BEGINNING YOGA – 2 CREDITS
Instructor: Skip Rector

TIME: PEHD 102 – 005: TTH 12:15 – 1:30 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, Silcox Physical Education and Health Center

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

EMAIL: rectors@cofc.edu
(when sending an email, 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. Discuss the concepts of Yoga
   A. Principles of Yoga
   B. Fundamental Yoga positions
   C. Basic elements and stages of a Yoga position
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, stress reduction, emotional stability and spiritual awareness.
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 (Demonstrations of Positions and Breathing)

30%  Examinations (3 Written Tests)

**GRADING SCALE:**

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

**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!

1. Each Student is responsible for **SIGNING THE ATTENDANCE SHEET EACH CLASS**. Any student signing in another Student and any Student having another Student sign them into class will be severely penalized.

2. If a student misses a class for serious personal or medical reasons, the Instructor must be provided with acceptable documentation in writing of the reason (i.e. notice from Health Services or signed Doctor's note). An email from the Student is not sufficient documentation!

3. Students that are part of a College of Charleston sanctioned sports team must provide a schedule from their Team Coach or Faculty Supervisor. This documentation must indicate which days and dates that will be missed due to travel to a game/function. The schedule must indicate both the departure date/time and the return date/time.
4. **A Student will be penalized with point reductions** for any unexcused absence or excessive tardiness, which are not authorized or accepted as reasonable by the Instructor.

5. **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.

**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.

**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.

**ACADEMIC HONOR:**

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: I encourage you 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. Students of all abilities have become more successful using these programs throughout their academic career and the services are available to you 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.**
CLASS SCHEDULE

This schedule is tentative and can change without notice.

<table>
<thead>
<tr>
<th>Date</th>
<th>Course Topics:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/13</td>
<td>Introduction: What is Yoga? History and Philosophy of Yoga. What to Expect. Positions: Stretching, Frog, Child's, and Meditation Learning Activities: Lecture, Demonstration, and Practical</td>
</tr>
<tr>
<td>1/15</td>
<td>Lecture &amp; Experiential: Breathing, Kapalabhati Breathing Positions: Stretching and Meditation Learning Activities: Lecture, Demonstration, and Practical</td>
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<tr>
<td>1/20</td>
<td>Lecture: “In the Moment” Positions: Kapalabhati Breathing and Stretching Learning Activities: Lecture, Discussion, Demonstration, and Practical</td>
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<tr>
<td>1/22</td>
<td>Positions: Kapalabhati, Reclining Twist, Bridge, Plank Series, Fwd Bend, Fish, Cobra w/partner and Meditation Learning Activities: Demonstration and Practical</td>
</tr>
<tr>
<td>1/27</td>
<td>Positions: Kapalabhati, Stretching, Plank Series, Table Pose, Crescent Moon, and Meditation Learning Activities: Demonstration and Practical</td>
</tr>
<tr>
<td>2/3</td>
<td>Review for 1st Exam – Positions: Kapalabhati, Stretching, Cobra, Crescent Moon, Crow, Blowing Palm, Tree, and Meditation Learning Activities: Demonstration and Practical</td>
</tr>
<tr>
<td>2/5</td>
<td>Positions: Kapalabhati, Stretching, Frog, Cobra, Crescent Moon, Blowing Palm, Tree, and Meditation Learning Activities: Demonstration and Practical</td>
</tr>
<tr>
<td>2/10</td>
<td>1st Examination</td>
</tr>
<tr>
<td>2/12</td>
<td>Positions: Breathing through Vipassina, Stretching, Mountain, Warrior Series, Cobra, Locus Pose, Blowing Palm, and Meditation Learning Activities: Demonstration and Practical</td>
</tr>
<tr>
<td>2/17</td>
<td>Positions: Breathing through Vipassina, Stretching, Mountain, Warrior Series, Cobra, Locus Pose, Blowing Palm, and Meditation Learning Activities: Demonstration and Practical</td>
</tr>
<tr>
<td>2/19</td>
<td>Positions: Stretching, Warrior, Tree, Cobra, Locus Pose, Mountain, and Meditation Learning Activities: Demonstration and Practical</td>
</tr>
<tr>
<td>2/24</td>
<td>Lecture and Experiential: Breathing - “Anuloma Viloma” Positions: Stretching, Cobra, Locus Pose, Bridge, Mountain, Warrior Series, Tree, and Meditation Learning Activities: Lecture, Demonstration and Practical</td>
</tr>
</tbody>
</table>
2/26  Positions: Anuloma Viloma, Stretching, Crescent Moon, Bridge, Locus Pose and Meditation Learning Activities: Lecture, Demonstration and Practical

3/1 – 3/8  **Spring Break**

3/10  Lecture” “Just Being” Positions: Kapalabhati, Stretching, Frog, Bridge, and Meditation Learning Activities: Lecture, Demonstration and Practical

3/12  **Review for Exam**- Positions: Kapalabhati, Stretching, Archer, Sun Salute, Shoulder Stand into the Bridge into the Fish into Boat Pose,, and Meditation Learning Activities: Demonstration and Practical

3/17  Positions: Kapalabhati, Stretching, Cobra, Locus Pose, Standing Position, Triangle, Warrior, Spinal Twist, Hero, and Meditation Learning Activities: Demonstration and Practical

3/19  **2nd Examination**

3/24  Positions: Kapalabhati, Crow, Archer, Table, Triangle, Bridge, Fish, Tree, Mountain, Spinal Twist, Hero, and Meditation Learning Activities: Demonstration and Practical

3/26  Positions: Kapalabhati, Stretching, Triangle Series, Shoulder Stand into Bridge into Fish into Boat Pose,, Spinal Twist, and Meditation Learning Activities: Demonstration and Practical

3/31  Positions: Kapalabhati, Stretching, Tree into Dancer Pose, Shoulder Stand, Spinal Twist, and Meditation Learning Activities: Demonstration and Practical

4/2  Positions: Kapalabhati, Stretching, Head Stand w/partners, Spinal Twist, and Meditation Learning Activities: Demonstration and Practical

4/7  Positions: Kapalabhati, Stretching, Head Stand, Spinal Twist, and Meditation Learning Activities: Demonstration and Practical

4/9  Positions: Kapalabhati, Stretching, Archer, Sun Salute, Head Stand, Shoulder Stand and Meditation Learning Activities: Demonstration and Practical

4/14  Positions: Kapalabhati, Sun Salute, Half Spinal Twist, practice positions. Learning Activities: Demonstration and Practical

4/16  Practice Positions and Review for final exam

4/21  **Practical Examination: Demonstrations of positions**  
**All Bonus Projects Must Be Submitted**

4/23  **FINAL EXAM**