

NCSU Department of Health and Exercise Studies
HESF 280-085: Yoga II
Spring 2018 (March 1 – April 27)

Instructor: Autumn Mist Belk
Office: 2022 Carmichael Gym, 919.515.6384 (*do not leave voicemail!*)
Email: autumn_belk@ncsu.edu
Class Times: MonWed 12:50-2:40pm
Office Hours: MonWed 11:30am-12:30pm, TuThF by appointment

Required Text: Sri Swami Satchidananda (2010). The Yoga Sutras of Patanjali. Integral Yoga Publications.
Optional Text: Kaminoff and Matthews (2012). Yoga Anatomy. Human Kinetics. \$15.48
This course will also utilize a free, web-based textbook: go.ncsu.edu/yoga

Course Description: This course will build upon material introduced in Yoga I by emphasizing the physical practice of yoga at an intermediate level. Coursework will require a deeper level of understanding of a variety of yoga poses, as well as mastery of the fitness skills required to perform these poses and maintain a safe yoga practice. Breathing techniques and the philosophy of yoga will also be addressed.

Health Information Statement: *Physical activities in this class are considered moderate to vigorous and are considered limited contact. The NC State Department of Health and Exercise Studies supports the development and improvement of physical health, while doing so safely. If you have a known medical condition that could be adversely affected by participating in the typical activities of this class, please contact your usual physician for recommendations about how to participate safely or whether it is more appropriate to choose a different Health and Exercise Studies course. If your physician has provided you with recommendations to modify participation in this class, please share those recommendations with the instructor within the first week of class, if possible. If you are not certain whether you have a medical condition that puts you at risk for participation in this class or have a medical condition and cannot access your usual physician in a timely manner for recommendations for safe participation, consider making an appointment at Student Health to discuss your concerns (appointment number is 919.515.7107 or book on-line at healthweb.ncsu.edu).*

GEP Objectives for Courses in the Category of Health and Exercise Studies

Each course in the health and exercise studies category of the General Education Program will provide instruction and guidance that help students to:

1. acquire the fundamentals of health-related fitness, encompassing cardio-respiratory and cardiovascular endurance, muscular strength and endurance, muscular flexibility and body composition; and
2. apply knowledge of the fundamentals of health-related fitness toward developing, maintaining, and sustaining an active and healthy lifestyle; and
3. acquire or enhance the basic motor skills and skill-related competencies, concepts, and strategies used in physical activities and sport; and
4. gain a thorough working knowledge, appreciation, and understanding of the spirit and rules, history, safety, and etiquette of physical activities and sport.

GEP/Course and Student Learning Outcomes

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

1. Explain and perform the fitness requirements necessary for a proficient intermediate level practice of

Hatha Yoga including cardio-respiratory and cardiovascular endurance, muscular strength and endurance, muscular flexibility and body composition.

2. Discuss and explain how creating an individualized Hatha Yoga practice can develop, maintain, and sustain an active and healthy lifestyle.
3. Identify and explain how various muscle groups function when performing Hatha Yoga poses.
4. Explain how breathing techniques and the anatomy of the breath affect one's yoga practice.
5. Identify and explain Hatha Yoga terminology, philosophy, and historical context.
6. Explain the proper execution of fundamental Hatha Yoga poses with attention to safety through correct alignment and muscular involvement.
7. Demonstrate and safely perform intermediate level Hatha Yoga poses.

Grading:

Written Exam - 35%

Students will be expected to demonstrate their knowledge of the material covered in class and assigned readings by completing one written exam.

Home Yoga Project - 15%

Students will design their own home practice to be implemented outside of class. Written materials will be submitted for a grade. *See Moodle for project details.*

Practical Skills Testing - 40%

Students will perform fundamental asanas and pranayama for evaluation in the areas of alignment, physical strength and endurance, mobility, and balance. *See Moodle for test scales and rubrics.*

Moodle Forum Posts - 10%

Students will be required to make a minimum of five posts to yoga forum discussions initiated by the instructor on Moodle. Each post contributing to the discussion will earn 2pts (towards a total of 10pts).

Grading Scale:

Each student has the option of taking the class for a letter grade (+/-), credit only, or audit.

97 - 100 = A+	93 - 96.99 = A	90 - 92.99 = A-
87 - 89.99 = B+	83 - 86.99 = B	80 - 82.99 = B-
77 - 79.99 = C+	73 - 76.99 = C	70 - 72.99 = C-
67 - 69.99 = D+	63 - 66.99 = D	60 - 62.99 = D-
0 - 59.99 = F		

Attendance: Students are expected to attend all classes and to arrive and leave at the scheduled times. The instructor will adhere to the university attendance policy. In the case of an excused absence, the student will provide official documentation and then be allowed to make up any graded work missed within one week of returning to class. Students are responsible for submitting such work and for scheduling make-up exams with the instructor. See <http://policies.ncsu.edu/regulation/reg-02-20-03>

- *The student will be allowed 2 absences (excused or unexcused) without penalty.*
- *A third absence will result in a 5pt deduction from the final grade.*
- *Four absences of any kind will result in a failing grade.*
- *If zero classes are missed, 2pts in extra credit will be awarded.*
- *For students registering late, all missed classes count as absences.*

Absences	Points
0	+2
1-2	0
3	-5
4	F

Tardy: Please be on time. *Two tardies = one absence.* **If you arrive more than 10 minutes late, you will not be allowed to participate (and therefore, will be counted absent).**

Late Assignments: Written assignments are due on the date and time as specified on the course outline and on Moodle. No late assignments will be accepted.

Electronic Hosted Course Components: Students may be required to disclose personally identifiable information to other students in the course, via electronic tools like email or web postings, where relevant to the course. Examples include online discussions of class topics, and posting of student coursework. All students are expected to respect the privacy of each other by not sharing or using such information outside the course.

Participation: This is a participation-based class. If you cannot participate in class for any reason, you will be considered absent. If you are texting or otherwise using your cell phone during class, you are not participating fully and, therefore, will be counted absent. Phones and other electronic devices should be turned off and placed at the sides of the room *as soon as you enter the studio*. **No phones at your mats!**

Requirements for Credit Only: In order to receive a grade of S, students are required to take all exams and quizzes, complete all assignments, and earn a grade of C- (70%) or better. A grade of U will be reported if the student exceeds 3 absences (excused or unexcused). Conversion from letter grading to credit only (S/U) grading is subject to university deadlines. Refer to the Registration and Records calendar for deadlines related to grading. **Note: The student is responsible for requesting credit only grading on MyPack Portal by the University dead line.**

Requirements for Audit: Students must attend all classes except written exams and will be allowed four absences before NR will be recorded as a final grade.

Incomplete Grades: Incomplete grades will be assigned only if unavoidable and unforeseen events occur, such as a medical emergency, preventing the student from completing a course requirement before the final grades are submitted. Incompletes must be made up before the end of the next regular semester in which the student is enrolled and in no case may be made up more than 12 months after the end of the semester in which the IN is awarded, unless the teacher or department offering the course is not able to provide the student with an opportunity to make up incomplete work, in which case the period can be extended. Make up work is to be limited to accomplishing the work not completed.

More information on grading policies: <https://policies.ncsu.edu/regulation/reg-02-50-03>

Proper attire: Students are required to wear athletic clothing that does not unnecessarily mask or reveal their body. Recommended attire includes leggings, yoga pants, sweat pants, or compression shorts and a fitted top. Running shorts or other loose, short shorts are not appropriate for this class. Majority of class will be done without shoes and socks. You may not be allowed to participate (and, therefore, counted absent) if you are dressed improperly. NO chewing gum. NO food or beverages (other than water) are allowed in the classroom. The head or hair may be wrapped, but no hats are permitted.

Emailing the Professor:

In order to receive a response from your professor, your email should be structured as follows:

- Identify who you are, the class (including section or day/time) you are in, and the purpose of your email.
- Properly address your instructor (Professor Belk: ...). Please be specific and use complete sentences.
- If your question is answered in the syllabus or on Moodle, your email may not be answered.

Online class evaluations will be available for students to complete during the last 2 weeks of semester. Students will receive an email message directing them to a website where they can login using their Unity ID and complete evaluations. All evaluations are confidential; instructors will not know how any one student responded to any question, and students will not know the ratings for any instructors. Evaluation website: <https://oirp.ncsu.edu/surveys/classeval/for-students>

General Information:

1. **Academic Integrity:** For all written assignments, students will be expected to adhere to the **University Honor Code:** “I have neither given nor received unauthorized aid on this test or assignment.” It is the understanding and expectation of the instructor that the student’s signature on any test or assignment means that the student neither gave nor received unauthorized aid. Consult the university website: <https://policies.ncsu.edu/policy/pol-11-35-01>
2. **Students with Disabilities:** Reasonable accommodations will be made for students with verifiable disabilities. In order to take advantage of available accommodations, student must register with the Disability Services Office (<http://www.ncsu.edu/dso>) located at 1900 Student Health Center, Campus Box 7509, 515-7653. For more information on NC State's policy on working with students with disabilities, please see the Academic Accommodations for Students with Disabilities Regulation at <http://policies.ncsu.edu/regulation/reg-02-20-01>
3. **Anti-Discrimination Statement:** NC State University provides equality of opportunity in education and employment for all students and employees. Accordingly, NC State affirms its commitment to maintain a work environment for all employees and an academic environment for all students that is free from all forms of discrimination. Discrimination based on race, color, religion, sex, creed, national origin, age, disability, veteran status or sexual orientation is a violation of state and federal law and/or NC State University policy and will not be tolerated. Harassment of any person (either in the form of quid pro quo or creation of a hostile environment) based on color, religion, sex, creed, national origin, age, disability, veteran status or sexual orientation is also a violation of state and federal law and/or NC State University policy and will not be tolerated. Retaliation against any person who complains about discrimination is also prohibited. NC State’s policies and regulations covering discrimination, harassment, and retaliation may be accessed at <http://policies.ncsu.edu/policy/pol-04-25-05>. Any person who feels that he or she has been the subject of prohibited discrimination, harassment, or retaliation should contact the Office for Equal Opportunity (OEO) at 515-3148.
4. Due to the nature of the activities in this class, it may be necessary for the instructor and students to have some amount of physical contact to assist in acquiring the proper form/technique. The student should inform the instructor if they do not want any physical contact to assist in acquiring the proper form/technique.
5. Every fitness activity has certain inherent risks, and regardless of precautions taken it is impossible to ensure total safety. Adhere to all safety guidelines to reduce your risk of injury.
6. The use of illegal drugs, tobacco products, or alcoholic beverages are prohibited.
7. It may be appropriate to inform the instructor within the first week of class if you have any medical issues that would affect your participation throughout the semester in this course.
8. Pets and visitors are not allowed during class periods. Firearms, weapons, and/or fireworks are prohibited from class.
9. Please turn off cell phones during class time.

****We will be using Moodle for this course. Please log in with your unity id to <http://wolfware.ncsu.edu> to access handouts and assignments.***

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DATE	ACTIVITY	READINGS
3/12 M	Introduction/Orientation/Safety Four Desires Asana Practice	Syllabus (Moodle)
3/14 W	Yama/Niyama Review & Vinyasa Yoga	Yama/Niyama (course website)
3/19 M	Yin Yoga & Meditation	Yin & Meditation (website)
3/21 W	Yoga Anatomy & Iyengar Yoga	Anatomy Basics (Moodle)
3/26 M	Yoga Sutras Discussion Inversions Review	<u>Yoga Sutras</u> : Book 1
3/28 W	Vinyasa Practice & Metta Meditation	Metta Meditation (website) Home Project Design Due
4/2 M	Ashtanga Practice	Ashtanga (website)
4/4 W	Restorative Yoga Yoga Sutras Discussion	<u>Yoga Sutras</u> : Book 2
4/9 M	Vinyasa Yoga & Arm Balance Review	Arm Balances (website)
4/11 W	Kundalini Yoga Yoga Sutras Discussion	Kundalini (website) <u>Yoga Sutras</u> : Book 3
4/16 M	Pangu Yoga Pranayama Study	Pangu (website) Pranayama
4/18 W	Yoga Sutras Discussion Jivamukti Yoga	<u>Yoga Sutras</u> : Book 4
4/23 M	Yin Yoga & Meditation	Sign up for Practical Testing
4/25 W	Vinyasa Yoga Written Exam	Home Project Journals Due

Forum posts will be due periodically throughout the semester; see Moodle for due dates.

**Course Schedule subject to change.*