CRN #30989
Course PE-NP165 Sec. 502 Yoga
Fall 2018 1st 8wk course
M/W 4-5:50pm August 20th-October 10th
Instructor: Alice Chouinard-Welk Mail Box Academic Office 925-8600 (to leave message)
Location: The Wellness Center (next to the book store)
Office Hours: M/W 10:15-11:15 Am or by appointment (location: studio/academic office)

Hatha Yoga Course Description:
An introduction to yoga and yoga movements. Students explore various concepts and
fundamentals of yoga while also learning about the history of the practice.

Bring to class:
Blanket (woven Mexican throw style)
Yoga belt (10ft.)
Sticky mat
An examination blue book
An empty stomach
Beginner’s mind
A respectful and supportive attitude towards yourself and others

Dress: Elastic waist/drawstring shorts or leggings with tank top and bare feet. Do not wear
perfume or cologne to class and remove jewelry.

Text: Available at UNMV bookstore. Read the article to further your awareness.
"Yoga as Self Transformation" by Joel Kramer

Student Learning Outcomes:

1. Demonstrate and name various beginning yoga poses.
2. Define basic yoga terminology.
3. Demonstrate proper breathing techniques.
4. Demonstrate an improvement in flexibility, strength, coordination, balance, and
   posture.
5. Explain the benefits of yoga as a practice and as an exercise.
6. Demonstrate an understanding of how yoga affects our personal well-being.

Hatha Yoga is physical yoga. Attendance is a must! (This is the major factor in your grade).
Each class counts 14 points. There are 15 classes in the eight-week course. It is important to
arrive ten minutes early and stay for the entire class. There is no provision for excused
absences if you miss a class you forfeit the points, this includes students who enroll late. If you
miss 4 classes you may fail or be dropped from the course. Arriving late or leaving early three
times may equal one absence.

Course requirements:

Attendance and participation (joining in, cooperation) – 210 possible points, it is your
responsibility each day to scan in at the front desk and sign in on the sign-in sheet, otherwise
you will be counted as absent. This will address student learning outcomes 1,3,and 4.
Journal, at least 8 entries in a blue book – 40 points, Pick one class each week, date it and follow this format: #1 Describe how you feel before class. #2 Describe how you feel after class. #3 Make a stick figure drawing of a posture you remember from class. Describe your experience with the posture and the breath. Over time describe any improvement you are noticing in flexibility, strength, coordination, balance, posture, and well-being. As one entry copy the stick figure drawing of the “C-series” sun salutation in sequence. The journal will help the instructor assess your learning process. This will correspond with student learning outcomes 4, 5 and 6.

**Due Date:** Journal Wednesday October 3rd (- 10pts after due date)

**Grading Scale**

<table>
<thead>
<tr>
<th>Grade</th>
<th>Points</th>
<th>Description</th>
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<tbody>
<tr>
<td>A+</td>
<td>100% - 250 points</td>
<td>(Full journal points and perfect attendance.)</td>
</tr>
<tr>
<td>A</td>
<td>90 – 99% - 225 – 249 points</td>
<td>(Full journal points, one absence.)</td>
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<tr>
<td>B</td>
<td>80 – 89% - 200 – 224 points</td>
<td>(Full journal points, 2-3 absences.)</td>
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<tr>
<td>C</td>
<td>70 – 79% - 175 – 199 points</td>
<td>(Full journal points, 4-5 absences.)</td>
</tr>
<tr>
<td>D</td>
<td>60 – 69% - 150 – 174 points</td>
<td>(Full journal points, 6-7 absences)</td>
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<tr>
<td>F</td>
<td>Failure to meet minimum requirements.</td>
<td></td>
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</tbody>
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If you are taking this class for credit / no credit, anything below 175 points equals no credit.

If you have a certified disability, please inform me of any special needs as soon as possible, to ensure that those needs are met in a timely manner. Student services 925-8560 for more info.

Under Title 9 any report made to a faculty member, TA or GA, regarding sexual misconduct or gender discrimination must be reported to the Office of Equal Opportunity and the Title 9 coordinator. You may contact them at 505-277-5251. On this campus you may talk confidentially to Hank Vigil at 925-8560.

**Recommended not required readings:**

- *Yoga Sutras of Patanjali* interpreted by Mukunda Stiles
- *How to Use Yoga* by Mira Mehta
- *Yoga the Spirit and Practice of Moving into Stillness* by Erich Schiffman
- *Light on Yoga* by B.K.S. Iyengar
- *The Tree of Yoga* by B.K.S. Iyengar
- *Be Here Now* by Ram Dass

**Magazine:** Yoga Journal (available at the library).

No food or drink in the studio please

**Turn off all electronic devices**

**Enjoy your practice!**