Beginning Yoga

My name is Skip Rector and I will be your Yoga Instructor for the spring 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.

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. 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.

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 look forward to seeing you in class next week.

Thank you,
Skip Rector
PEHD 102 - SYLLABUS
BEGINNING YOGA – 2 CREDITS
PEHD 102 - 001 – MWF 10:00 am – 10:50 am
PEHD 102 - 002 – MWF 2:00 pm – 2:50 pm
Instructor: Skip Rector

TIME: 
Monday, Wednesday & Friday at 8:00 a.m. – 8:50 a.m and 2:00 p.m. – 2:50 p.m.

PLACE: 
Dance Studio, Room 245, Small Library

INSTRUCTOR: 
Skip Rector, BA, MSW

OFFICE HOURS: 
By appointment

OFFICE: 
Room 407, Silcox Gym at 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

GRADING: 

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 TEXT: 

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:

<table>
<thead>
<tr>
<th>Grade</th>
<th>Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>93 – 100</td>
</tr>
<tr>
<td>A-</td>
<td>90 - 92</td>
</tr>
<tr>
<td>B+</td>
<td>88 – 89</td>
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<tr>
<td>B</td>
<td>83 – 87</td>
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<tr>
<td>B-</td>
<td>80 - 82</td>
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<tr>
<td>C+</td>
<td>78 – 79</td>
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<td>C</td>
<td>74 – 77</td>
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<tr>
<td>C-</td>
<td>72 - 73</td>
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<tr>
<td>D+</td>
<td>70 - 71</td>
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<tr>
<td>D</td>
<td>68 – 69</td>
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<tr>
<td>D-</td>
<td>66 - 67</td>
</tr>
<tr>
<td>F</td>
<td>&lt;   - 65</td>
</tr>
</tbody>
</table>

### EVALUATION SCALE:

<table>
<thead>
<tr>
<th>Category</th>
<th>Points</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Attendance/Participation</td>
<td>50</td>
<td>50%</td>
</tr>
<tr>
<td>Exam 1 - Assigned pages, Lectures &amp; Handouts</td>
<td>10</td>
<td>10%</td>
</tr>
<tr>
<td>Exam 2 - Assigned pages, Lectures &amp; Handouts</td>
<td>10</td>
<td>10%</td>
</tr>
<tr>
<td>Practical Exam – Demonstrating 2 assigned positions, 2 positions of your choice and Kapalabhati Breathing</td>
<td>20</td>
<td>20%</td>
</tr>
<tr>
<td>Final Exam – Entire book, Lectures &amp; Handouts</td>
<td>10</td>
<td>10%</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td><strong>100</strong></td>
<td><strong>100%</strong></td>
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### 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](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.

CLASS SCHEDULE

<table>
<thead>
<tr>
<th>Date</th>
<th>Course Topics: Schedule is tentative and can change without notice.</th>
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</thead>
<tbody>
<tr>
<td>1/13</td>
<td>Lecture &amp; Experiential: Kapalabhati Breathing Positions: Stretching, Frog, Child’s, and Meditation Learning Activities: Lecture, Demonstration, and Practical</td>
</tr>
<tr>
<td>1/15</td>
<td>Positions: Stretching, Open Mood, Sun Salute, Tree, Fwd Bend w/partner, Cobra w/partner, and Meditation Learning Activities: Demonstration and Practical</td>
</tr>
<tr>
<td>1/20</td>
<td>Positions: Stretching, Open Mood, Sun Salute, Tree, Fwd Bend w/partner, Cobra w/partner, and Meditation Learning Activities: Demonstration and Practical</td>
</tr>
<tr>
<td>1/22</td>
<td>Lecture: “In the Moment” Positions: Kapalabhati Breathing, Stretching, Open Moon, Sun Salute, Crescent Moon, and Meditation Learning Activities: Lecture, Discussion, Demonstration, and Practical</td>
</tr>
<tr>
<td>1/25</td>
<td>Positions: Kapalabhati, Stretching, Open Moon, Sun Salute, Crescent Moon, Tree, Fwd Bend w/partner, Cobra w/partner, and Meditation Learning Activities: Demonstration and Practical</td>
</tr>
<tr>
<td>1/27</td>
<td>Positions: Kapalabhati, Stretching, Open Moon, Sun Salute, Frog, Crescent Moon, Tree, Cobra w/partner, Camel, and Meditation Learning Activities: Demonstration and Practical</td>
</tr>
<tr>
<td>2/1</td>
<td>Positions: Kapalabhati, Stretching, Cobra, Crescent Moon, Crow, Blowing Palm, Crane (Standing Bow) w/partner, and Meditation Learning Activities: Demonstration and Practical</td>
</tr>
</tbody>
</table>
2/3 Positions: Kapalabhati, Stretching, Frog, Cobra, Crescent Moon, Blowing Palm, Crane w/partner, and Meditation
Learning Activities: Demonstration and Practical

2/5 Lecture: “Vipassina – Conscious Witnessing”
Positions: Breathing Through Vipassina, Stretching, Frog, Cobra, Blowing Palm, Crane, and Meditation
Learning Activities: Lecture, Demonstration, and Practical

2/8 Positions: Stretching, Mountain, modified Warrior, Crane, Blowing Palm, and Meditation
Learning Activities: Demonstration and Practical

2/10 Positions: Breathing through Vipassina, Stretching, Mountain, modified Warrior, Crane, Blowing Palm, and Meditation
Review for Exam
Learning Activities: Demonstration and Practical

2/12 1st Examination
Positions: Breathing through Vipassina, Stretching, Sun Salute, modified Warrior, Crane, Mountain, and Meditation
Learning Activities: Demonstration and Practical

2/15 Lecture and Experiential: “Anulom Viloma” Positions: Stretching, Sun Salute, Camel, Bridge, Mountain, modified Warrior, and Meditation
Learning Activities: Lecture, Demonstration and Practical

2/17 Positions: Anulom Viloma, Stretching, Sun Salute, Bridge, Triangle, Camel, Table, and Meditation
Learning Activities: Demonstration and Practical

2/19 Lecture: “Emotions”
Positions: Anulom Viloma, Stretching, Crescent Moon, Bridge, and Meditation
Learning Activities: Lecture, Demonstration and Practical

2/22 Positions: Stretching, Frog, Standing Position w/partner, Camel, Triangle, Spinal Twist, Hero, Warrior, and Meditation
Learning Activities: Demonstration and Practical

2/24 Positions: Kapalabhati, Stretching, Frog, Camel, Standing Position, Triangle, Warrior, Spinal Twist, Hero, and Meditation
Learning Activities: Demonstration and Practical

2/26 Lecture “Just Being”
Positions: Anulom Viloma, Stretching, Frog, Bridge, and Meditation Learning Activities: Lecture, Demonstration and Practical
3/1  Positions: Kapalabhati, Stretching, Crow, Archer, Standing Position, Bridge, Fish, Triangle, and Meditation  
Learning Activities: Demonstration and Practical

3/3  Positions: Anulom Viloma, Stretching, Sun Salute, Frog, Triangle, Bridge, Fish, Tree, Table, and Meditation  
Learning Activities: Demonstration and Practical

3/5  Positions: Kundalini Breathing Series, Crow, Archer, Table, Triangle, Bridge, Fish, Tree, Mountain, Spinal Twist, Hero, and Meditation  
Learning Activities: Demonstration and Practical

3/6 to 3/14  BREAK

3/15  Positions: Kundalini Breathing Series, Stretching, Frog, Table, Triangle, Bridge, Fish, Mountain, Crane, Spinal Twist, Hero, and Meditation  
Learning Activities: Demonstration and Practical

3/17  Positions: Kapalabhati, Stretching, Frog, Archer, Standing on Ceiling, Bridge, Fish, Cobra, Spinal Twist, and Meditation  
Learning Activities: Demonstration and Practical

3/19  Positions: Kapalabhati, Stretching, Frog, Archer, Standing on Ceiling, Bridge, Fish, Shoulder Stand, Bow, Cobra, and Meditation  
**Review for Exam**  
Learning Activities: Demonstration and Practical

3/22  **2nd Examination**  
Positions: Kapalabhati, Stretching, Frog, Archer, Standing on Ceiling, Bridge, Fish, Cobra, Spinal Twist, and Meditation  
Learning Activities: Demonstration and Practical

3/24  Positions: Kapalabhati, Stretching, Frog, Archer, Sun Salute, Shoulder Stand into the Bridge into the Fish, “V” Pose, Spinal Twist, and Meditation  
Learning Activities: Demonstration and Practical

3/26  Positions: Kapalabhati, Stretching, Frog, Archer, Sun Salute, Shoulder Stand into the Bridge into the Fish, “V” Pose, Spinal Twist, and Meditation  
Learning Activities: Demonstration and Practical

3/29  Positions: Kapalabhati, Stretching, Frog, modified Triangle, Sun Salute, Tree into Crane w/partners, “V” Pose, and Meditation  
Learning Activities: Demonstration and Practical

Learning Activities: Lecture, Demonstration and Practical

4/2 Positions: Kapalabhati, Stretching, Frog, modified Triangle, Sun Salute, Tree into Crane w/partners, “V” Pose, and Meditation
Learning Activities: Demonstration and Practical

4/5 Positions: Kapalabhati, Stretching, Frog, modified Triangle, Sun Salute, Shoulder Stand into Bridge into Fish into “V” Pose, Spinal Twist, and Meditation
Learning Activities: Demonstration and Practical

4/7 Positions: Kapalabhati, Stretching, Frog, Archer, Sun Salute, Shoulder Stand into the Bridge into the Fish into “V” Pose, and Meditation
Learning Activities: Demonstration and Practical

4/9 Positions: Kapalabhati, Stretching, Frog, Head Stand w/partners, Spinal Twist, and Meditation
Learning Activities: Demonstration and Practical

4/12 Positions: Kapalabhati, Stretching, Frog, Tree into Crane, Shoulder Stand into the Bridge into the Fish into “V” Pose, Spinal Twist, and Meditation
Learning Activities: Demonstration and Practical

4/14 Positions: Kapalabhati, Stretching, Tree into Crane, Shoulder Stand into the Bridge into the Fish into “V” Pose, Spinal Twist, and Meditation
Learning Activities: Demonstration and Practical

4/16 Positions: Kapalabhati, Stretching, Frog, Archer, Sun Salute, Shoulder Stand into the Bridge into the Fish into “V” Pose, and Meditation
Learning Activities: Demonstration and Practical

4/19 Practice positions for individual demonstrations and Meditation
Learning Activities: Practical

4/21 Practice positions for individual demonstrations and Meditation
Learning Activities: Practical

Review Final Exam

4/23 Practical Examination: Demonstrations of positions

4/26 Final Written Examination
All Bonus Projects Must Be Submitted