Course Number: PHED 1129

Course Title: Introduction to Hatha Yoga

Course Description: Practice of yogic postures or “asana”, defined as the physical positioning that coordinates breathing with moving and holding still for the purpose of both stretching and strengthening parts of the body.

Course Credit Hours: 1
Lab Hours: 3

Student Learning Outcomes: Upon successful completion of this course, students should be able to do the following:
1. Describe historical development/background of Hatha Yoga.
2. Identify philosophical system underlying Hatha Yoga.
3. Identify basic yoga postures.
4. Execute basic yoga postures
5. List steps in executing postures.
6. Identify which postures are appropriate to opening various parts of the body.
7. Identify which postures are appropriate to relaxing and calming the mind.
8. Identify community resources.
9. Demonstrate sport and fitness-related skills and apply the use of skills in lifetime activity in the promotion of health and wellness.
10. Demonstrate knowledge of nutrition and its implications for sport performance, physical fitness, and wellness.
11. Communicate and critically define the importance of the relationship between lifetime activities and the quality of life.
12. Demonstrate the biomechanics of fundamental movements and skills.
13. Develop the kinesthetic sense in the process of acquiring movement skills.

Withdrawal Policy: See the current Collin Registration Guide for last day to withdraw.

Collin College Academic Policies: See the current Collin Student Handbook

Americans with Disabilities Act Statement: Collin College will adhere to all applicable federal, state and local laws, regulations and guidelines with respect to providing reasonable accommodations as required to afford equal educational opportunity. It is the student’s responsibility to contact the ACCESS office, SCC-D140 or 972.881.5898 (V/TTD: 972.881.5950) to arrange for appropriate accommodations. See the current Collin Student Handbook for additional information.
Instructor’s Name: Dr. Linda J. Muysson    Fall 2015

Office Number: SCC A219

Office Hours:  M/W: 10-12noon, T/R: 11:15-12:15pm

Phone Number: 972-881-5777 Email: lmuysson@collin.edu
Website: http://iws2.collin.edu/ladams/ladams.htm

Class Information: PHED 1129

Section Number: S02

Meeting Times: M/W/F 12:00-12:50PM

Meeting Location: SCC A107

Minimum Technology Requirement: N/A
Minimum Student Skills: N/A
Netiquette Expectations: N/A


Supplies: A yoga mat is required. Yoga blanket is optional. Bring a long towel to class.

Attendance Policy:

2 FREE Absences.....After 2 absences have been exhausted **5 points will be deducted** from the attendance grade for each successive absence. This will impact the final grade for this class. One make-up class will be allowed. One point will be deducted for each time the student is late or leaves early. Sitting out twice = 1 absence.

Method of Evaluation: Students will be evaluated on a point system. A total of 100 points will be used.

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<tbody>
<tr>
<td>1</td>
<td>Completion of pre and post fitness tests                                          05 points</td>
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<tr>
<td>2</td>
<td>Completion of nutritional analysis                                                10 points</td>
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<tr>
<td>3</td>
<td>Journal Log                                                                        05 points</td>
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<td>4</td>
<td>Midterm                                                                            20 points</td>
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<td>5</td>
<td>Final                                                                              20 points</td>
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<td>6</td>
<td>Attendance and Participation                                                       40 points</td>
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Grades:

A=90-100
B=80-89
C=70-79
D=60-69
F=59 and below
Course Calendar:

<table>
<thead>
<tr>
<th>M/W/F</th>
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<tbody>
<tr>
<td>Midterm Exam</td>
<td>Oct. 5th</td>
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<tr>
<td>Final Exam</td>
<td>Dec. 12th</td>
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<tr>
<td>Pre-Fitness Testing</td>
<td>Aug. 26th</td>
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<tr>
<td>Nutritional Analysis</td>
<td>Oct. 21st</td>
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<tr>
<td>Journal Log</td>
<td>Nov. 30th</td>
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<tr>
<td>Post Fitness Testing</td>
<td>Nov. 30th</td>
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Yoga/Fit Course Outline:

**Week 1**

I. Introduction to Yoga/Fit Class
II. Simple stretching techniques
III. Breathing Awareness
IV. Pre-Fit Test

**Week 2**

I. Health Components of fitness and wellness
II. Skill-Related Components of fitness and wellness
III. Benefits of Yoga
IV. Basic poses Mountain, Downward Dog, safety guidelines

**Week 3**

I. Stretching Muscle Groups and Muscle function
II. Muscle Chart
III. Continuation of basic poses

**Week 4**

I. Breathing and stretching warm-up/ relaxation
II. Upper and middle body poses
III. Plank pose, shoulder stretches, hip openers
Week 5
I. Standing postures
II. Alignment
III. Dehydration

Week 6
I. Intro to backbends cobra, crocodile, locust
II. Pelvic tilt, bridge
III. Continuation of breathing exercises through nose and diaphragm

Week 7
I. Seated postures
II. Midterm review

Week 8
Midterm
Midterm Review

Week 9
I. Intro to Nutrition
II. Nutritional Analysis due
III. Introduction to Vinyasa yoga

Week 10
I. Nutrients
II. Introduction to forward bends

Week 11
I. Nutrients Continued
II. Cholesterol
III. Antioxidants
IV. Poses

Week 12
I. Eating disorders
II. Vitamins
III. Minerals
IV. Poses

Week 13
I. Twists
II. Contraindications
III. Poses
Week 14

I. Injuries
II. R.I.C.E.
III. Poses

Week 15

I. Post Fit Test
III. Journal Log due
IV. Review for Final

Week 16

I. Final Exam