Course Description

KNE 1131 – Yoga Instruction and practice of Yoga postures, breathing, meditation and relaxation. May be repeated for credit by non-kinesiology majors. Materials fee required.

Rationale

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.

State Adopted Proficiencies for Teachers

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.

TExES Competencies

N/A

Course Objectives/Student Learning Outcomes

This course is designed to enable students of any 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.

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

**Instructional Methods and Activities**

A. Traditional Experiences (lecture/discussion; demonstration; drill; guest speaker; on-line deliveries; video, etc)
B. Clinical Experiences (simulations; cooperative groups; student demonstrations or presentations; guided discovery; role play; lab exercise; value clarifications)
C. Field Experiences (field teaching; field trips; community resource use; case studies; internship; student teaching; practicum)

**Evaluation and Grade Assignment**

*The methods of evaluation and the criteria for grade assignment are:*

(Be specific on type of assessments)
1. Traditional Assessment-Written Tests, Mid Term Presentation, Final Practical
2. Performance Assessment-Practical & Attendance

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<tr>
<td>1. Attendance</td>
<td>200 points</td>
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<td>2. Research Project</td>
<td>100 points</td>
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<td>3. Exams 2 @ 50 pts.</td>
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<td>4. Final Practical</td>
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<td>TOTAL</td>
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**GRADING SCALE**

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<tr>
<td>A = 450-500 POINTS</td>
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<td>B = 400-449 POINTS</td>
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<td>C = 350-399 POINTS</td>
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<td>D = 300-349 POINTS</td>
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<td>F = BELOW 300 POINTS</td>
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**Attendance/tardiness**

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)

**Late work and Make-up Exams**

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.

**Academic Integrity/Plagiarism**

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 penalty includes all forms of cheating, such as illicit possession of examinations or examination materials, falsification, forgery, complicity or plagiarism.
Penalties that may be applied to individual cases of academic dishonesty include one or more of the following:
1. Written reprimand.
2. Requirement to re-do work in question.
3. Requirement to submit additional work.
4. Lowering of grade on work in question;
5. Assigning grade of 'F' to work in question;
6. Assigning grade of 'F' for course;
7. Recommendation for more severe punishment, such as dismissal from the program or from the University.

See the University Catalog for more information.

Dropping a Class
I hope that you never find it necessary to drop this or any other class. However, events can sometimes occur that make dropping a course necessary or wise. Please consult with your academic advisor, the Financial Aid Office, and me, before you decide to drop this course. Should dropping the course be the best course of action, you must initiate the process to drop the course by going to the Student Services Center and filling out a course drop form. Just stopping attendance and participation WILL NOT automatically result in your being dropped from the class. ( ) is the last day to drop a class with an automatic grade of “W” this term.

Classroom/professional behavior
Texas A&M University-Corpus Christi, as an academic community, requires that each individual respect the needs of others to study and learn in a peaceful atmosphere. Under Article III of the Student Code of Conduct, classroom behavior that interferes with either (a) the instructor’s ability to conduct the class or (b) the ability of other students to profit from the instructional program may be considered a breach of the peace and is subject to disciplinary sanction outlined in article VII of the Student Code of Conduct. Students engaging in unacceptable behavior may be instructed to leave the classroom. This prohibition applies to all instructional forums, including classrooms, electronic classrooms, labs, discussion groups, field trips, etc.

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.

Statement of Civility
Texas A&M University-Corpus Christi has a diverse student population that represents the population of the state. Our goal is to provide you with a high quality educational experience that is free from repression. You are responsible for following the rules of the University, city, state and federal government. We expect that you will behave in a manner that is dignified, respectful and courteous to all people, regardless of sex, ethnic/racial origin, religious background, sexual orientation or disability. Behaviors that infringe on the rights of another individual will not be tolerated.

Academic Advising
The College of Liberal Arts requires that students meet with an Academic Advisor as soon as they are ready to declare a major. Degree plans are prepared in the CLA Academic Advising Center. The University uses an online Degree Audit system. Any amendment must be approved by the Department Chair and the Office of the Dean. All courses and requirements specified in the final degree plan audit must be completed before a degree will be granted. The CLA Academic Advising Office is located in Driftwood #203. For more information please call 361-825-3466.

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.

**Grade Appeals**

As stated in University Procedure 13.02.99.C0.03, Student Grade Appeal Procedures, 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 Procedure 13.02.99.C0.03, 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 Dean’s office in the college in which the course is taught or the Office of the Provost.

**Statement of Academic Continuity**

In the event of an unforeseen adverse event, such as a major hurricane and classes could not be held on the campus of Texas A&M University–Corpus Christi; this course would continue through the use of Blackboard and/or email. In addition, the syllabus and class activities may be modified to allow continuation of the course. Ideally, University facilities (i.e., emails, web sites, and Blackboard) will be operational within two days of the closing of the physical campus. However, students need to make certain that the course instructor has a primary and a secondary means of contacting each student.

**Required or Recommended Readings**

**Textbook:**

BKS Iyengar, Light on Yoga, Schoken Books, New York

is Recommended, not required

**Bibliography**

*The knowledge bases that support course content and procedures include:*


Leslie Kaminoff, *Yoga Anatomy,* Human Kinetics, Champaign, IL
Tentative Schedule

January 21st - 1st day of class: Course Overview, Policies & Syllabus
February 13th    Online Exam 1
February 18th    Semester Project Assigned
March 9-13th     Spring Break
April 2nd        Online Exam 2
April 28th       Project Presentations and potluck

**Research days and additional assignments will be assigned throughout the semester**

1st 7 weeks:
- Eight Limbs: Yamas, Niyamas, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi
- Asanas: 25 Asanas (name, form, alignment principles, basic anatomy and physiology of poses, benefits and contraindications, modifications, etc.)
- Pranayama: Breath Extensions, Ujaii, 2 part breath, Nadi Shodhana,
- Concepts: Definition of Yoga, Namaste, Prana and Prop Usage, Samskara, Drishti, Chitta Vrtti, Bandha, Agni and Yoga Nidra, Bandhas; Jalandhara Bandha, Uddiyana Bandha, Mula Bandha, Hasta Bandha, Pada Bandha, Mantra, Mandal, Mudra, Karma, Moksha

2nd 7 weeks:
- Asanas: 25 Asanas (name, form, alignment principles, basic anatomy and physiology of poses, benefits and contraindications, modifications, etc.)
- Pranayama: 3 part Breath, Breath of Fire, Kabhalbhati
- Conceptual: Ayurveda, Doshas: Vata, Pita, Kapha, Chakras, Guru, Gunas, Koshas,
- Elements of Building a Personal and Life Long Practice, Various Schools of Yoga, Yoga and Psychology, Abhyasa and Variagya, Dharma, Shusumna: Ida and Pingala, Nadi, Witness, Various Sutras

Syllabus subject to change
Attendance is mandatory