

COURSE DESCRIPTION

SEMESTER: Spring 2008
COURSE TITLE: Yoga

COURSE NO. KIN149
TICKET #13586 Wed 12-1:40pm
#13604 Wed 2-3:40pm
#13627 Thurs 12:30-2:10pm
#13665 Fri 9-10:40am
#13824 Fri 11-12:40pm
#13834 Fri 1-2:40pm

INSTRUCTOR: Wendy Banks
OFFICE: 818/677-7511 #263

CLASSROOM: KIN B1
DEPT. PHONE: 818/677-3205

OFFICE HOURS: Wed 11:30-12 & 3:45-4:15 Thurs 12-12:30 & 2:15-2:45 Wendy.Banks@csun.edu

CLASS DESCRIPTION:

A study of the philosophy and practice of yoga with the development of flexibility, strength and balance through postures (*asanas*) and deep breathing. Relaxation and meditation techniques will be included, and the application of yoga to managing stress and enhancing overall body/mind health and well-being.

COURSE OBJECTIVES:

At the conclusion of the course, the student should be able to:

1. Explain the basic philosophy of Yoga
2. Demonstrate knowledge of basic Yoga *asanas* and breathing techniques
3. Exhibit improved flexibility, balance, strength and coordination

COURSE OUTLINE:

Introduction to philosophy and how it relates to the physical practice of yoga.
Development of awareness and concentration in movement and stillness

1. Brief history of Yoga
2. Discussion of the five branches of Yoga
3. Explanation of the different styles of Yoga being taught today
4. Introduction of the eight limbs (*ashtanga*) of Yoga as defined by Patanjali
5. Introduction to basic postures (*asanas*) and breath awareness
6. Energy centers (*chakras*)
7. Balancing the *koshas* and *doshas*
8. Meditation techniques

Expanded Yoga practice:

- A. Extended holding times in postures (*asanas*)
- B. Flowing practice (*Surya Namaskar* – Sun Salutations)
- C. Breathing techniques (*pranayama*)

REQUIRED TEXTBOOK: YOGA the Iyengar Way, by Silva, Mira & Shyam Mehta
Course Pack – Wendy Banks

Course Description – YOGA KIN 149 Spring 2008 (continued)

REQUIREMENTS:

1. Completed Student Contract Agreement
2. Assigned reading
3. Active involvement in asana practice and class discussions
4. Two written assignments
5. Final exam, written and physical skills test

GRADING:

To receive a Credit, all tests and exams must be completed with at least a C average. Attendance is mandatory; course grade may be lowered because of non-attendance (see Contract).

MAKE-UPS: Two make-ups are allowed by doing an outside assignment: Watch the movie “Gandhi” and/or “What the Bleep Do We Know/Down the Rabbit Hole.” Available to view at the Oviatt Library, or check out at most public libraries, rent from Blockbuster, etc.

1. **50 points:** Attendance = **30 points (2pts for each class)**, participation and attitude = **20 points**.
2. **30 points:** Final exam physical = **20 points**, written = **10 points**. At regular class time in the **15th week**. (Written not necessary if you’re enrolled Credit/No Credit)
3. **20 points:** Two written assignments

A = 93–100, A- = 90–92, B+ = 87–89, B = 83–86, B- = 80–82, C+ 77–79, C = 73–76, C- = 70–72, D+ = 67–69, D = 63–66, D- = 60–62 F = <60 points

ASSIGNMENTS:

- **Reading assignments** from the text will be given in class

- **Personal philosophy paper**, 1 page, **due 4th week**, (5 points) #12 font, double-spaced, late or e-mailed papers not accepted: “What causes you the most stress? What do you feel is the purpose of life? What does ‘being successful’ mean to you? Describe a person you consider successful.”

- **Philosophy of Yoga paper**, 2-3 pages, **due 13th week**, (15 points). #12 font, double-space late or e-mailed papers are not accepted: “Outline several of the ideas behind yoga and what you think of them. Are there any aspects you will, or will not, apply in your life?” If you’re enrolled Credit/No Credit you will not need to write this second paper.

EQUIPMENT: Wear loose or stretchy clothing that allows complete freedom of movement (such as sweats), no belts or jewelry. Yoga mat is essential, a blanket or large towel recommended. Bring texts and lecture notes to each class. **LOCKERS:** Locker & towel service available for \$5 fee. Pay at equipment room KIN 110. Failure to clear locker at end of the semester results in a \$17.50 fee, plus encumbrance of records and loss of personal items in locker. Please change in the locker room (nr. swimming pool) **INSURANCE:** Health insurance is available through the A.S. Accounting Office. **ADDS/DROPS:** Students are responsible for adding or dropping classes during the Schedule Adjustment Period. To add, get a *permission number* from the instructor of the class you want to add. Class can be dropped without instructor approval during the first 2 weeks of class only. Go to www.csun.edu/portal or phone 818/677-3000. If you wait until the 3rd week, obtain instructor’s consent (signature) to drop on the Change of Schedule Petition form. Not appearing for class does not constitute a drop. **BULLETIN BOARD:** Check for class notes on classroom doors or on bulletin board adjacent to Room KIN 259. **ETIQUETTE:** Please do not wear perfume, cologne or heavily-scented cosmetics. Turn cell phones and pagers off. No gum chewing. No talking to other students during asana practice. Class will start on time, see contract policy on tardiness. **HELPFUL HINTS:** Allow 2 hours after a meal - a light snack within an hour is OK. Women during their menstrual cycle should avoid inversions (asanas that raise the hips over the head) and twists.