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
            PEAC102 - 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 (CoC) 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 (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.**
MWF: CLASS SCHEDULE  
9:00 am, 10:00 am, and 2:00 pm  
This schedule is tentative and can change without notice.

<table>
<thead>
<tr>
<th>Date</th>
<th>Course Topics:</th>
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<tbody>
<tr>
<td>Week 1</td>
<td><strong>Lecture:</strong> What to Expect. <strong>Introduction and Chapter 1</strong></td>
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<tr>
<td>10.22 - 10.25</td>
<td><strong>Positions:</strong> Stretching w/partners, Reclining Twist, Sparrow, Standing on Ceiling, Bridge, Fish, Boat</td>
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<td><strong>Meditation:</strong></td>
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<td><strong>Learning Activities:</strong> Lecture, Demonstration and Practical</td>
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<tr>
<td>Week 2</td>
<td><strong>Lecture:</strong> Chapter 2 (History) and Chapter 3 (Being in the Moment)</td>
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<td>10.28 - 9.1</td>
<td><strong>Positions:</strong> Stretching, Reclining Twist, Sparrow, Standing on Ceiling, Bridge, Fish, Boat, Fwd Bend w/partner, Plank w/partner, Table w/partner</td>
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<td>Week 3</td>
<td><strong>Lecture:</strong> Chapters 4 (Breathing) and Chapter 6 (Chakras)</td>
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<td>9.4 - 9.8</td>
<td><strong>Breathing:</strong> Kapalabhati and Anuloma Viloma Breaths</td>
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<td><strong>Positions:</strong> Sparrow, Standing on Ceiling, Bridge, Fish, Boat, Plank, Fwd Bend, Cobra w/partner, and Bow w/partner</td>
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<td>Week 4</td>
<td><strong>Lecture:</strong> Chapters 5 (Meditation) and Review 1st Test</td>
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<td>9.11 - 9.15</td>
<td><strong>Breathing:</strong> Kapalabhati</td>
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<td><strong>Positions:</strong> Sparrow, Bridge, Boat, Fish, Frog, Fwd Bend, Plank, Table, Cobra, Bow, Locust, Kneeling Bow, Kneeling twist, Crescent Moon.</td>
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<td>Week 5</td>
<td><strong>Lecture:</strong> Chapter 9 (Kriyas)</td>
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<td>9.18 – 9.22</td>
<td><strong>1st Examination</strong></td>
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<td>Test</td>
<td><strong>Breathing:</strong> Kapalabhati</td>
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<td><strong>Positions:</strong> Bridge, Sparrow, Boat, Fwd Bend, Plank, Table, Fish, Frog, Cobra, Locust, Bow, Kneeling Bow, Kneeling twist, Crescent Moon</td>
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<td>Week 6</td>
<td><strong>Lecture:</strong> Vipassina (Conscious Witnessing) – Not in Book!</td>
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<td>9.25 – 9.29</td>
<td><strong>Breathing:</strong> Kapalabhati and “Anuloma Viloma”</td>
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<td><strong>Positions:</strong> Breathing through Vipassina, Bridge, Sparrow, Boat, Shoulder Stand, Plow, Fwd Bend, Plank, Table, Fish, Frog, Cobra, Bow, Locust, Lizard, Kneeling Bow, Crescent Moon, Pigeon, Half Spinal Twist, Camel</td>
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<td>Week 7</td>
<td><strong>Lecture:</strong> Chapters 7 (Diet)</td>
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<td>10.2 – 10.6</td>
<td><strong>Breathing:</strong> Kapalabhati and “Anuloma Viloma”</td>
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<td><strong>Positions:</strong> Bridge, Sparrow, Boat, Shoulder Stand, Plow, Fwd Bend, Plank, Table, Fish, Frog, Pigeon, Half Spinal Twist, Cobra, Bow, Locust, Lizard, Kneeling Bow, Crescent Moon, Camel, Crow</td>
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Week 8
10.9 – 10.13
Lecture: Chapter 8 (Fasting) and Chapter 10 (Styles of Yoga)
Breathing: Kapalabhati and “Anuloma Viloma”
Positions: Bridge, Fish, Boat, Fwd Bend, Plank, Table, Fish, Spinal Twist, Shoulder Stand, Plow, Cobra, Locus, Pigeon, Blowing Palm, Mountain, Warrior, Sun Salute
Meditation:
Learning Activities: Lecture, Demonstration and Practical

Week 9
FALL BREAK
10.16 – 10.20
Review 2nd Test
Breathing: Kapalabhati
Positions: Bridge, Sparrow, Fish, Boat, Fwd Bend, Plank, Table, Shoulder Stand, Plow, Fish, Cobra, Locus, Lizard, Pigeon, Spinal Twist, Blowing Palm, Mountain, Warrior, Archer, Tree, Sun Salute
Meditation:
Learning Activities: Lecture, Demonstration and Practical

Week 10
10.23 – 10.27
2nd Examination
Test
Breathing: Kapalabhati
Positions: Bridge, Sparrow, Fish, Boat, Fwd Bend, Plank, Table, Shoulder Stand, Plow, Fish, Spinal Twist, Cobra, Locus, Pigeon, Blowing Palm, Mountain, Warrior, Archer, Tree, Standing Bow, Triangle, Sun Salute
Meditation:
Learning Activities: Lecture, Demonstration and Practical

Week 11
10.30 – 11.3
Breathing: “Anuloma Viloma”
Positions: Bridge, Sparrow, Fish, Boat, Fwd Bend, Plank, Table, Fish, Spinal Twist, Blowing Palm, Mountain, Warrior, Archer, Tree, Standing Bow, Sun Salute, Triangle Variation
Meditation:
Learning Activities: Lecture, Demonstration and Practical

Week 12
11.6 – 11.10
Positions: Bridge, Sparrow, Fish, Boat, Fwd Bend, Plank, Table, Fish, Spinal Twist, Blowing Palm, Mountain, Warrior, Archer, Tree, Standing Bow, Sun Salute, Triangle Variation
Meditation:
Learning Activities: Lecture, Demonstration and Practical

Week 13
11.13 – 11.17
Final Exam Review
Positions: Bridge, Sparrow, Fish, Boat, Fwd Bend, Plank, Table, Fish, Spinal Twist, Blowing Palm, Mountain, Warrior, Tree, Cobra, Locus, Lizard, Pigeon
Meditation:
Learning Activities: Lecture, Demonstration and Practical

Week 14
11.20
Practical Exam
THANKSGIVING BREAK
Test

Week 15
12.4
Final Written Exam