INSTRUCTOR: Skip Rector  
PEHD 120 – 001

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

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

INSTRUCTOR: Skip Rector, BA, MSW

OFFICE HOURS: By appointment

OFFICE: Room 407 in the Silcox Physical Education and Health Center

PHONE: CofC: 953-3397 (Dept. Office)

EMAIL: rectors@cofc.edu Put YOGA in the subject line.

PREREQUISITES: None


COURSE: This course presents the advanced aspects of the philosophy of Yoga as well as advanced positions and breathing techniques. 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 and understand the intricate aspects of Yoga

2. Comprehend the concepts of Yoga
   A. Principles of Yoga to create a daily practice
   B. Fundamental and advanced Yoga positions
   C. Elements and stages of a Yoga to create a Flow of positions

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 breathing and Breath of Fire.

REQUIREMENTS:  
50% Class Attendance and Participation

20% Practical (Demonstrations a Flow of Positions)

30% Examinations (the Book and Discussions in class)

GRADING SCALE:  
A  93 – 100  C  74 – 77
A-  90 - 92  C-  72 - 73
B+  88 – 89  D+  70 - 71
B  83 – 87  D  68 – 69
B-  80 - 82  D-  66 - 67
C+  78 – 79  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 – Create and Demonstrate a flow of at least six poses 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 student misses a class, the Instructor must be provided with acceptable documentation of the reason IN WRITING (i.e. notice from Health Services or signed Doctor’s note). An email from the Student is not sufficient documentations! Students that are part of a College of Charleston (CofC) sanctioned sports team Must Provide a schedule from their Team Coach or Faculty Supervisor that indicates which days they will miss due to travel to a game/function which indicates both the departure date/time and the return date/time. A Student will be penalized with point reductions for any absences or excessive tardiness, which are not authorized or accepted as a reasonable
absence by the Instructor. All unexcused absences will affect a Student’s grade. A Student may be dropped from this course for excessive absences or tardiness as determined by the Instructor.

**CELL PHONES:** Cell phones should be turned OFF just prior to class beginning. All cell phones should be OFF during class. Cell phones should be left with the Students belongings and not with the student during class.

**EXAMS:** Exams will be given on days as determined by the Instructor. If an examination is missed due to personal, family, medical or other emergency reasons, the Student must provide an email or written excuse from a Doctor, CofC Health Services, or Administrative Office at CofC to the Instructor. An email from the Student to the Instructor IS NOT considered adequate documentation. Any Student missing an exam and failing to provide appropriate documentation will receive no credit for the examination. If the Instructor receives the appropriate documentation, the Student must make-up the examination within two class periods of the date that the Student returns to class OR AS DIRECTED BY THE INSTRUCTOR.

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

**ACADEMIC CODE:** The College of Charleston (CofC) 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/

**CAMPUS SUPPORT:** Center for Student Learning: You are encouraged to utilize the Center for Student Learning’s (CSL) academic support services for assistance in study strategies and course content. They offer tutoring, supplemental instruction, study skills appointments, and workshops at no additional cost. For more information regarding these services please visit the CSL website at http://csl.cofc.edu or call (843)953-5635.

**EXTRA CREDIT:** Bonus Projects: (1) Attending the Jump-Rope-for-Heart fundraiser. Each semester the Department of Health and Human Performance conducts an event to raise money for the Heart Association. If you attend and participate, you will receive extra points added to your final grade. This is a one-time-per-semester event, so you must attend the day it is presented.

(2) Projects/papers may be presented for extra credit near the end of the semester. These extra credit items MUST BE APPROVED by the Instructor at least 4 weeks prior to the last day of class! These projects/papers 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 previously approved by the Instructor. All Bonus Projects must be submitted or presented the week prior to the LAST CLASS.
### SYLLABUS

*This schedule is tentative and can change without notice.*

<table>
<thead>
<tr>
<th>Date</th>
<th>Course Topics:</th>
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</thead>
<tbody>
<tr>
<td>1/13</td>
<td>Introduction: What will we cover in this advanced Yoga class? History of Yoga. Position Review: Stretching, Reclining Twist, Sparrow, Bridge and Meditation Learning Activities: Lecture, Demonstration and Practical</td>
</tr>
<tr>
<td>1/15</td>
<td>Lecture &amp; Experiential: “Kapalabhati Breathing” Position Review: Stretching, Reclining Twist, Sparrow, Bridge, Fwd Bend w/partner, Cobra w/partner, Standing on the Ceiling, Meditation Learning Activities: Lecture, Demonstrations and Practical</td>
</tr>
<tr>
<td>1/20</td>
<td>Position Review: 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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<tr>
<td>1/22</td>
<td>Position Review: 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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<tr>
<td>1/27</td>
<td>Lecture: “In the Moment” Position Review: 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>Position Review: 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>2/3</td>
<td>Lecture: “Just Being” Position Review: Kapalabhati, Stretching, Frog, Blowing Palm, Cobra, Crescent Moon, Tree, Camel, Crow, Bridge, and Meditation Learning Activities: Lecture, Demonstration and Practical</td>
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<tr>
<td>2/5</td>
<td>Position Review: Kapalabhati, Stretching, Frog, Cobra, Crescent Moon, Crane (Standing Bow), and Meditation Learning Activities: Lecture, Demonstrations and Practical</td>
</tr>
<tr>
<td>2/10</td>
<td>Lecture: “Meditation” Advance Positions: Kapalabhati, Stretching, Advanced Crescent Moon, Sun Salute, Fwd Bend, Advanced Cobra, and Meditation Learning Activities: Demonstration and Practical</td>
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<tr>
<td>2/12</td>
<td><strong>Review for Exam</strong> Advance Positions: Kapalabhati, Stretching, Mountain, Crane, Blowing Palm, Wheel, Fish, and Meditation Learning Lecture, Demonstration and Practical</td>
</tr>
</tbody>
</table>
2/17 Advance Positions: Kapalabhati, Stretching, Mountain, modified Warrior, Crane, Blowing Palm, Wheel, and Meditation
Learning Activities: Lecture, Demonstration and Practical

2/19 **1st Examination**

2/24 Learning Activities: Demonstration and Practical
Advance Positions: Stretching, Sun Salute, Camel, Bridge, Advance Fish, Camel, Mountain, Crane, and Meditation

2/26 Lecture and Experiential: “Anulom Viloma”
Advance Positions: Anulom Viloma, Stretching, Sun Salute, Tree into Crane, Bridge into Fish, Mountain, Archer, and Meditation

2/27 Advanced Positions: Anulom Viloma, Stretching, Frog, Standing on the Ceiling, Camel, Triangle, Archer, Mountain, modified Warrior, and Meditation
Learning Activities: Test, Demonstration and Practical

3/1 to 3/8 - BREAK

3/10 Advanced Positions: Kapalabhati, Stretching, Crow, Archer, Standing on the Ceiling, Triangle, Warrior, Spinal Twist, Hero, and Meditation
Learning Activities: Demonstrations and Practical

3/12 Lecture: “Kriyas - Internal Cleansing Techniques”
Advance Positions: Kapalabhati, Stretching, Crow, Archer, Standing on the Ceiling, Triangle, Warrior, Spinal Twist, Hero, and Meditation
Learning Activities: Lecture, Demonstrations and Practical

3/17 Lecture: “Vipassina”
Advanced Positions: Kapalabhati, Stretching, Crow, Archer, Standing on the Ceiling, Triangle, Warrior, Spinal Twist, Hero, and Meditation
Learning Activities: Lecture, Demonstrations and Practical

3/19 **Review for Exam**
Advanced Positions: Kapalabhati, Stretching, Sun Salute, Advance Cobra, Advance Camel, Archer, Bridge into Fish, Shoulder Stand, “V” Pose, and Meditation
Learning Activities: Review, Demonstrations and Practical

3/24 Advanced Positions: Kapalabhati, Stretching, Sun Salute, Tree into Crane, Bridge into Fish into “V” Pose, Shoulder Stand, Advance Spinal Twist, Hero, and Meditation
Learning Activities: Demonstrations and Practical

3/26 **2nd Examination**

3/31 Advanced 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  Advanced Positions: Kapalabhati, Stretching, Sun Salute, Tree into Crane, Bridge into Fish into “V” Pose, Shoulder Stand, Advance Spinal Twist, Hero, and Meditation
Learning Activities: Demonstrations and Practical

4/7  Advanced 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  Advanced 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

4/14  Practice flows for individual demonstrations and Meditation
Learning Activities: Practical

4/16  Practice flows for individual demonstrations and Meditation
Learning Activities: Practical

**Review for Final Exam and All Bonus Projects Must Be Submitted**

4.21  **Practical Examination: Demonstrations of Positions**

4/23  **Final Exam**