama

Week 2:
June 8th: Pratyahara and Dharana
June 9th: Dhyana and Samadahi
June 10th: Review
June 11th: Exam 1

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 15th: Yamas, Ahimsa
June 16th: Satya, Asteya
June 17th: Brahmacharya, Aparigraha
June 18th: Midterm Presentations and Potluck

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

Week 4:
June 22nd: Niyamas: Meditation
June 23rd: Shaucha, Santosha
June 24th: Tapas, Svadhyaya
June 25th: Practice Outside, Ishvarpranadhana

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

Week 5:
June 29th: Course Recap and asana practice
June 30th: Review
July 1st: Exam 2
July 2nd: Final Day
July 3rd: 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 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 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. **FINAL PRACTICALS**  
The 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 AMERICAN 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. Bibliography
The knowledge bases that support course content and procedures include:
BKS Iyengar, Light on Yoga, Schoken Books, New York
Leslie Kaminoff, Yoga Anatomy, Human Kinetics, Champaign, IL

XI. 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.

XII. 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.