BEGINNING YOGA – 2 CREDITS
PEHD 102 – 003 - TTH 12:15 – 1:30 pm
PEHD 102 – 004 - TTH 1:40 – 2:55 pm
Instructor: Skip Rector

TIME: Tuesday and Thursday at 12:15 p.m. – 1:30 p.m. and
1:40 p.m. – 2:55 p.m.

PLACE: Room 201, Johnson Gym

INSTRUCTOR: Skip Rector, BA, MSW

OFFICE HOURS: By appointment

OFFICE: Room 407, Silcox Physical Education and Health Center

PHONE: CofC: 953-5558 (Dept. Office); CELL: 442-9162
EMAIL: rectors@cofc.edu and skiprector@comcast.net (when sending an email
to these addresses, please put YOGA in the subject line)

PREREQUISITES: None


COURSE: This course presents the basic philosophy, positions and breathing
techniques of Yoga. Emphasis is also placed on meditation and positive
thinking as a means to reduce stress and increase concentration.


COURSE OBJECTIVES: Students will be able to:
1. Provide basic information on the origin of Yoga
2. Comprehend the concepts of Yoga
   A. Principles of Yoga
   B. Fundamental Yoga positions
   C. Basic elements and stages of a Yoga position as presented
3. Develop techniques to be able to demonstrate moving into,
   holding and out of Yoga positions for the
   enhancement and/or maintenance of physical fitness as
   well as stress Reduction
4. Develop the necessary skills for demonstrating the proper
   techniques of breathing including the basic Kapalabhati
   Breath using the upper and lower locks for holding the breath
REQUIREMENTS:  
- 50% Class Attendance and Participation  
- 20% Practical (Final Demonstrations of Positions and Breathing)  
- 30% Examinations (Written)  

GRADING SCALE:  
- A 93 – 100  
- A- 90 - 92  
- B+ 88 – 89  
- B 83 – 87  
- B- 80 - 82  
- C+ 78 – 79  
- C 74 – 77  
- C- 72 - 73  
- D+ 70 - 71  
- D 68 – 69  
- D- 66 - 67  
- F < - 65  

EVALUATION SCALE:  
- Attendance/Participation - 50 points 50%  
- Exam 1 - Assigned pages, Lectures & Handouts 10 points 10%  
- Exam 2 - Assigned pages, Lectures & Handouts 10 points 10%  
- Practical Exam – Demonstrating 2 assigned positions, 2 positions of your choice and Kapalabhati Breathing 20 points 20%  
- Final Exam – Entire book, Lectures & Handouts 10 points 10%  

TOTAL 100 points 100%  

ATTENDANCE:  
Attendance and punctuality to class are required. Each Student is responsible for SIGNING THE ATTENDANCE SHEET EACH CLASS. If, for serious personal or medical reasons a class is missed, the Instructor must be informed of the reason IN WRITING. A Student will be penalized with point reductions for any absences or tardiness, which will affect the final grade. A Student may be dropped from this course for excessive absences or tardiness as determined by the Instructor.  

EXAMS:  
Exams will be given on scheduled days as per the syllabus UNLESS CHANGED BY THE INSTRUCTOR. If an examination is going to be missed, the Student must call the Department (953-5558) or email prior to the exam to inform the Instructor. Any Student missing an exam and
failing to call or email will receive no credit for the examination. A Student missing an exam that the Instructor has excused must make-up the examination within one week of the date that the examination was given OR AS DIRECTED BY THE INSTRUCTOR.

**ASSIGNMENTS:**

The Instructor may assign written projects to any and all Students.

**ACADEMIC HONOR:**

The College of Charleston has an Honor System that expects Students to govern their behavior. You can find a complete version of the Honor System and all related processes in the *Student Handbook* or at http://studentaffairs.cofc.edu/honor-system/

**EXTRA CREDIT:**

Bonus Projects – Projects/papers for extra credit MUST BE RELATED to Yoga, Prana (Yogic energy) and/or Meditation. These projects/papers may include but not be limited to: typed papers, classroom Yogic demonstrations or other special projects. Requests for these projects must be submitted in writing and approved by the Instructor at least three weeks in advance of the LAST CLASS. All Bonus Projects must be submitted or presented the week prior to the LAST CLASS.

### Class Schedule

**Date** | **Course Topics:** Schedule is tentative and can change without notice.
---|---
8/23 | Introduction: What is Yoga? History of Yoga. What to Expect. Positions: Stretching, Open Moon, Frog, Child’s, and Meditation Learning Activities: Lecture, Demonstration and Practical
8/25 | Lecture & Experiential: “Kapalabhati Breathing” Positions: Stretching, Open Moon, Frog, Open Moon, Fwd Bend w/partner, Cobra w/partner, Crescent Moon, Meditation Learning Activities: Lecture, Demonstrations and Practical
8/30 | Lecture: “In the Moment” Positions: Stretching, Open Moon, Frog, Open Moon, Fwd Bend w/partner, Cobra w/partner, Crescent Moon, Meditation Learning Activities: Lecture, Demonstrations and Practical
9/1 | Positions: Kapalabhati, Stretching, Frog, Fwd Bend, Cobra, Crescent Moon, Tree, Camel, Meditation Learning Activities: Demonstrations and Practical
9/8 Positions: Kapalabhati, Stretching, Frog, Fwd Bend, Cobra, Crescent Moon, Tree, Camel, Crow, Bridge, and Meditation
Learning Activities: Demonstrations and Practical

9/13 Lecture: “Vipassina – Conscious Witnessing”
Positions: Kapalabhati, Stretching, Frog, Blowing Palm, Cobra, Crescent Moon, Tree, Camel, Crow, Bridge, and Meditation
Learning Activities: Lecture, Demonstrations and Practical

9/15 **Review for Exam** - Positions: Breathing through Vipassina, Stretching, Frog, Cobra, Crescent Moon, Crane (Standing Bow), and Meditation
Learning Activities: Review, Demonstrations and Practical

9/20 Positions: Kapalabhati, Stretching, Frog, Crescent Moon, Sun Salute, Frog, Fwd Bend, Cobra, Crescent Moon, and Meditation
Learning Activities: Demonstration and Practical

9/22 **1st Examination** - Positions: Kapalabhati, Stretching, Mountain, Crane, Blowing Palm, Bridge, Fish, and Meditation
Learning Activities: Demonstrations, Practical and Exam

9/27 Positions: Kapalabhati, Stretching, Mountain, modified Warrior, Crane, Bridge, Fish, and Meditation
Learning Activities: Demonstration and Practical

9/29 Lecture and Experiential: “Anulom Viloma”
Positions: Stretching, Sun Salute, Camel, Bridge, Fish, Camel, Mountain, Crane, and Meditation
Learning Activities: Lecture, Demonstration and Practical

10/4 Positions: Anulom Viloma, Stretching, Sun Salute, Tree into Crane, Bridge into Fish, Mountain, Archer, and Meditation
Learning Activities: Demonstration and Practical

10/6 Lecture: “Emotions”
Positions: Anulom Viloma, Stretching, Frog, Standing on the Ceiling, Camel, Triangle, Archer, Mountain, modified Warrior, and Meditation
Learning Activities: Lecture, Demonstration and Practical

10/11 Positions: Anulom Viloma, Stretching, Frog, Standing on the Ceiling, Camel, Triangle, Archer, Mountain, modified Warrior, and Meditation
Learning Activities: Demonstration and Practical

10/13 Positions: Kapalabhati, Stretching, Frog, Cobra, Crescent Moon, Blowing Palm, Crane (Standing Bow), Bridge, Fish, and Meditation
Learning Activities: Demonstrations and Practical
10-17 to 10-18

BREATH

10/20
Positions: Kapalabhati, Stretching, Crow, Archer, Standing on the Ceiling, Triangle, Warrior, Spinal Twist, Hero, and Meditation
Learning Activities: Demonstrations and Practical

10/25
Review for Exam
Positions: Kapalabhati, Stretching, Crow, Archer, Standing on the Ceiling, Triangle, Warrior, Spinal Twist, Hero, and Meditation
Learning Activities: Demonstrations and Practical

10/27
2nd Examination
Positions: Kapalabhati, Stretching, Crow, Archer, Standing on the Ceiling, Triangle, Warrior, Spinal Twist, Hero, and Meditation
Learning Activities: Lecture, Demonstrations and Practical

11/1
Lecture: “Just Being”
Positions: Kapalabhati, Stretching, Sun Salute, Cobra, Camel, Archer, Bridge into Fish, Shoulder Stand, “V” Pose, and Meditation
Learning Activities: Demonstrations and Practical

11/3
Positions: Kapalabhati, Stretching, Sun Salute, Tree into Crane, Bridge into Fish into “V” Pose, Shoulder Stand, Spinal Twist, Hero, and Meditation
Learning Activities: Demonstrations and Practical

11/8
Positions: Kapalabhati, Stretching, Sun Salute, Tree into Crane, Shoulder Stand into Bridge into Fish into “V” Pose, Spinal Twist, Hero, and Meditation
Learning Activities: Demonstrations and Practical

11/10
Positions: Kapalabhati, Stretching, Sun Salute, Tree into Crane, Shoulder Stand into Bridge into Fish into “V” Pose, Spinal Twist, Hero, and Meditation
Learning Activities: Demonstrations and Practical

11/15
Positions: Kapalabhati, Stretching, Sun Salute, Tree into Crane, Bridge into Fish into “V” Pose, Shoulder Stand, Spinal Twist, Hero, and Meditation
Learning Activities: Demonstrations and Practical

11/17
Positions: Kapalabhati, Stretching, Sun Salute, Tree into Crane, Bridge into Fish into “V” Pose, Shoulder Stand, Spinal Twist, Hero, and Meditation
Learning Activities: Demonstrations and Practical

11/22
Positions: Kapalabhati, Stretching, Sun Salute, Tree into Crane, Bridge into Fish into “V” Pose, Shoulder Stand, Spinal Twist, Hero, and Meditation
Learning Activities: Demonstrations and Practical
<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>11/24</td>
<td>Practice positions for individual demonstrations and Meditation Learning Activities: Practical Review for Final Exam</td>
</tr>
</tbody>
</table>
| 11/29 | **Practical Examination: Demonstrations of Positions**  
**All Bonus Projects Must Be Submitted** |
| 12/1  | **Final Written Examination** |