

# Namaste!

**CRN #66809**

**Course PHED 1410 Sec. 502 Yoga**

**Fall 2019 1<sup>st</sup> 8wk course**

**M/W 4-5:30pm August 19- October 9 (Labor Day holiday Mon. Sept. 2)**

**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. 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 1, 4, 5 and 6.

**Due Date:** Journal Wednesday October 2nd (- 10pts after due date)

**Grading Scale**

- A+ = 100% - 250 points** (Full journal points and perfect attendance.)
- A = 90 – 99% - 225 – 249 points** (Full journal points, one absence.)
- B = 80 – 89% - 200 – 224 points** (Full journal points, 2-3 absences.)
- C = 70 – 79% - 175 – 199 points** (Full journal points, 4-5 absences.)
- D = 60 – 69% - 150 – 174 points** (Full journal points, 6-7 absences)
- F = Failure to meet minimum requirements.**

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
- Yoga the Spirit and Practice of Moving into Stillness by Erich Schiffman
- Yoga the Path to holistic Health by B.K.S. Iyengar
- The Tree of Yoga by B.K.S. Iyengar

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

No food or drink in the studio please

Turn off all electronic devices

Enjoy your practice!