

SYLLABUS

Irvine Valley College | Introduction to Yoga | Spring 2017

INSTRUCTOR: *Angelika Nemeth*

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CLASS: Introduction to Yoga DNCE 46 #67730D 2 units M & W 8:00a-9:50a PE 160

Introduction To Yoga/Dnce 46 *This survey course investigates the principles and practices of various types of yoga to unify body, mind and spirit. Emphasis is on yoga postures (asanas), breathing, meditation, and relaxation techniques intended to reduce stress and to improve concentration, circulation, flexibility, and muscle strength. It is designed for dancers and non-dancers.*

LEARNING OBJECTIVES

Upon completion of "Introduction to Yoga" / DNCE 46 the student will be able to:

1. Identify, analyze, and discuss historical, cultural, traditional and philosophical principles of yoga.
2. Analyze and evaluate mind, body, and spiritual choices, and relate these to self-training, health, quality of life, and stress management in self and other.
3. Demonstrate anatomical and physiological effects of yoga practice including improved strength, flexibility, balance, alignment, weight placement, and muscle use, by performing yoga postures/asanas, breathing, relaxation, concentration, stress management exercises and techniques.
4. Select and demonstrate appropriate breathing techniques for various yoga postures, sequences and relaxation techniques.
5. Describe concepts and ideas about the various types of yoga including the anatomy and physiology of breathing, stress management, asanas, meditation, yogic nutrition, and other yogic topics. *****(SLO)**
6. Analyze, evaluate, and integrate processes within the various paths/types of yoga into an ongoing reassessment approach to personal mind, body, spirit reintegration.
7. 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. *****(SLO)**
8. Compare and contrast the similarities and differences between Eastern and Western Medicine and their relationship to yogic concepts and practices.

CLASS POLICIES

- Leave valuables at home
- Be on time, appropriately dressed, ready to work by class start-time
- Turn off cell phones and put away
- Bring Notebook, Paper, Pencil/Pen to every class
- NO GUM, OPEN FOOD OR DRINK ALLOWED IN STUDIO
- Bring a water bottle with a "sipper tip" or "pop-top" (not a twist cap, which can cause spilling)
- 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 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.
- If you stop attending, it is your responsibility to drop the class before the deadline: WED-APR 12
- 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

Kaminoff, L., *Yoga Anatomy*, 1st Ed. Human Kinetics. 2007

Sivananda Yoga Vendanta Center, *Yoga: Your Home Practice Companion*, DK Adult. 2009

Nicole, M., *Yoga for Beginners: The Daily Guide of Basic Yoga Poses and Exercises for Beginning Students* (Private Yoga Lessons) Paperback, CreateSpace Independent Publishing Platform. 2013

YOGA—GRADING

Letter Grade or Pass / No Pass Option If you decide to take the P/NP option you must file a form with the admissions office by **TH-FEB 23**. In my class 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 is 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 is on an individual case basis.

PARTICIPATION (30 Points)

- To qualify for an "A" in participation (aka Attendance) – only 2 absences allowed
- Any class missed is an absence, regardless of the reason. Doctor's notes will not excuse an absence.
- If not feeling well enough to participate, sit-out, actively observe & turn in the "Class Observation Form".
- Arriving after class begins or leaving early is considered late and is one tardy. But more than 30 minutes either arriving late or leaving early will be two tardies. Three (3) tardies equal one absence.
- 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 the filled-in and signed "Class Observation Form" to me
- Report injuries to me in order to discuss modifications & the advisability of continuing in the class
- If late, quietly do a warm-up first on the side towards the back; Sign-in at the end of the class.
- If you stop attending, it is your responsibility to drop the class before the deadline: WED-APR 12

CLASS INVOLVEMENT (20 Points) 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 demonstration indicating an understanding of the concepts presented
- Improvement in areas of course objectives
- One required show: IVC Spring Dance Concert: Fri-MAY 05 @ 8pm & Sat-MAY 06 @ 2pm & 8pm

(Attendance will excuse 1 absence / Extra Credit)

ASSIGNMENTS (20 Points) • Written assignments TBA

FINALS (30 Points) • Written **Wed-May 17** • Demo assessment on terms & postures **Mon & Wed-May 22 & 24**

EXTRA CREDIT Journal, Additional Assignments, Etc.

Point Spread for LETTER GRADE and PASS / NO PASS

30—PARTICIPATION

20—ASSIGNMENTS

20—CLASS INVOLVEMENT

30—FINALS
