

CALIFORNIA STATE UNIVERSITY NORTHRIDGE

DEPARTMENT OF KINESIOLOGY

KIN 149 –YOGA

SPRING 2008

Course Information

Location: RE B1

Class Hour: TR 9:30 – 10:20 AM

Instructor Information

Instructor: Do Kyeong (Lisa) Lee

Office: RE 156A (Brown Center)

Office Hours: TR 10:30 – 11:00 AM

Phone: (818) 677-2182

E-mail: dokyeong.lee.30@csun.edu

Course objectives

At the end of the course, students will be able to:

1. Understand basic philosophy of yoga.
2. Demonstrate knowledge of the basic yoga principles and postures
3. Improve physical strength and mental focus.

Course outline

1. A brief History of yoga
2. Meditation techniques
3. Breathing techniques
4. Yoga postures

Requirements

1. Completed Student Contract Agreement
2. Active involvement in asana practice
3. Two written assignments
4. Physical and written exam

Attendance

1. Class attendance is mandatory (No absence without notice).
2. You will be allowed to miss 3 class periods without penalty.
3. Absences beyond 3 shall have an effect on the final grade as follows:

- 4 absences – lowers the earned grade one full letter. (i.e., an A becomes a B; a B- becomes a C-, etc.)
 - 5 absences – lowers the earned grade two full letters.
 - 6 absences – lowers the earned grade three full letters.
 - Students may not receive credit for a course if they have accumulated 7 absences
4. Only 2make-ups will be permitted at instructor’s discretion.
But, no make-ups will be permitted during the final 2weeks of instruction.

Grading

Class Assignments (20%)	Grade Scale			
Written exam (30%)	A	96-100%	C+	71-75
Physical exam (50%)	A-	91-95	C	66-70
	B+	86-90	D	61-65
	B	81-85	F	< 60
	B-	76-80	CR	70 >

Assignments and Exam

1. Reading assignments from the text will be given in class
 2. Paper #1 (Personal philosophy paper), 1 page, due 4th week
 3. Paper #2, 2-3 pages, double-spaced, due 13th week
 4. Written exam
 5. Physical exam covering the basic asanas
- * Late papers are not accepted.

Equipment

1. Comfortable clothing and bare feet
2. Personal yoga mat or wool blanket

Etiquette

1. Be on time
2. No food or gum
3. Turn Cell phones and pagers off

Required tests

Yoga the Iyengar Way by Silva, Mira, and Shyam Mehta