



Course Outline

UNIVERSITY STUDIES

PAC 156

Yoga For Beginners

Winter 2013

**3 CREDITS
3 HOURS PER WEEK**

INSTRUCTOR: Amanda Nielsen

INSTRUCTOR: Amanda Nielsen
PHONE NUMBER: NA
E-MAIL: amanda.nielsen@keyano.ca
OFFICE NUMBER: Please contact via email
OFFICE HOURS:

I will be available before and after class upon student request.

HOURS OF INSTRUCTION:

Tuesday 6:30-9:20pm

COURSE DESCRIPTION:

This course will introduce students to yoga and the basic postures (asanas) and breathing techniques (pranyama) performed within this discipline. Students will learn how yoga strengthens the body, mind, spirit connection while promoting positive overall health and wellness. Students will be introduced to over 70 asana and numerous breathing techniques. In addition, students will become familiar with the history of yoga and the different schools within the discipline. Adapting yoga asana, pranyama, and class structure to accommodate specific populations (seniors, athletes, children and persons with developmental delays/disabilities) will also be covered.

COURSE OUTCOMES:

At the end of this course, students will be able to:

- Display that they possess basic understanding of yoga philosophy and theory
- Execute proper technique when performing key yoga postures
- Demonstrate understanding of the mind, body and spirit connection and its importance in positive health and well being.
- Develop and promote a positive attitude to yoga and its benefits for health and wellness
- Demonstrate the importance of proper body alignment and breathing techniques to promote physical benefits.

TEXT(S)/MATERIALS REQUIRED:

Kappmeier, K. and Ambrosini, D. Instructing Hatha Yoga, Champaign, IL, Human Kinetics. 2006.

Other resources: Please see the Moodle site for additional resources. Additional class readings will be posted on Moodle as well.

EVALUATION:

Presentation (see below for description)	20%
Physical Skills	40%
Mid -term	15%
Final	25%

Presentation

This assignment will consist of both a practical and written component. Each student will be required to demonstrate a selected asana, teaching proper alignment and breathing technique as well as demonstrating knowledge of required verbal cues for the asana. Students will be asked to verbally affirm both benefits and any counter indications for those taking the class. It will also be required of students to demonstrate an adaptation/variation of the posture to accommodate either for a member of a special population or someone with a physical ailment.

Worth 15%- 10% for initial, 5% for variation

Written assignment will require a detailed description of the asana performed as well as breathing techniques, benefits of the posture and counter indications. This written component will be worth 5% of the presentation mark. The assignment should be 250-300 words.

TOPICS TO BE COVERED:

Please Note:

This course outline may be modified to facilitate unforeseen time constraints. Date and time allotted to each topic is subject to change.

Syllabus:

Week 1- Introduction and Theory	3hrs
Week 2- Sitting Postures and Meditation	3hrs
Week 3- Back bending and Forward Folds	3hrs
Week 4- Side Bends and Twists, Theory	3hrs
Week 5- Standing and Balancing Postures	3hrs
Week 6- Theory, Practical Mid-Term	3hrs
Week 7- Theory Midterm, prep for Presentations	3 hrs
Week 8- Inversion, Reclining and Restorative	3hrs
Week 9- Standing, Forward, Back, Twists and Adaptation	3hrs
Week 10- Prep for Presentations, theory	3hrs
Week 11- Presentations	3hrs
Week 12- Presentations, review	3 hrs
Week 13- Revisions	3 hrs
Week 14- Exam (Practical)	3 hrs

MOODLE

Go to <http://ilearn.keyano.ca>

This course is supported through Moodle. Assignments, readings and handouts will be posted on Moodle. Login information will be provided by your instructor. For further instructions please see the Moodle handout.

GRADING SYSTEM:

Letter Grade	Description	Grade Points
A+		4
A	Excellent	4
A-		3.7
B+		3.3
B	Good	3
B-		2.7
C+		2.3
C	Satisfactory	2
C-		1.7
D+		1.3
D	Minimal Pass	1
F	Failure	0

Students intending to transfer to other institutions require a ‘C-’ as a minimum grade. Transfer information on each course is available at the [Alberta Council on Admission and Transfers](#).

Students who do not complete all the required work should not expect to pass the course.

Students should consult:

http://www.keyano.ca/current_students/examinations/index.htm

IMPORTANT DATES:

January 18, 2013	Courses dropped after this date will be designated “W”. (A withdrawal (W) is not reflected in your GPA)
March 8, 2013	Courses dropped after this date will be designated “WF”. (A withdrawal failure (WF) counts as a 0 in your GPA)
April 19, 2013	Last day of classes
April 22-30, 2013	Final Exams

COLLEGE POLICIES

Equality, Equity and Respect

The Keyano College is committed to providing an environment of equality, equity and respect for all people within the College community. All members of this community are considered partners in developing teaching and learning contexts that are welcoming to all. Faculty, staff, and students are encouraged to use inclusive language to create a classroom atmosphere in which students' experiences and views are treated with equal respect and valued in relation to their gender, ethnic and cultural background, and sexual orientation.

Students should consult:

http://www.keyano.ca/Committees/IRA/Individual_Rights_Policy.asp

Plagiarism and Cheating

Every student expects to be treated and evaluated fairly in a course. Plagiarism and cheating robs everyone of this right.

No student may submit words, ideas or data of another student or person as his or her own in any writing, project, assignment, quiz, electronic presentation, exam etc. Any work used that is not the student's own must be clearly cited as belonging to someone else. There are penalties for using other's work and not citing it. The Student's Rights & Responsibilities document clearly outlines these penalties and the appeal process.

- No learner can obtain information from another student during an exam.
- No learner can bring unauthorized information (paper or electronic) into an exam or quiz.
- No student can submit work done in another course for grading in this course without the written prior approval of the course instructor.
- No student can submit copyright protected or commercially produced materials as part or all of an assignment without proper citation & permission.

Student Rights & Responsibilities

Students should consult the Keyano College Credit Calendar or online at:

<http://www.keyano.ca/Media/Collections/Calendars/Keyano.Calendar1112-10-full.pdf>

Specialized Supports and Duty to Accommodate

Disability Support Services: Learner Assistance Program

If you have a documented disability or you think that you would benefit from some assistance from a Disabilities Counsellor, please call or visit the Disability Supports Office 780-792-5608 to book an appointment (across from the library). Services and accommodations are intended to assist you in your program of study, while maintaining the academic standards of Keyano College. We can be of assistance to you in disclosing your disability to your instructor, providing accommodations, and supporting your overall success at Keyano College.

Specialized Supports and Duty to Accommodate

Specialized Support and Duty to Accommodate are aligned with the office of Disability Support Services: Learner Assistance Program (LAP) guided by federal and provincial human rights legislation, and defined by a number of Keyano College policies. Keyano College is obligated by legislation to provide disability-related accommodations to students with identified disabilities to the point of undue hardship.



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Amanda Nielsen, Instructor

Date

Reviewed and approved by:

Vincella Thompson, Chairperson

Date

Guy Harmer, Dean

Date