

**COLLIN COLLEGE**  
**COURSE SYLLABUS**

Course Information
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**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](mailto: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

**Course Resources: Textbook:** Esther Myers, "Yoga and You". Additional recommended reading: Vanda Scarevelli, Awakening the Spine.

**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.

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

**Grades:**

**A=90-100**

**B=80-89**

**C=70-79**

**D=60-69**

**F=59 and below**

**Course Calendar:**

<b>M/W/F</b>	
Midterm Exam	Oct. 5th
Final Exam	Dec. 12th
Pre-Fitness Testing	Aug. 26th
Nutritional Analysis	Oct.21st
Journal Log	Nov. 30th
Post Fitness Testing	Nov. 30th

**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