

PEX 169 Yoga
Wintermester 2019

Number of Credits

1 (S/U)

Instructor

Allison Pratt

Catalog Description

(Formerly RPED 169; implemented Spring 2016.)

Required Textbooks/Materials

Readings will be handed out in class.

Student Learning Outcomes

Upon successfully completing this course, students will be able to

- appreciate and apply yogic techniques as a means for stress reduction and relaxation to improve overall quality of life;
- experience the relationship between yoga postures (asanas) and the corresponding physical, mental, and emotional changes that occur as a result of practicing yoga;
- introduce students practicing yoga to the experience of integrating mind, body, and breath, as well as improving strength, flexibility, concentration, and posture;
- use basic yoga breathing techniques to move deeper into poses and relaxation;
- modify postures according to the needs of your body;
- construct a daily home practice; and
- name and briefly describe the fundamental yoga postures.

First Week of Materials/Assignments

The following schedule is subject to change:

January 2: Welcome; introduction to the course and to yoga
"Yogas Chitta Vritti Nirodha"
Fight or flight response and yoga

- January 3:* Alignment: Building the fundamentals—alignment of the spine, twists, and back bends
Health benefits of postures
- January 4:* Yoga: Proper breathing, pranayama
Alignment: Building the fundamentals
Finding your neutral spine in standing and sitting postures
- January 7:* Yoga: Proper breathing, pranayama
Alignment: Building the fundamentals
Finding your neutral spine in standing and sitting postures

Course Details

Welcome to Yoga. This class is designed to provide students with the practical application and knowledge of Hatha Yoga techniques at the introductory level. This course will provide the opportunity to experience various breathing techniques (pranayamas), as well as learning asanas (the physical postures) as means for physical fitness and stress reduction. The class will include stretching, basic postures, breathing, and relaxation techniques to improve overall health and wellness.

Attendance

For the purpose of attending PEX, students will be required to swipe their UNR ID at the desk at the E. L. Wiegand Fitness Center. Failing to do so may result in the student being denied access to the facility. This can and will count as an absence.

Department policy dictates that a student cannot exceed two unexcused absences in a course and still receive a “satisfactory” (S). Only a physician’s written excuse or an “official activity excuse” for an authorized field trip or intercollegiate athletic competition will be considered as an excused absence. Students are expected to attend regularly and punctually. Punctuality is essential to ensure proper warm-up, and to prevent injury.

Tardiness and “Early-Outs”

Students who show up for class fifteen minutes late or leave fifteen minutes early will be counted as absent for that day. Students who are habitually late or leave early will be counted as absent if the practice continues.

Make-ups

Department policy states unsupervised make-ups outside of regularly scheduled classes are not allowed.

General Recommendations and Policies

- It is not recommended to eat a heavy meal before class.
- Practice only those poses (or variations) that you find comfortable. Do not push or strain. Never go into pain. Be as relaxed as possible.
- Practice mutual respect and ahimsa (non-violence). Be courteous to those around you. When partnering, only touch a class member if they have given you their permission.
- Please avoid wearing heavily scented fragrances. Please do not wear perfumes or essential oils to class.
- Only registered students may attend class; please do not bring guests or family members to class.
- Please wear loose comfortable clothing, no jeans.

Grade Breakdown

The point distribution for the course is:

Assignment	Points
Attendance	1200
Midterm	200
Class Project	600
<i>Total</i>	<i>2000</i>