

Yoga (LPAP)
Lifetime Physical Activity Program
Fall 2009 Course Outline

Instructor: Julie Downey
Class Time: Tues & Thurs, Time(s): 1:00 pm – 1:50 pm & 2:30 – 3:20 pm
Location: Gym, Activities Room
Phone: 713-906-4487
Email: julieyyoga@gmail.com

Summary of Course Content:

Learn how to practice the art of yoga to increase your own strength, resilience and energy. We will have some brief lectures on various aspects of yoga; however a large majority of class time will be spent practicing presented material. Students will participate in specific exercises, breathing techniques and variations of yoga poses designed to build strength, flexibility and a relaxed spine. The ultimate goal of this class is to develop a practical understanding of how to use yoga to maximize your potential, while protecting your body through life.

Topics:

1. Asanas (poses) including standing, seated, balancing, inversions, forward bends and backbends with principles of alignment and how to practice safely
2. Breath work, pranayama (breathing techniques), internal vinyasa, oxygenation, lung capacity and respiratory strength.
3. Muscle and Joint Strength, Flexibility, Maximum Functional Flexibility, Muscle Vascularity, Principles of Functional Yoga Training
4. Nervous System, Consciousness, Quiet Awareness, Relaxation Techniques, Meditation
5. Benefits of Yoga
6. Philosophy of Pralaya Yoga

Student Objectives:

Learn the essential elements necessary in developing a successful yoga practice including:

- Competence in physical poses, and how to practice safely
- Competence in breathing techniques
- Competence in relaxation techniques
- Understanding the principles and philosophy of Functional Yoga Training and Pralaya Yoga

Class Attire:

Wear clothes that are appropriate for practicing yoga...clothes that allow you to stand, sit, bend forward and move comfortably. Yoga Mats are available in the gym. Shoes and socks are not necessary.

Assignments and Grading Scale:

Class Participation (300 points) - Students are expected to attend and actively participate in all classes. See attendance policy for details.

Written Exam (200 points) - There will be one exam administered during the semester. It will be comprised of multiple-choice questions that are designed to evaluate students' knowledge of key issues/topics included in assigned readings and addressed in course lecture/discussion, and two essay questions relating to your perspective and experience with this yoga class.

Written Assignments (100 points) – for 200 level students

Choose from the Assignments Listed Below

1. Yoga history article summary: Article topic must be pre-approved. Make sure to include the author, title, journal and date of publication. In your summary explain why you chose the topic discussed in the article, summarize the article and explain the single most important point in the article to you. Each summary needs to be one page, single-spaced, with one-inch margins. (25 points)
2. Web Page Review: Find a web page with instructional material for yoga. Choose a pose being taught and try to figure it out. Write a summary of your experience and review this type of instruction. Identify the web page and include copies of the instructional material. Each review needs to be one page, single-spaced with one-inch margins. (25 points)
3. Take a yoga class from a local studio. Write a one-page description of what you learned and turn in your receipt. (25 points)
4. Take a yoga class or yoga workshop from the Recreation Center, when offered and write up what you learned. Turn in proof of attendance. (25 points)
5. Other possibilities...the most important aspect of extra credit are that it be yoga related. Use your imagination, but check with me for appropriateness and number of points. For example there are many excellent yoga videos that would be good to review. I will announce other opportunities throughout the year.

Grading Scale Average	Points	Grade
94 – 100	468 – 500	= A
90 - 93	448 – 467	= A-
87 - 89	443 – 447	= B+
83 - 86	413 – 432	= B
80 - 82	398 – 412	= B-
77 - 79	383 – 397	= C+
73 - 76	363 - 382	= C
70 - 72	348 - 362	= C-
67 - 69	333 - 347	= D+
63 - 66	313 - 332	= D
60 - 62	298 - 312	= D-
Below 60	below 298	= F

Honor Code Violations:

All students are expected to uphold their pledge to the Rice Honor Code. Any student suspected of cheating on an exam or written assignment will be reported to the Chair of the Honor Council, and an investigation will ensue. Any questions that you may have about what constitutes an honor code violation in this class can be directed to the instructor.

Rice Attendance Policy for LPAP Twice a Week Courses:

Students are expected to attend all class sessions and to actively participate while in attendance. During the course of the semester, students are allowed two unexcused absences. A 3rd unexcused absence will result in a one-letter drop in final grade and a 4th unexcused absence will result in a two-letter drop in final grade. Should a student miss a 5th class, she/he will not receive credit for having taken the course.

If a student needs to miss a class for reasons that are excusable, (e.g. illness, family emergency, university-sponsored event, or job interview) that student is responsible for making up the class at a time and place that is agreed upon by both student and instructor. All excused absences (with the exception of medial emergencies) need to be communicated to the instructor *prior* to the date that the student will be absent, and it is the responsibility of the student to initiate a make up day. Should the class not be made up within a two week time period, the absence will be deemed as unexcused and will count toward the number of unexcused absences a student is allowed.

Please see Extra Credit Options – Absence Make Up for options on making up a missed class.

ADA Statement:

This instructor, in conjunction with Rice University, is committed to upholding and maintaining all aspects of the federal Americans with Disabilities Act of 1990 (ADA) and Section 504 of the Rehabilitation Act of 1973. If you are a student with a disability and wish to request accommodation, please contact the Disability Support Services Office in the Ley Student Center. Any information regarding your disability will remain confidential. Because many accommodations require early planning, requests for accommodations should be made as early as possible. Any requests for accommodations will be reviewed in a timely manner to determine their appropriateness to this setting.

Extra Credit Options – Absence Make Up

A student can make up one absence by earning 25 points. Examples of additional work may include but are not limited to the following descriptions of article summaries, papers and special projects.

1. Yoga history article summary: Article topic must be pre-approved. Make sure to include the author, title, journal and date of publication. In your summary explain why you chose the topic discussed in the article, summarize the article and explain the single most important point in the article to you. Each summary needs to be one page, single-spaced, with one-inch margins. (25 points)
2. Web Page Review: Find a web page with instructional material for yoga. Choose a pose being taught and try to figure it out. Write a summary of your experience and review this type of instruction, compared to participating in a class. Identify the web page and include copies of the instructional material. Each review needs to be one page, single-spaced with one-inch margins. (25 points)
3. Take a yoga class from a local studio. Write a one-page description of what you learned and turn in your receipt. (25 points)
4. Take a yoga class or yoga workshop from the Recreation Center, when offered and write up what you learned. Turn in proof of attendance. (25 points)
5. Other possibilities...the most important aspect of extra credit are that it be yoga related. Use your imagination, but check with me for appropriateness and number of points. For example there are many excellent yoga videos that would be good to review. I will announce other opportunities throughout the year.