

SYLLABUS

Irvine Valley College | Yoga | Fall 2018

INSTRUCTOR: Angelika Nemeth	Email: AngelikaNemeth@cox.net	714-293-2182 Cell
Introduction to Yoga	DNCE 46 #64985G	2 units M+W 5:30p-7:20p PE 270
Raja Yoga: Hatha Yoga	DNCE 47 #64985D	2 units M+W 5:30p-7:20p PE 270
Yoga-Contemporary & Traditional Forms	DNCE 48 #64985A	2 units M+W 5:30p-7:20p PE 270

Dnce 46 Survey course emphasizing physical exercises, postures, breathing and deep relaxation techniques intended to reduce stress; improve concentration, circulation, flexibility, and strength; and unify body, mind and spirit. For dancers and non-dancers

Dnce 47 Investigates and provides practice of Hatha Yoga principles as part of Raja Yoga. Emphasizes physical postures (asana) and associated breathing techniques promoting wellness. For dancers and non-dancers.

Dnce 48 Incorporates traditional mind, body and spirit exercises and paths; and compares these with current styles of yoga and other holistic methods that have evolved from yoga. It also includes breathing and relaxation.

STUDENT LEARNING OBJECTIVES Upon completion the student will be able to:

Dnce 46 Demonstrate an improved ability to practice yoga principles and/or perform breathing, asana, and relaxation techniques and exercises with attention to safety, technique enhancement, and wellness.

Dnce 47 Identify, analyze, and discuss the philosophical principles of Hatha Yoga

Dnce 48 Identify & demonstrate exercises from various forms of yoga or eastern body therapies while evaluating & adjusting technique based upon assessment of needs, abilities, & goals with the use of props, as necessary.

CLASS POLICIES

- Leave valuables at home
- No cell phone use unless directed and approved by instructor
- Bring Notebook, Paper, Pencil/Pen to class
- NO GUM, FOOD OR OPEN DRINK ALLOWED IN STUDIO
- Bring a water bottle with a "sipper tip" or "pop-top" (not a twist cap, which could cause spilling)
- Be on time, appropriately dressed, ready to work by class start-time
- DRESS POLICY: If necessary, change in locker room prior to class
 - a) Layered dancewear or fitness / yoga clothes that allow for full body movement
 - b) No street clothes - especially no jeans, dresses or nylons
 - c) Bare feet (socks may be worn at times); No tennis shoes or dance shoes
 - d) Secure hair out of your face; No dangling jewelry
- Bring large and small towel(s) to each class if needed
- If leaving class early do so before we start the final relaxation pose or Savasana
- Do not use body lotions, perfumes, or oils on your skin prior to class. They deteriorate the mats.
- Part of movement training includes physically adjusting bone alignment. If you are uncomfortable with this, please make arrangements with me privately so that you can get feedback within your comfort zone.

SUGGESTED TEXTBOOKS

Long, Ray, MD FRCSC, *The Key Poses of Yoga*, Bandha Yoga Publications LLC

Kaminoff, Leslie & Matthews, Amy, *YOGA Anatomy*, 2nd Ed., Human Kinetics, 2007

Sovik, Rolf, *Moving Inward; The Journey to Meditation*, Himalayan Institute Press, 2005

Desikachar, T.K.V., *The Heart of Yoga: Developing a Personal Practice*, Inner Traditions International, 1995

GRADING

Letter Grade or Pass / No Pass Option If you decide to take the P/NP option, file a form with Admissions by the deadline: 9/24/2018. In my class the requirements for the two types of grading are the same. The P/NP option does not affect your grade point average and allows units if your work is "C" quality or better.

Dropping It's your responsibility to officially drop if you stop attending class. However, a teacher may drop a student after 3 consecutive absences or after 6 absences. The privilege of class re-entry will be on an individual basis.

1) PARTICIPATION (30 Pts)

- To qualify for an "A" in participation—only 2 absences allowed
- Any class missed is an absence. Doctor's notes will not excuse an absence.
- Arriving after class begins or leaving early is considered late and is one tardy. Arriving more than 30 minutes late or leaving more than 30 minutes early is two (2) tardies. Three (3) tardies equal one absence.
- Consistent lateness or leaving early may result in a failing grade.
- If late, do a warm-up first on the side towards the back of the room
- Two make-ups allowed if done within 3 weeks of the absence.
 - a) Obtain a "Class Observation Form" from me
 - b) Visit another dance or body conditioning class with that instructor's permission
 - c) At the end of the class ask the instructor to sign the "Class Observation Form"
 - d) Return filled-in and signed "Class Observation/Make up Form" to me
- If not feeling well enough to participate, sit-out, actively observe & turn in the "Class Observation Form".
- Report injuries to me in order to discuss modifications & the advisability of continuing in the class
- If you stop attending, it is your responsibility to drop the class before the deadline: 11/2/2018

2) CLASS INVOLVEMENT (20 Pts) requires:

- Consistency of effort & attitude
- Completion of class assignments.
- Wearing proper clothing
- Being punctual and remaining for the entire class. Use restroom when necessary. What is covered in the lecture component must be heard, seen, and absorbed by being in class. Yoga skills are achieved with consistent participation and focused work.
- Asana (Pose) demonstration indicating an understanding of the concepts presented
- Improvement in areas of course objectives

3) TWO ASSIGNMENTS (20 Pts. total) • Two Written assignments TBA

4) TWO FINALS (30 Pts. total) •Written: Dec 5 •Demo assessment on terms & postures: Dec 10 & 17

EXTRA CREDIT

Gratitude or Class Experience Journal, Attending The IVC Dance Concert, Additional Approved Assignments

Point Spread for LETTER GRADE and PASS / NO PASS

30—PARTICIPATION	20—ASSIGNMENTS
20—CLASS INVOLVEMENT	30—FINALS
