



Division: Kinesiology
Course name: KIN 351 YOGA
Section: 2688 / **Semester:** FALL 2015

Instructor Name: Carol McDowell

School Website: www.wlac.edu

Class Hours: Tuesday / Thursday
9:35 – 11:00 AM

Address: 9000 Overland Ave., Culver City, CA 90230
Location: FA 104

Office Hours: Tuesday / Thursday
Immediately following class

Instructor E-mail: mcdowecl@wla.edu
Office Hour Location: FA 104

Welcome

In this class you will be introduced to and practice the tools that Hatha Yoga offers to manage stress and tension, primarily through a balanced awareness of breath and physical exertion, concentration and relaxation. Pranayama is the heart of hatha yoga practice. Pranayama (breath control) soothes the body and steadies the mind, and can become a restorative meditation for daily life. Asana (physical yoga pose) practice develops physical strength, flexibility, and range of motion. There are over 200 asana, with many modifications and variations. Integrated with pranayama, asana work to make the spine more limber as they stimulate circulation to the tissues, glands, and organs of the body. Practicing dharana (concentration) steadies the emotions and allows one to develop an inner awareness and the ability to be still and focused. Dhyana (meditation) assists relaxation to help manage stress. In this class you will learn and practice a range of yogic exercises, which will include: pranayama (breath exercises) kriya (simple movement sequences that align breath with movement), namaskar (short sequences of basic poses known as sun or moon salutations that often begin a session), asana vinyasa (a sequence of standing poses, balance poses, inversions, backbends, forward bends, and twisting poses that make up the greater part of each session), and savasana (finishing meditation/relaxation that ends session). Additionally, you will be learning precise principles of alignment paired with a playful spirit. Begin from where you are and watch the practice unfold.

Course Description:

KIN 351 Yoga – (1) UC:CSU) This course teaches a 5,000 year old form of mostly isometric poses (asanas), breathing techniques, and meditation. Yoga promotes mental, physical, and spiritual fitness. Yoga teaches a ‘way of life’. There are brief lectures covering basic information on hypertension, exercise precautions, body composition, health style, flexibility, nutrition, nutrition supplements, water, physical fitness, nutrition myths, ethics and morality, and stress management. See KIN 351 Yoga in “Courses K” in College Catalogue at <http://www.wlac.edu/Academic/College-Catalog.aspx>

Recommended Materials

There is no required text for this course. Recommended materials include:
Yoga mat and props, available from various retail options online and in stores like Target or Big 5 Sports
Yoga Handout, compiled by Carol McDowell. *Please send an email request to naiamcd@gmail.com for.pdf*
Yoga Practice Log Sheet, attached to this syllabus.

Online resources include:

Yoga Journal online at www.yogajournal.com

Schiffmann, Erich, *Moving Into Stillness*, published online at www.movingintostillness.com

Course Objectives:

By the completion of this course students will be able to:

- A. Demonstrate proper Ujjayi breathing techniques while doing yoga sequences.
- B. Perform the Sun Salutation with appropriate modifications for their own physical ability.
- C. Identify and utilize relaxation techniques for stress reduction.
- D. Demonstrate increased physical flexibility, stamina and strength.
- E. Create yoga sequences with connecting breath and correct alignment.
- F. Communicate an understanding of basic yoga philosophy, terminology, and history.

Student Learning Outcomes (SLO)

SLO #1 Student will be demonstrate proper alignment of the three warrior poses along with breathing techniques.

SLO #2 Students will improve their pre- and post- flexibility test results by 10%.

Course Requirements and assignment guidelines

Attendance and Participation: 50 points total

Your presence, concentration, effort, and commitment are the most important part of your learning experience in class. Students are allowed two absences. After that, students will lose 2 points for each absence. Class practice will begin promptly 9:40 AM. Students will lose 1 point for each late arrival or early departure. If you must leave early, please inform the instructor at the beginning of class. If you are late, students should enter quietly, and for safety purposes, it is up to the instructor if you can still participate.

We will practice yoga in class with non-hierarchical expectations. Each individual is encouraged to work at his or her own pace with the *krama* (stage) of *asana* (pose) that is fitting for your health--be that an ongoing condition, or simply what feels right today. Learn to listen inwardly for guidance and practice yoga at the intelligent edge of your ability, endurance, and attention. It is important that you take responsibility in this area of your experience. Learn to respect your capabilities and limitations and become aware of how they change over time. Communicate with the instructor when you have a question or need assistance.

Make-ups: Up to two classes can be made up by taking another yoga class--with the instructor's permission. To receive credit, please write a paragraph about your experience in the make-up class in your *Yoga Practice Journal*.

Yoga Practice Journal: 10 points total due every two weeks 9/15, 9/29, 10/13, 10/27, 11/10, 11/24 and 12/8

Students are encouraged to take notes in class and apply them to their own weekly home practice. Home yoga practice should be a minimum of one hour a week. Please note successes, challenges, and questions that arise during home practice sessions along with the date, time, length, and content of the session. Then write a brief reflection on your experience with yoga during practice at home and in class. A thoughtful robust journal reflection will: 1. Tell a story related to home and/or class practice, 2. Reference something outside of home and/or class practice, 3. Ruminates on a new idea that was inspired by home and/or class practice, and 4. Ask questions. You may use the attached Journal Log Sheet to record your home practice with a written one paragraph reflection, 100-150 words, on the back, which you will hand in on due dates in class. Each journal reflection is worth 1.5 points each. Please note: Yoga Journals will not be accepted after 12/8/2015.

Mid-term Project: 10 points due 10/29/2015

By the mid-way point of the course you will research one yoga asana and counterpose, which you will demonstrate and teach to a small group in class. The demonstration will include the basic alignment points and benefits that are associated with that particular asana. Then, together as a group, you will choose an order and create transitions between each asana in the group. Guidelines for the Midterm Project will be discussed in class. *Please note: You cannot make-up Mid-term Project AFTER the scheduled class time without prior permission from the instructor.*

Reflection Paper: 10 points due 12/15/2015

Review the articles listed below. Select one to read thoroughly. Choose a practical concept or philosophical principle of yoga introduced in that article. Summarize the yogic concept/principle you selected in your own words. Describe how this yogic concept/principle relates to your experience of yoga. Reflect on your experience of yoga this semester in typed and printed two-page paper, 500-750 words, double-spaced, using 11 or 12 pt font using Times, Times New Roman, Arial, or Calibri, with 1 inch margins. *Please note: All Reflection Papers are due 12/14/2015–no exceptions.*

1) Rea, Shiva, "Consciousness in Motion," *Yoga Journal*, November 2012.

Published online at <http://www.yogajournal.com/article/practice-section/consciousness-in-motion/>

2) Kramer, Joel, "Yoga as Self-Transformation," *Yoga Journal*, May/June 1980.

Published online at <http://www.joeldiana.com/downloads/writings/YogaAsSelfTransformation.pdf>

3) Schiffmann, Erich, "Why Yoga?" *Yoga, the Spirit and Practice of Moving Into Stillness*, NY:Pocket Books, 1996. Published online at http://www.movingintostillness.com/book/yoga_benefits_of.html

4) French, Alex, "The Rise of Beefcake Yoga," *New York Times*, August 13, 2014.

Published online at http://www.nytimes.com/2014/08/17/magazine/the-rise-of-beefcake-yoga.html?_r=1

Final Project: 20 points due 10:15-12:15PM Tuesday 12/15/2015

By the final date of the class, students will develop their own yoga *vinyasa*, or sequence for their home practice and present it to a group in class. This yoga sequence should include: *pranayama* or *kriya* (focused breathing or breath/movement meditation), *namaskar* (classic/sun/moon salutation to warm-up), a series of 6-8 asanas (poses and counter poses), and *savasana* (guided meditation for relaxation and reflection). Guidelines for the Final Project will be discussed in class. *Please note: You cannot make-up the Final Project without prior permission from the instructor.*

Extra Credit:

From time to time students may receive extra credit points for assigned activities in class, which will include viewing the video "Y Yoga: An American Yogic Journey," and submitting a completed worksheet. Due dates, guidelines and worksheets for these activities will be discussed in class.

Class Calendar:

9/7	Labor Day , campus closed	11/26-29	Thanksgiving Break , campus closed
10/29	Mid-term Project DUE	12/15	Reflection Papers DUE
11/11	Veterans Day , campus closed	12/15	Final Project DUE , 10:15 AM - 12:15 PM

Please note: Although I will do my best to assist you, it is the student's responsibility to add or drop courses in a timely manner. During Fall Session 2015, the last day to add classes in person, file pass/no pass, and drop classes without a "W" on record is 9/11/2015. The last day to drop the class with a "W" on record is 11/20/2015.

Grading

FINAL GRADE:

Final Grades are based on a percentage of the number of total points, which may be more or less than 100:

A (90-100%) **B** (80-89%) **C** (70-79%) **D** (60-69%) **F** (59% and below)

Class Policies

Preparing For Class

- *Attire:* Please wear stretchable exercise clothing that fit the body snugly so proper corrections can be given. Leggings, bicycle shorts, yoga pants, or sweat pants are appropriate. No jeans, skirts, or short shorts. Please remove shoes and socks before you enter the studio floor. Yoga is best practiced barefoot, unless you have an appropriate medical reason.
- *Props:* Although yoga can be practiced without a mat, you are encouraged to purchase your own mat for hygienic reasons. You can find yoga mats at yoga studios, retail stores, such as Target or Big 5 Sports, or online outlets like www.matsmatsmats.com. You may also choose to bring your own blanket, blocks, and non-elastic strap, which can make certain asana (poses) more comfortable or safe. Please feel free to bring a small hand towel and water in a container of water with a lid to class.
- *Touch:* In order to assist students with alignment, and proper or deeper execution of the asana the instructor may give students physical adjustments. If the student does not wish to be touched, please let the instructor know before class or at any time.
- *Injuries:* It is important to inform the instructor of any injuries that you may have, so the practice can be modified safely. Respect your limitations. Ask questions. Never allow your body to move into pain.
- *Touch:* The instructor may use touch to adjust or assist a student in a particular pose. If the student does not wish to be touched, please let the instructor know before class (preferably), or at the time of the adjustment.

Class Etiquette

- Turn all cell phones off and stow in your gear away from our practice area while class is in session. Leave the world behind. You may not recharge your cell phone in the studio.
- There should be little or no talking during class, except for asking a relevant question and during specified discussion times. Yoga is an internal journey.
- If possible, arrive 5-10 minutes early for class in order to dress, use the restroom, socialize, review material, and for your own pre-class warm-up.
- No food, drinks, or chewing gum allowed in the studio, except for bottled water. Please keep the studio clean by taking your shoes off when you enter and throwing away your trash as you exit.
- Children and guests are not allowed in class.
- Take care of your "instrument" by being properly nourished and rested. Yoga is best practiced if you do not to eat anything heavy two hours before class.
- If you must leave in the middle of class, please inform the instructor before class begins, and do so quietly.
- Do not compare yourself with other students. Each of you has unique skills, strengths, and body shapes. Allow yourself time to master skills that elude you. New approaches require patience and practice. Keep your focus on your experience. Concentrate on the task at hand. Respect your limitations. Listen to your breath and body.

Contacting Me

E-mail is the best and quickest way to contact me. If you have a problem, please contact me immediately. Students are expected to ask questions and obtain help from instructor via email and/or during office hours.

College Policies:

Academic Integrity (Plagiarism)

In accordance with code 9803.28, academic dishonesty is prohibited and will not be tolerated in this class. Violations of academic integrity include, but are not limited to, the following actions: cheating on an exam, plagiarism, working together on an assignment, paper or project when the instructor has specifically stated students should not do so, submitting the same term paper to more than one instructor, or allowing another individual to assume one's identity for the purpose of enhancing one's grade. Academic dishonesty of any type, such as cheating or knowingly furnishing false information, by a student provides grounds for disciplinary action by the instructor or college. In written work, no material may be copied from another without proper quotation marks, footnotes, or appropriate documentation.

- Plagiarism will result in a zero for the assignment, possible dismissal from the class and disciplinary action from the college. You will not receive credit for any essay missing previous drafts, citations and/or a Works Cited page.

Student Conduct

According to code 9803.15, disruption of classes or college activities is prohibited and will not be tolerated. Refer to the catalog and the Standards of Student Conduct in the Schedule of Classes for more information.

Recording Devices

State law in California prohibits the use of any electronic listening or recording device in a classroom without prior consent of the instructor and college administration. Any student who needs to use electronic aids must secure the consent of the instructor. If the instructor agrees to the request, a notice of consent must be forwarded to the Vice President of Academic Affairs for approval (WLAC College Catalog). For more information refer to policies College Catalogue: West Los Angeles College online at <http://www.wlac.edu/>.

Campus Resources

As stated earlier in this syllabus, **if you are having problems, please don't let them escalate.** Come and talk with me and check out some of the campus resources available to you.

Office of Disabled Student Programs and Services (DSP&S)

Student Services Building (SSB) 320 | (310) 287-4450, online see <http://www.wlac.edu/dsps/index.aspx> as

- West Los Angeles College recognizes and welcomes its responsibility to provide an equal educational opportunity to all disabled individuals. The Office of Disabled Students Programs and Services (DSP&S) has been established to provide support services for all verified disabled students pursuing a college education. DSP&S students may qualify for: priority registration, registration assistance, special parking permits, sign language interpreters and assistive technology.

Instructional Support (Tutoring) & Learning Skills Center

Heldman Learning Resources Center (HLRC) | (310) 287-4486

Improve your reading, language, vocabulary, spelling, math fundamentals and chemistry knowledge with convenient, self-paced computer-aided courses in the Learning Skills Center. Increase your knowledge and learning success: sign up for tutoring in various college subjects. Online refer to Student Services Home: West Los Angeles College at <http://www.wlac.edu/>.

Library Services

Heldman Learning Resources Center (HLRC) | (310) 287-4269 & (310) 287-4486

The WLAC Library provides instruction on how to use the online catalog, periodical and research databases. In addition to a large collection of books, periodicals and videos the WLAC Library has course textbooks, which students may use while in the Library. Web access is available in LIRL as well as meeting rooms. The upper floors provide a beautiful view ideal for study. Online refer to: Library & Learning Center: West Los Angeles College at <http://www.wlac.edu/>.

NAME

GOAL: 60 min. or more

SESSION:

DAY	DATE	TIME	Min.	PRANAYAMA/ASANAS	COMMENTS, OBSERVATIONS, QUESTIONS
MON					
TUES					
WED					
THUR					
FRI					
SAT					
SUN					
			TOTAL MIN:		
TIPS:					
* SAFETY FIRST: Do not try something you are not sure how to do.					
* WARM UP: Practice easier asanas before more difficult ones.					
* USE COUNTERPOSES: After deep backbends, do a forward bend like Child's pose to release the back.					
* After shoulderstands (do not practice until taught in class), release the neck with Fish or Downward Facing Dog.					
* BREATHE: Inhale reaching up, lengthening, or opening chest in a back bend.					
* Exhale into forward foldS, twistS, and abdominal work.					
* COOL DOWN: End your practice with Savasana or another resting asana.					

RESOURCES:

Yoga For the Joy Of It!

yogajournal.com

movingintostillness.com

Student Acknowledgment

(Please return this sheet to the instructor)

"I _____, have completely read the syllabus for KIN 351 Yoga, section 2688, Fall 2015 and understand and agree to the course requirements."

Please indicate below, any special needs or circumstances that may have some impact on your work in this class, and for which you may require special accommodations, including but not limited to physical or mental disabilities, inability to arrive in class on time or need to leave class early, observance of religious holidays, ect.

Special needs or circumstances:
