Beginning Yoga – PEAC 102-02 (11491) – Fall 2016– 2 semester hours

Time: MWF 9:00 – 9:50am
Place: Room 201 (Exercise Deck, Johnson Gym, George Street)
Instructor: Ashley Bell, BA, MA, RYT-500
Office Hours: By Appointment
Office Phone: 953-5558
Contact Email: bellae1@cofc.edu

Overview: A course designed to present the basic philosophy, physical 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: Active participation in the course should prepare students to:
1) Identify and articulate the historical relevance of yoga as it relates to modern incarnations of the practice.
2) Apply basic yogic philosophies and principles to the practice of yoga postures, benefitting body, mind and spirit.
3) Demonstrate a greater awareness of anatomy, developing stability and mobility to move the body toward more optimal alignment.
4) Create strategies for utilizing yoga techniques to reduce stress and foster emotional wellness in daily life.

Student Learning Outcomes: As a result of participating in PEAC 102, students will formulate a 20-minute, self-guided sequence of postures that include at least one posture each from the categories: standing, seated, backward bending and forward folding.

As a result of participating in PEAC 102, students will articulate how their understanding of yoga philosophy has affected their ability to improve stress management practices during the course of the semester.

As a result of participating in PEAC 102, students will explain how ancient yogic concepts relate to contemporary societal challenges using specific personal examples.

Requirements: Attendance and Participation
Students are responsible for signing in for class on the sign in sheet at each and every session. Students are expected to be on time and dressed appropriately. One-half of a point will be deducted for tardiness and one-half point for inappropriate attire. Cell phone use during class is not permitted; one-half points will be deducted for
bringing cell phones to the mat. In the event that a student must be absent, two make up classes at studios selected by the instructor are permissible with written documentation of attendance.

Textbooks, Equipment and Technology
None required. Students may bring their own yoga mats and props but all required equipment is stored in the classroom and available for use during each session.

Quizzes
Quizzes will be given in class. In the event that you are absent on a testing day, please provide a written explanation of the absence (doctor’s note, etc.) and email the instructor in advance of the session to schedule a make-up test.

Mysore Practice: a 30-minute self-guided practice on the last day of class

Final Project
The final project can be completed using a variety of media and will demonstrate the student’s understanding of the multidisciplinary nature of yoga and yoga practice as it relates directly to the experience of the individual. A rubric outlining the final project requirements will be shared after the midterm.

Criteria for Liability Waiver

<table>
<thead>
<tr>
<th>Evaluation</th>
<th>Points</th>
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<tbody>
<tr>
<td>What is yoga?</td>
<td>6 points</td>
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<tr>
<td>Attendance</td>
<td>1 point per session (38)</td>
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<td>Timely Arrival</td>
<td>0.5 points per session (19)</td>
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<td>Participation</td>
<td>2 points per session (76)</td>
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<td>Quiz 1 (History)</td>
<td>10 points</td>
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<td>Quiz 2 (8 Limbs)</td>
<td>10 points</td>
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<td>Quiz 3 (Anatomy)</td>
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<tr>
<td>Mysore Practice</td>
<td>10 points</td>
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<tr>
<td>Final project</td>
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<td>TOTAL</td>
<td>200 points</td>
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Grading Scale:

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<tr>
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<tr>
<td>A</td>
<td>93-100%</td>
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<tr>
<td>A-</td>
<td>90-92%</td>
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<tr>
<td>B+</td>
<td>88-89%</td>
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<td>B</td>
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<tr>
<td>B-</td>
<td>80-82%</td>
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<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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<td>D+</td>
<td>70-71%</td>
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<tr>
<td>D</td>
<td>68-69%</td>
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<td>D-</td>
<td>66-67%</td>
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<td>F</td>
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Extra Credit: Extra credit may be earned by submitting a written report on a topic related to yoga and/or meditation. Such projects must be approved by the instructor on or before November 2, 2016, written specifically for PEAC 105 and submitted for assessment by December 2, 2016.

Honor Code: Students must do their own work. Please see the 2016 - 2017 Student Handbook (Academic Honor System) for a description of the College’s Honor System, which is fully supported in this class. Lying, cheating, attempted cheating, and plagiarism are violations of our Honor Code that, when identified, are investigated. Students can find the complete Honor Code and all related processes in the Student Handbook at http://www.cofc.edu/generaldocuments/handbook.pdf

Conduct: Code language that guides our responses to classroom disruption can be found in the Student Handbook: A Guide to Civil and Honorable Conduct.

Campus Support: This College abides by section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act that stipulates no student shall be denied access to an education “solely by reason of a handicap.” Disabilities covered by law include, but are not limited to, learning disabilities and hearing, sight or mobility impairments. If you have a documented disability that may have some impact on your work in this class and for which you may require accommodations, please see an administrator at the Center of Disability Services, (843) 953-1431 or me so that such accommodation may be arranged.

Course Schedule:

W 8/24: Introduction and Course Overview
F 8/26: role of the breath – neck stretch, cats and cows, forward fold, sphinx

M 8/29: review breath – review sequence, add reclined spinal twist
W 8/31: History of Yoga – (Vedic) and practice (add supine pigeon)
F 9/2: History of Yoga (Upanishads) and practice (add lateral lunges)

M 9/5: History of Yoga (Bhagavad Gita) and practice
W 9/7: group practice – add Warrior 2 and high lunge
F 9/9: History of Yoga (Transition to the West) and practice

M 9/12: quiz review and practice
W 9/14: Quiz – Yoga History
F 9/16: group practice – add triangle and twisting lunge
M 9/19: Eight Limbs Intro and group practice
W 9/21: Yamas and related writing exercise
F 9/23: Niyamas and related writing exercise

M 9/26: Asana and group practice
W 9/28: Pranayama Practice
F 9/30: Sun Salutations

M 10/3: Meditation (discussion and practice)
W 10/5: group practice including sun salutations and meditation
F 10/7: Quiz – Eight Limbs

M 10/10: Skeletal Anatomy and twist variations
W 10/12: group practice with twists
F 10/14: Muscular Anatomy and balancing postures

M 10/17: group practice with balancing
W 10/19: Yoga and the Nervous System
F 10/21: Crow Pose Intro

M 10/24: The Chakra System
W 10/26: Headstand Intro
F 10/28: group practice - Q&A

M 10/31: quiz review and practice
W 11/2: Quiz – Yoga Anatomy
F 11/4: Heart Openers

W 11/9: group practice
F 11/11: Yin Yoga

M 11/14: group practice
W 11/16: Kundalini Yoga
F 11/18: group practice

M 11/21: Yoga and the Concept of Presence

M 11/28: Group Practice
W 11/30: Group Practice
F 12/2: Group Practice

M 12/5: Final Practice - Mysore
M 12/12: Final Projects due by 5:00pm

*The syllabus is subject to change at the discretion of the instructor.*