



SPRING, 2014
KINES 351 (FORMERLY YOGA SKILLS)
Section 2988

Instructor: Bev Ostroska, PhD

Welcome to all! I look forward to our class. Please contact me via email if you have any concerns or questions: bevnamate@sbcglobal.net

COURSE SYLLABUS

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 written assignments: spell-checked & **typed**
Clearly expressed, grammatically correct, OUTSTANDING CONTENT
Absences allowed
Due dates TBA

: 4

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

We will watch several videos containing material on the practice, history and philosophy of Yoga. You will be responsible for watching TWO of these videos upon which you're

your assigned papers will be based upon. THREE videos will be shown—you are responsible for reporting/turning in paper on only TWO of the 3 shown to the class.

FINAL PAPER: Your last written assignment will be a paper on a topic of your choice concerning our experience of the yoga you practiced this term.

Download information:

If you choose to write your final paper based on listening to YOGA NIDRA (a deep relaxation CD) you may turn in your final paper based on listening to this CD: Cost is \$11.00....

How to order: Down cdbabay.com - Title of CD: "Inner Sanctuary – Yoga Nidra"

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

1. Attendance
2. Viewing of in class videos
3. Writing three (3) papers over the course of the term
4. Following the conduct code of Namaste in the classroom

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 at drug stores and has a great website: YOUGAJOURNAL.COM