



Course Outline

FITN 334 YOGA

Instructor: Ana Miladinova
Telephone: 650.306.3147
Office: Bldg. 1, Room # 204
Office Hours: MTW 2-3pm

Time: MW 12:45-2:00pm, CRN: 40503
Semester Units: 1.0; Grading Option
Email: miladinovaa@smccd.edu

Course description

This course is designed for students to practice correct exertion of specific poses, “asanas”, breathing, movement modalities and yogi styles. It is an introduction of basic yoga, breath work and meditation. Throughout the course students will develop strength, flexibility, a sense of well-being and relaxation.

Each class will begin with a breathing technique and a slow warm up incorporating light body movements. Floor work will be incorporated to build strength and flexibility. It will continue with a series of standing poses that will strengthen and move the body. Each pose will include explanation of proper breathing technique. Each class will end with a variety of meditation techniques.

Course objectives:

- Demonstrate the knowledge of proper and safe body mechanics.
- Perform basic postures (asanas),
- Execute proper usage of breath and movements with confidence.
- Know the benefits and philosophy of yoga and apply principles such as intention, awareness and relaxation.
- Apply the principles of Yoga to ensure integration of body, mind and spirit

Student Learning Outcomes

- Students will demonstrate basic yoga poses "asanas" with proper alignment.
- Students will demonstrate basic yoga poses "asanas" with proper breathing.
- Students will examine the benefits of basic yoga poses "asanas".

Textbook

Kraines, M & Sherman, B. Yoga for the joy of it! Jones and Bartlett. 2010, First Edition.
This textbook is optional and is available in the bookstore!

Equipment, attire, health and safety:

- You will need to practice in bare feet and wear soft, stretchy clothing that allows freedom of movement. Bring layers of clothing.
- Avoid eating heavy meals before yoga. The last meal should be 3 hours before a workout. A shorter wait (an hour) will do after a light snack. Some medications, such as tranquilizers and painkillers may interfere with your ability to exercise. If in doubt, speak to your physician.
- **Try to concentrate on your own practice rather than comparing yourself with fellows.**
- Attention to personal hygiene is critical for everyone.
- Yoga should not hurt. Do not fling or force yourself into posture. Nothing in yoga should be violent, uncontrolled or careless. If you feel pain, dizzy, faint or nauseated, slowly march in place and notify me!
- If you have any injuries OR health problems, please notify me in advance about your condition!

Note for students with Disabilities: If you have a documented disability that may impact your work in this class, please contact the DSPS within next couple weeks to discuss your needs: (650) 306-3259

Policies:

- ❑ **Enrolment Management:** It is your responsibility to withdraw from any class you stop attending. The last day to withdraw from classes without “W” appearing on your record is February 3rd! Failure to do so may result in a final grade of "F." Students will be dropped for any non-payment of fees.
- ❑ **Cell phones:** As a courtesy to your classmates and to your instructor, please leave cell phones turned off and avoid text messaging while in lecture. **If your cell phone rings in the class, you will not receive the full points of participation in class. One point will be deducted for each time your cell phone rings.**
- ❑ **Plagiarism:** Plagiarism is a serious offense that can lead to dismissal from Canada College and/or “F” for the course and/or assignment. Plagiarism is using someone else’s ideas or words as your own without giving the original author a credit for them. Plagiarism will be taken into account if you copy your homework/report/essay from somebody else.
- ❑ **Food and drinks:** In this studio no food is allowed. Only bottled drinks are allowed. **DO NOT BRING COFFEE OR RED BULL DRINKS IN THE DANCE STUDIO. For your safety, chewing gum during the class is also not allowed.**

Personal Conduct:

- ❑ **Respect:** All students are expected to treat the class, their peers, the environment, and the professor with respect. During the class please **avoid unrelated conversation, keep comments relevant to our discussions and topic, and stay awake.**
- ❑ **Punctuality:** **Arrive on time and stay until the end of the meeting. Being excessively late (10 minutes) to class or leaving early will only give you half point.**
 - **Please reduce visits to the bathroom during the class to minimal!!! If you have to re-enter the classroom please do that as quiet as possible!!**

IMPORTANT MESSAGE: Tactile Teaching Aids: Tactile (touch) teaching may be used in this class in order to further explain concepts relating to posture, position, etc. If you are uncomfortable with this concept, please advise the instructor immediately.

GRADING CRITERIA (P/NP highly recommended)

| | |
|--------------------------|-----|
| Report | 5% |
| Quality of participation | 85% |
| Demonstration | 10% |

GRADING SCALE

| | |
|-------|-------------------------|
| A/CR | 90-100% |
| B/CR | 80-89% |
| C/CR | 70-79% <u>P</u> |
| D/NCR | 60-69% <u>NP</u> |
| F/NCR | below 60% |

Pass/No Pass (P/NP) Option

Students who elect this option must complete, sign the appropriate form & submit it to the Admissions & Records Office within the first two sessions of the class. Students can also elect this option by logging into the personal websmart account. Once you elect the P/NP option, the decision is irreversible. A grade option course allows students to explore various fields of study and to broaden their knowledge, particularly in fields outside their major, without jeopardizing their grade point average. Last day to sign up for P/NP option is February 3rd!

Explanation of assignments:

Report (5%)— You will be asked to write a report about the benefits of yoga. Further instructions for writing the essays will be given on time.

Due date for the essay is:

1. Explain the benefits of Yoga– 4/29/13 (5%)

Quality of Participation (90%):

Includes: PARTICIPATION WITH DEMONSTRATION OF PROPER TECHNIQUE, TARDINESS (**being excessively late to class or leaving early will only give you half point**).

Demonstration (10%):

During the finals week you will be asked to demonstrate Yoga poses and give explanation on how it is performed.