BEGINNING YOGA SYLLABUS – 2 CREDITS

Instructor: Skip Rector

TIME: PEAC 102 - 002 – MWF 9:00 am – 9:50 am
      PEAC 102 – 003 – MWF 10 am – 10:50 am
      PEAC 102 - 004 – MWF 2:00 pm – 2:50 pm.

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:**

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 student misses a class, 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 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 unexcused absence 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.

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 email the Instructor (at rectors@cofc.edu) prior to the exam. Any Student missing an exam and failing to email will receive no credit for the examination. A Student missing an exam that the Instructor has excused 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 HONOR: The College of Charleston (CoC) 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.
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>8/22</td>
<td>Lecture &amp; Experiential: Breathing, Kapalabhati Breathing Positions: Stretching and Meditation Learning Activities: Lecture, Demonstration, and Practical</td>
</tr>
<tr>
<td>8/25</td>
<td>Positions: Stretching, Reclining Twist, Bridge, Fwd Bend and Fish w/partner, and Meditation Learning Activities: Demonstration and Practical</td>
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<tr>
<td>8/27</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>8/29</td>
<td>Positions: Kapalabhati, Reclining Twist, Bridge, Plank Series, Fwd Bend, Fish, Cobra w/partner and Meditation Learning Activities: Demonstration and Practical</td>
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<tr>
<td>9/1</td>
<td>Positions: Kapalabhati, Reclining Twist, Bridge, Plank Series, Table Pose, Fwd Bend, Fish, and Meditation Learning Activities: Demonstration and Practical</td>
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<tr>
<td>9/3</td>
<td>Positions: Kapalabhati, Stretching, Plank Series, Table Pose, Crescent Moon, and Meditation Learning Activities: Demonstration and Practical</td>
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<tr>
<td>9/5</td>
<td>Lecture: “Vipassina – Conscious Witnessing” Positions: Breathing Through Vipassina, Stretching, Plank Series, Table Pose, Cobra, Locus Pose, and Meditation Learning Activities: Lecture, Demonstration, and Practical</td>
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<tr>
<td>9/8</td>
<td>Positions: Kapalabhati, Stretching, Cobra, Crescent Moon, Crow, Blowing Palm, Tree, and Meditation Learning Activities: Demonstration and Practical</td>
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<tr>
<td>9/10</td>
<td>Positions: Kapalabhati, Stretching, Frog, Cobra, Crescent Moon, Blowing Palm, Tree, and Meditation Learning Activities: Demonstration and Practical</td>
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9/12  **Review for 1st Exam –**
Positions: Stretching, Warrior, Tree, Cobra, Locus Pose, Mountain, and Meditation
Learning Activities: Demonstration and Practical

9/15  Positions: Breathing through Vipassina, Stretching, Mountain, Warrior Series, Cobra, Locus Pose, Blowing Palm, and Meditation
Learning Activities: Demonstration and Practical

9/17  **1st Examination**

9/19  Positions: Stretching, Warrior, Tree, Cobra, Locus Pose, Mountain, and Meditation
Learning Activities: Demonstration and Practical

9/22  Lecture and Experiential: Breathing - “Anuloma Viloma”
Positions: Stretching, Cobra, Locus Pose, Bridge, Mountain, Warrior Series, Tree, and Meditation
Learning Activities: Lecture, Demonstration and Practical

9/24  Positions: Stretching, Warrior, Tree, Cobra, Locus Pose, Mountain, and Meditation
Learning Activities: Demonstration and Practical

9/26  Lecture: “Emotions”
Positions: Anuloma Viloma, Stretching, Crescent Moon, Bridge, Locus Pose and Meditation
Learning Activities: Lecture, Demonstration and Practical

9/29  Positions: Anuloma Viloma, Stretching, Standing Positions, Cobra, Locus Pose, Triangle, Spinal Twist, Hero, and Meditation
Learning Activities: Demonstration and Practical

10/1  Positions: Anuloma Viloma, Stretching, Cobra, Locus Pose, Standing Position, Triangle, Warrior, Spinal Twist, Hero, and Meditation
Learning Activities: Demonstration and Practical

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

10/6  Positions: Kapalabhati, Stretching, Crow, Archer, Bridge, Fish, Triangle, and Meditation
Learning Activities: Demonstration and Practical

10/8  Positions: Kapalabhati, Stretching, Cobra, Locus Pose, Triangle, Bridge, Fish, Tree, Table, and Meditation
Learning Activities: Demonstration and Practical

10/10 Positions: Kapalabhati, Crow, Archer, Table, Triangle, Bridge, Fish, Tree, Mountain, Spinal Twist, Hero, and Meditation
Learning Activities: Demonstration and Practical
10/13
Positions: Kapalabhati, Stretching, Archer, Standing on Ceiling, Bridge, Fish, Cobra, Spinal Twist, and Meditation
Learning Activities: Demonstration and Practical

10/15
Positions: Kapalabhati, Stretching, Triangle Series, Tree into Dancer Pose w/partners, “V” Pose, and Meditation
Learning Activities: Demonstration and Practical

10/17
Review for Exam - Positions: Kapalabhati, Stretching, Triangle, Tree into Dancer Pose w/partners, Boat Pose, and Meditation
Learning Activities: Lecture, Demonstration and Practical

10/20
Positions: Kapalabhati, Stretching, Triangle, Sun Salute, Tree, Dancer Pose, Boat Pose, and Meditation Learning Activities: Demonstration and Practical

10/22
Positions: Kapalabhati, Stretching, Triangle Series, Shoulder Stand into Bridge into Fish into Boat Pose,, Spinal Twist, and Meditation
Learning Activities: Demonstration and Practical

10/24
2nd Examination

10/27
Positions: Kapalabhati, Stretching, Archer, Sun Salute, Shoulder Stand into the Bridge into the Fish into Boat Pose,, and Meditation
Learning Activities: Demonstration and Practical

10/29
Positions: Kapalabhati, Stretching, Head Stand w/partners, Spinal Twist, and Meditation
Learning Activities: Demonstration and Practical

10/31
Positions: Kapalabhati, Stretching, Tree into Dancer Pose, Shoulder Stand, Spinal Twist, and Meditation
Learning Activities: Demonstration and Practical

11/1 – 11/3
Fall Break

11/4
Election Day

11/5
Positions: Kapalabhati, Stretching, Archer, Sun Salute, Shoulder Stand and Meditation
Learning Activities: Demonstration and Practical

11/10
Positions: Kapalabhati, Stretching, Archer, Sun Salute, Shoulder Stand and Meditation
Learning Activities: Demonstration and Practical

11/12
Positions: Kapalabhati, Stretching, Archer, Sun Salute, Shoulder Stand into the Bridge into the Fish into “V” Pose, and Head Stand
Learning Activities: Demonstration and Practical

11/14
Positions: Kapalabhati, Stretching, Archer, Sun Salute, Shoulder Stand into the Bridge into the Fish into “V” Pose, and Head Stand
Learning Activities: Demonstration and Practical

11/17
Positions: Kapalabhati, Stretching, Archer, Sun Salute, Shoulder Stand and Meditation

Learning Activities: Demonstration and Practical

11/19
Positions: Kapalabhati, Stretching, Triangle Series, Sun Salute, Shoulder Stand and Head Stand

Learning Activities: Demonstration and Practical

11/21
Positions: Kapalabhati, Stretching, Frog, Archer, Sun Salute, Shoulder Stand Meditation

Learning Activities: Demonstration and Practical

11/24
Do Yoga
Activities: Answer any questions about final exam

11/26
Practice positions for individual demonstrations and Meditation

Learning Activities: Practical

Review for Final Exam

12/1
Practical Examination: Demonstrations of positions
All Bonus Projects Must Be Submitted

12/3
Final Exam