Beginning Yoga

My name is Skip Rector and I will be your Yoga Instructor for the upcoming semester. The best email address for me is rectors@cofc.edu and is the easiest way to communicate with me. Please feel free to email with questions or comments. If you send me an email, please put the word “YOGA” in the subject line. I get a lot of email, but always read the emails from my students first.

Since this is an activity class, it is important to emphasize that 50% of your grade is attendance and participation. If you are the kind of student who does not like to come to class or that is habitually late, I would suggest that you drop this class now.

I have placed a copy of the class schedule / syllabus below and would suggest that you print and read it.

Clothing…I have had people wear shorts, tights, leotards and other items as well as loose street clothes. We will be lying on the mats and moving about …so, just wear something that is comfortable and easy to move in. I would not recommend wearing tight jeans (men or women) or a dress unless you have shorts underneath. We will be doing inverted poses. We also do Yoga bare foot.

Concerning the class…I provide mats for you or you are welcome to bring your own mat even if you use my mat under yours. I will provide a way of cleaning the mats as well.

I look forward to seeing you in class next week.

Thank you,
Skip Rector
BEGINNING YOGA – 2 CREDITS
PEHD 102 – 003 - TTH 12:15 – 1:30 pm
Instructor: Skip Rector

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

PLACE: Room 201, Exercise Deck in the Silcox Gym on George Street

INSTRUCTOR: Skip Rector, BA, MSW

OFFICE HOURS: By appointment

OFFICE: Room 407 in the Johnson Gym in the 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 (All Written Exams)  

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 code that expects Students to govern their behavior. You can find a complete version of the Honor Code and all related processes in the Student Handbook at http://www.cofc.edu/studentaffairs/general_info/studenthandbook.html.

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.

**PEHD 102 - SYLLABUS**

<table>
<thead>
<tr>
<th>Date</th>
<th>Course Topics:</th>
<th>Schedule is tentative and can change without notice.</th>
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</thead>
<tbody>
<tr>
<td>1/15</td>
<td>Lecture &amp; Experiential: “Kapalabhati Breathing” Positions: Stretching, Reclining Twist, Sparrow, Bridge, Fwd Bend w/partner, Cobra w/partner, Standing on the Ceiling, Meditation Learning Activities: Lecture, Demonstrations and Practical</td>
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<tr>
<td>1/17</td>
<td>Lecture: “Physical Aspects of Yoga” Positions: Stretching, Reclining Twist, Sparrow, Bridge, Fwd Bend, Cobra, and Standing on the Ceiling and Meditation Learning Activities: Lecture, Demonstrations and Practical</td>
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<td>1/22</td>
<td>Positions: Kapalabhati, Stretching, Reclining Twist, Sparrow, Bridge, Fwd Bend, Fish, Cobra, Standing on the Ceiling, Meditation Learning Activities: Demonstrations and Practical</td>
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<td>1/24</td>
<td>Lecture: “In the Moment” Positions: Kapalabhati, Stretching, Reclining Twist, Sparrow, Bridge, Fwd Bend, Upward Facing Plank, Fish, Cobra, Boat, and Meditation Learning Activities: Lecture, Demonstration and Practical</td>
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<tr>
<td>1/29</td>
<td>Positions: Kapalabhati, Stretching, Reclining Twist, Sparrow, Bridge, Fwd Bend, Upward Facing Plank, Table, Fish, Cobra, Boat, Bow, and Meditation Learning Activities: Demonstrations and Practical</td>
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<tr>
<td>1/31</td>
<td>Lecture: “Just Being” Positions: Kapalabhati, Stretching, Frog, Blowing Palm, Cobra, Crescent Moon, Tree, Camel, Crow, Bridge, and Meditation</td>
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Learning Activities: Lecture, Demonstration and Practical

2/5
Lecture: “Meditation”
Positions: Kapalabhati, Stretching, Frog, Cobra, Crescent Moon, Crane (Standing Bow), and Meditation
Learning Activities: Lecture, Demonstrations and Practical

2/7
Positions: Kapalabhati, Stretching, Frog, Crescent Moon, Sun Salute, Frog, Fwd Bend, Cobra, Crescent Moon, and Meditation
Learning Activities: Demonstration and Practical

2/2
Lecture and Experiential: “Anulom Viloma”
Positions: Kapalabhati, Stretching, Mountain, Crane, Blowing Palm, Bridge, Fish, and Meditation
Learning Lecture, Demonstration and Practical

2/14
Positions: Kapalabhati, Stretching, Mountain, modified Warrior, Crane, Bridge, Fish, and Meditation
Learning Activities: Demonstration and Practical

2/19
Lecture: “Time”
Positions: Stretching, Sun Salute, Camel, Bridge, Fish, Camel, Mountain, Crane, and Meditation
Learning Activities: Lecture, Demonstration and Practical
Assignment: 1 page paper on experience of playing with time

2/21
Positions: Anulom Viloma, Stretching, Sun Salute, Tree into Crane, Bridge into Fish, Mountain, Archer, and Meditation
Learning Activities: Demonstration and Practical

2/26
Review for Exam
Discussion: Experience of playing with time
Positions: Anulom Viloma, Stretching, Frog, Camel, Triangle, Archer, Mountain, modified Warrior, and Meditation
Learning Activities: Discussion, Papers, Review, Demonstration and Practical

2/28
1st Examination - Positions: Anulom Viloma, Stretching, Frog, Standing on the Ceiling, Camel, Triangle, Archer, Mountain, modified Warrior, and Meditation
Learning Activities: Demonstration and Practical

3/2 to 3/10  BREAK

3/12
Positions: Kapalabhati, Stretching, Crow, Archer, Standing on the Ceiling, Triangle, Warrior, Spinal Twist, Hero, and Meditation
Learning Activities: Demonstrations and Practical

3/14
Lecture: “Kriyas - Internal Cleansing Techniques”
Positions: Kapalabhati, Stretching, Crow, Archer, Standing on the Ceiling, Triangle, Warrior, Spinal Twist, Hero, and Meditation
Learning Activities: Lecture, Demonstrations and Practical
3/19  Lecture: “Vipassina”
Positions: Kapalabhati, Stretching, Crow, Archer, Standing on the Ceiling, Triangle, Warrior, Spinal Twist, Hero, and Meditation
Learning Activities: Lecture, Demonstrations and Practical

3/21  **Review for Exam**
Positions: Kapalabhati, Stretching, Sun Salute, Cobra, Camel, Archer, Bridge into Fish, Shoulder Stand, “V” Pose, and Meditation
Learning Activities: Review, Demonstrations and Practical

3/26  **2nd Examination**
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

3/28  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

4/2  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

4/4  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

4/9  Practice positions for individual demonstrations and Meditation
Learning Activities: Practical

4/11  Practice positions for individual demonstrations and Meditation
Learning Activities: Practical

4/16  **Practical Examination: Demonstrations of Positions**
**Review for Final Exam**
**All Bonus Projects Must Be Submitted**

4/18  **Final Written Examination**