

Beginning Yoga

PHED 1693



COURSE DESCRIPTION:

This course is an introduction to Hatha Yoga, which focuses on the development of the physical body through asanas, or poses, that increase strength and flexibility. In allowing the practitioner to move in a mindful and alignment-oriented manner, a comfortable balance in the body is achieved without stress or strain. Thus, the body and mind are connected, centered, and revitalized.

STUDENT LEARNING OBJECTIVES:

- Learn yoga asanas in combination with breathing techniques and meditation.
- Build strength and approach movement with a knowledge of proper body alignment.
- Recognize the benefit of conscious movement for overall health and wellness.

COURSE REQUIREMENTS:

- Attend Zoom meetings dressed and ready to participate on time.
- The video function must be ENABLED for the duration of class. Ensure your WiFi connection will support this. ● Attendance is taken via the chat function **both at the start and at the end** of class.
- Each week consists of three (3) synchronous meetings and one (1) asynchronous assignment. ● Dress properly in workout wear. If you are not dressed to move, you will not be permitted to take class, resulting in an absence.
- Have enough space to safely participate in exercise. A yoga mat or sticky towel is highly recommended. ● Students must follow the Barnard College Honor Code.
- Students must complete the *PE Info Waiver* sent via Google Form during the first week of the course. ● Students registered with CARDS are highly encouraged to meet with me to discuss accommodations.

COURSE ETIQUETTE:

- Have your Zoom name match your registered name for attendance purposes.
- Ensure your video is on and the camera is placed in such a way that the instructor can see your entire body. ● PE classes will NOT be recorded. Students may NOT record any sessions or part of sessions either of the instructor or of other students.
- Mute your microphone unless speaking to avoid disruptive background noise.
- Avoid arriving late or leaving early to limit absences.
- Registration is required to participate in this course. No outside visitors are permitted to attend class.

GRADING POLICY:

Grading in Physical Education courses is based on **attendance** and **participation**. Physical Education courses are graded Pass/Fail and are worth one (1) credit. The attendance policy applies to all students enrolled in a course whether required or optional. Failure to adhere to the attendance policy will result in a grade of F.

ATTENDANCE:

- To be counted as present at a class meeting, a student is required to participate fully in all exercises and activities for the entire duration of that meeting.
- Each student is allowed six (6) absences without penalty: four (4) synchronous meetings and two (2) asynchronous assignments. These include absences for any reason, including illness, poor WiFi connection, and religious absences.

- A student will not be admitted more than five (5) minutes late to class.
- It is the student's responsibility to keep track of personal class attendance.
- In order to participate in a course, students must be officially registered with the Barnard registrar.

TENTATIVE WEEKLY SCHEDULE:

1. Introduction to the course and to Yoga. Focus on proper alignment, defining muscular anatomy, and preparing the body with warm-ups and breathing. Assignment topic: postural assessment.
2. Build a foundation with externally and neutrally rotated standing postures. Assignment topic: anatomy and breathing.
3. Learn Sun Salutations (Surya Namaskar A and B) with modifications and breath. Incorporate stretching and mindfulness practices. Assignment topic: meditation.
4. Review asanas up to this point with form assessment. Begin to integrate and challenge the core with abdominal exercises, simple backbends, and balancing postures. Assignment topic: video submission.
5. Continue learning intermediate asanas with an emphasis on deep and seated twists, hip openers and backbends. Assignment topic: online practice.
6. Integrate all postures into a "flow" class. Utilize restorative postures as part of a full practice. Assignment topic: reflection submission.

STATEMENTS:

- **BARNARD COLLEGE WELLNESS STATEMENT:** It is important for undergraduates to recognize and identify the different pressures, burdens, and stressors you may be facing, whether personal, emotional, physical, financial, mental, or academic. We as a community urge you to make yourself--your own health, sanity, and wellness--your priority throughout this term and your career here. Sleep, exercise, and eating well can all be a part of a healthy regimen to cope with stress. Resources exist to support you in several sectors of your life, and we encourage you to make use of them.
- **BARNARD COLLEGE HONOR CODE:** We, the students of Barnard College, resolve to uphold the honor of the College by engaging with integrity in all of our academic pursuits. We affirm that academic integrity is the honorable creation and presentation of our own work. We acknowledge that it is our responsibility to seek clarification of proper forms of collaboration and use of academic resources in all assignments or exams. We consider academic integrity to include the proper use and care for all print, electronic, or other academic resources. We will respect the rights of others to engage in pursuit of learning in order to uphold our commitment to honor. We pledge to do all that is in our power to create a spirit of honesty and honor for its own sake.
- **CENTER FOR ACCESSIBILITY RESOURCES AND DISABILITY SERVICES (CARDS) STATEMENT:** If you believe you may encounter barriers to the academic environment due to a documented disability or emerging health challenges, please feel free to contact me and/or the Center for Accessibility Resources & Disability Services (CARDS). Any student with approved academic accommodations is encouraged to contact me during office hours or via email. If you have questions regarding registering a disability or receiving accommodations for the semester, please contact CARDS at (212) 854-4634, cards@barnard.edu, or learn more at barnard.edu/disabilityservices. CARDS is located in 101 Altschul Hall.