



**Course Outline**

**UNIVERSITY STUDIES**

**PAC 156**

**Yoga For Beginners**

**Winter 2014**

**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 (pranayama) 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, pranayama, 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:**

Tummers, Nanette E. (2009). Teaching Yoga For Life. Champaign, IL: Human Kinetics.

Marangraphics (2005). Maran Illustrated Yoga. Boston, MA: Delmar Learning.

Other resources: Please see the Moodle site for additional resources and class readings

**Instructor Expectations-Learners can expect the instructor to do the following throughout the course:**

- Instructor will arrive on time and prepared for class
- Instructor will endeavour to address any and all questions regarding skills and techniques covered in class, providing accommodations and further assistance as requested
- Instructor will endeavour to provide the necessary tools in order to facilitate learning within and outside of the classroom
- Instructor will treat all learners with respect and in a fair and equitable manner
- Instructor will listen to learners and be available outside of the specified classroom time through email and telephone as well as through pre-arranged, mutually agreed upon times for student concerns, questions and requests

**Learner Expectations-In turn learners will be expected to do the following throughout the course:**

- Learners will arrive on time and ready to learn/practice
- Learners will endeavor to practice the skills and techniques covered in class
- Learners will be accountable and responsible for their own learning, coming to the sessions open to new learning
- Learners will treat one another with respect as well as demonstrating self-respect
- Learners will endeavour to keep up with readings and assignments as they are requested; if the learner encounters problems they will speak with the instructor immediately in order to assist in success

**EVALUATION:**

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

**Presentation:**

**Total 20% of class mark (10% from physical presentation and 10% from written paper)**

**Physical Presentation: 10%**

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. This will be done in groups, a mini-class will be structured with each member of the group demonstrating and leading at least three asana. Worth 10%

10%-Practical Presentation (major teaching component)= xx/50

xx/10 Sequencing, postures, hit all planes of movement, etc.

xx/15 Instruction, verbal cues, safety, alignment, etc.

xx/10 Variation, benefits, etc.

x/5 Atmosphere (music, mood, voice, etc.)

xx/10 Overall group presentation mark, equal contributions, support, cooperation, etc.

**Paper: 10% of total mark**

This paper will consist of a written assignment between 500-750 words focusing on one system within the body and how yoga postures affect that system. This paper is an individual assignment; do not copy or plagiarize other group members work. Marked out of 15.

**Marking rubric:**

12-15	You demonstrate a clear understanding of the systems of the body and yoga’s effects (positive and negative as applicable). Your writing is clear, coherent and engaging and free of technical error. Sources are used effectively with a minimum of 4 utilized throughout the paper. Your paper demonstrates a clear understanding of basic anatomy and physiology of the body.
9-12	Your paper demonstrates a solid understanding of the key systems of the body and yoga’s effects (positive and negative).Your writing is clear, coherent and free of errors. Sources are used effectively including at least 4.
6-9	Your paper demonstrates some grasp of the key systems of the body and yoga’s effects (positive and negative). Your writing is coherent, but has some structural limitations and some errors. Sources are minimal and/or used/cited incorrectly.
3-6	Your paper indicates some grasp of the key concepts of the systems of the body but does not make develop a connection as to the effects of yoga on these systems. Writing is insufficient to cover the topic in any depth as well as containing many technical and mechanical errors. Sources are insufficient (less than 3) and/or used/cited incorrectly.
0-3	Your paper does not demonstrate an understanding of the key systems of the body nor yoga’s effects on the systems. Writing is unclear and contains many errors. Sources are not used or used incorrectly and insufficiently.

**Physical Skills: 40% of total mark**

Participation is a major component of your grade for this course. If you miss more than 3 classes you may be denied access to writing the final. For each class missed a total of 5% of your participation mark will be deducted (i.e. participation counts for a total of 35% of your mark, if you miss a class without good reason your possible participation mark will be deducted 5%, leaving you with only a possible 30% of your mark available).

15-20	You are able to demonstrate all postures to your ability making key adjustments always with safety in mind. You demonstrate knowledge of the posture both in Sanskrit and English. You show great enthusiasm when participating in class and take the initiative to ask questions and make adjustments, taking suggestions seriously but within your personal abilities.
10-15	You are able to demonstrate most postures to your ability and may or may not make adjustments, but always keep safety in mind. You demonstrate knowledge of most of the postures in Sanskrit and English. You show effort when participating in class. You take suggestions and apply them to the postures.
5-10	You are able to demonstrate a number of postures to your ability but do not make adjustments with safety in mind. You demonstrate knowledge of some of the postures in Sanskrit and English. You are present in class but do not participate fully all of the time. Due to lack of enthusiasm and effort you do not take suggestions in a manner that allows you to apply them fully to your yoga practice.
0-5	You are unable to most or any of the postures. You do not make the necessary adjustments to participate in class and do not perform postures safely. You do not demonstrate knowledge of the postures in Sanskrit or English. You lack enthusiasm or focus when participating in class. You do not take the initiative to ask questions nor make adjustments and when suggestions are may you do not recognize their validity.

**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, Theory, Meditation	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- Midterm, prep for Presentations (Feb 11)	3hrs

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Week 7- Standing and Balancing, sequencing	3 hrs
Week 8- Inversions, Reclining and Restorative (Kaitlin)	3hrs
Week 9- Review of postures, theory	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 preparation	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](http://www.keyano.ca/current_students/examinations/index.htm)

### IMPORTANT DATES:

January 17, 2014	Courses dropped after this date will be designated "W". (A withdrawal (W) is not reflected in your GPA)
March 7, 2014	Courses dropped after this date will be designated "WF". (A withdrawal failure (WF) counts as a 0 in your GPA)
April 17, 2014	Last day of classes
April 22-30, 2014	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](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

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Date

**Reviewed and approved by:**

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Vincella Thompson, Chairperson

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Date

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Guy Harmer, Dean

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Date