

**DEPARTMENT OF HEALTH AND KINESIOLOGY
MISSISSIPPI UNIVERSITY FOR WOMEN**

HKC 120 Syllabus YOGA

**1 Credit
Hour**

CATALOG DESCRIPTION:

Yoga is an ancient system of care for total health of body and mind. The physical benefits of yoga include muscle balance, skeletal alignment, muscle strength, muscle elasticity, increase range of motion, improved coordination, and improved function of internal glands and organs.

TEXTBOOK: None. It is recommended that the student purchase a yoga mat for class use.

NATURE OF COURSE CONTENT: The purpose of this course is to introduce students to the basic principals of yoga (breathing, poses, routines), the benefits of yoga, and to encourage the student to create his/her yoga practice.

Each class meeting will consist of a variety of physical warm-ups, alignment, breathing exercises, asanas, and relaxation exercises. Students should arrive on time and dressed in comfortable clothing appropriate for movement. Do not eat 2-4 hours before practice, remove jewelry or tight objects, and plan to practice in bare feet.

GOALS:

During the course of the yoga class, it is intended for the student to have a beginning knowledge/understanding of:

- *the various forms of yoga
- *inner focus and kinesiology
- *asana progressions
- *variations and benefits of each posture

REQUIREMENTS OF COURSE:

Attendance is required. Audit students must attend 70% of the classes. Students are expected to fully participate during each class. Proper clothing is required in order to workout. A workout is defined as exercising your body at your appropriate fitness level to meet your fitness goals.

METHODS OF EVALUATION:

1. Active participation will be 50% of your final grade. A rubric will be used to assess participation.
2. Attendance will count 50% of your grade.
3. Your grade will be determined by the number of absences, as follows:

0-3 absences = A 4-6 absences = B

7-8 absences = C 9-10 absences = D

over 10 absences = F

TEACHING METHODS:

1. Teacher demonstration
2. Handout materials
3. Verbal cues

TOPICS AND DATES

Weeks 1-2 – introduction to yoga – breathing

Weeks 3-4 – learn physical warm-ups and alignment

Weeks 5-6 – practice salutation warm-ups and relaxation

Weeks 7-8 – learn triangle positions and floorwork

Weeks 9-12 – practice triangle positions and floorwork workouts

Weeks 13-15 – combine all asanas and relaxation exercises

STUDENTS WITH DISABILITIES:

It is the responsibility of the student who has professionally diagnosed disabilities to notify the instructor so that necessary and appropriate modifications can be made to meet any special learning / physical needs.

