



SPRING, 2014 KINES 351
(YOGA SKILLS), SECTION 2690

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Welcome to all! I look forward to our class. Please contact me via email if you have any concerns or questions: beverly.ostroska@gmail.com

COURSE SYLLABUS

Hatha Yoga develops skills in (1) mental focusing & awareness, and (2) physical flexibility, toning and strengthening of the body. Students will learn basic yoga asanas (exercises) that develop abilities in each of these areas. Breathing and meditation techniques will also be taught. One of the main goals of the class is to guide students toward deeper understanding and development of these practices which increasingly lead to a keen awareness of the profound relationship and connection of body, mind, and breath.

STUDENT LEARNING OUTCOMES

--Progressive Development of Student Skills in:

- * Performance of yoga asanas and vinyasas (physical exercises and poses)
- * Employment of breathing practices in performance of asanas
- * Utilization of relaxation/stress reduction techniques in class exercises
- * Utilization of mental focusing in class exercises
- * Utilization of meditation techniques in class exercises

WHAT TO WEAR

- * Comfortable workout gear – No Jeans Allowed
- * Bare feet that are clean and odor free
- * No perfume or heavily scented lotions
- * If you must wear sox, use the ones with skid control on soles
- * No dangling or clanging jewelry that makes noise

CLASSROOM PROTOCOL & RULES

NO CELL PHONE USAGE DURING CLASS. Turn off cell phones prior to the start of class. I will collect any cell phones being used during class. If this happens twice, you will be dropped from the class.

No food or soda in the classroom. Bottled water is ok.

No gum chewing in class, it's dangerous to chew gum while exercising.

Be on time. The outside doors will be locked immediately after roll call.

GRADING POLICY

Grade of A: Regular, prompt attendance with excellent asanas progress

3 write assignments: **spell-checked & typed**

Clearly expressed, grammatically correct,

OUTSTANDING CONTENT

Absences allowed: 4

Due dates TBA

Grade of B: Regular, prompt attendance with good asana progress

Other: **Same written requirements as above—GOOD CONTENT**

Due date TBA

Absences allowed: 6

Grade of C: Regular, prompt attendance with adequate progress in class.

Other: **Same written requirements as above—AVERAGE CONTENT**

Absences: Absences allowed: 7

STUDENT CONDUCT POLICY

All students are expected to follow the “Namaste” spirit of Yoga.

The word “Namaste” (pronounced nah-mah-stay) means to honor the light or spirit within all beings. We may think of the word “light” as being the unique essence within each person. In the Yoga world it is expected that each student honors this Namaste spirit in the classroom. If a student chooses to be disrespectful or belittling to any other student, or the instructor, he or she will be asked to leave the class immediately with the possibility of being dropped. The atmosphere and effectiveness of Yoga class instruction depends on everyone honoring and respecting one another. It is essential that all students follow this conduct rule in order for everyone to receive the many benefits of Yoga.

Student conduct code 980328 is enforced.

NOTE

Please do not attend class when ill, especially if you have a sore throat, runny nose, or are coughing or sneezing or if you have any symptoms that could be contagious.

Absences due to illness may be made up. The class make up policy will be discussed during class orientation.

VIDEO SCREENINGS & INSTRUCTIONS FOR 3 PAPERS DUE

We will watch several videos containing material on the practice, history and philosophy of Yoga. **You will be responsible for turning in a short typed paper on TWO of the videos screened. (Due dates TBA)**

You will have two options for submission of the **third paper** due on the final day of class ---Choice One is to submit a short essay based on a topic you choose that expresses a meaningful yoga experience/awareness you may have had during the 16 weeks of practicing yoga.

Choice Two for third paper is to be written after numerous **listenings of a deep relaxation CD titled INNER SANCTUARY: YOGA NIDRA.** If you choose option 2, you must download the CD from cdbaby.com. You will then listen numerous times and then write a short paper based on the listening experience. You can **download the cd for \$11.00 if you choose this option. Title (“InnerSanctuary/Yoga Nidra”)** Please note: **I can only give credit for THIS PARTICULAR CD SINCE I AM VERY FAMILIAR WITH IT & ALSO I GIVE LISTENERS A GUIDD-HANDOUT.**

Please keep in mind that the grading criteria for this class rests on four pillars of student achievement:

1. Attendance
2. Viewing 2 videos (3 videos will be screened—you must watch only **2**)
3. Three written papers turned in over the course of the term: dates TBA
4. Conduct code of “Namaste” followed

OTHER SITES OF INTEREST

WLAC Bookstore The Bookstore sells mats and other yoga equipment. You can also check out Ross, Target and TJ Maxx for inexpensive mats and straps.

YOGA JOURNAL is an excellent source of information on many yoga topics. It's available online and pretty much everywhere magazines are sold.
Website: yogajournal.com