

SYLLABUS

Irvine Valley College | Yoga and Stress | Spring 2017

INSTRUCTOR: *Angelika Nemeth*

AngelikaNemeth@cox.net

Ph: 949-786-3111

CLASS: Yoga and Stress DNCE 45 #67730A 2 units M & W 8:00a-9:50a PE 160

Yoga and Stress/Dnce 45 *Designed for all students who want to learn to reduce the effect of stress on the mind, body and spirit through yoga and related techniques.*

LEARNING OBJECTIVES

Upon completion of this course, the student will be able to:

1. Analyze, evaluate, and identify areas needing improvement within the categories of mind, body, spirit and relate these to self-training, holistic health, and stress management in self and others. *****SLO**
2. Describe principle and concepts of yoga
3. Identify, analyze, and discuss the historical roots of yoga and how it still currently influences holistic methods today.
4. Demonstrate and discuss the proper technique for breathing, exercise, and other yogic practices taking into account class concepts on training, assessments, and feedback as it relates to taking or instructing others. *****SLO**
5. Compare and contrast Eastern and Western medicine and their relationship to yogic methods and stress management.
6. Discuss progress of self and/or others from initial plans and goals, to modifications that were made, areas of growth, reassessments, and new or adjusted goals for the future.
7. Identify the various theories of stress and basic yogic nutrition.

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 TEXTBOOK

Davis, M., Robbina-Eshelman, E., McKay, M. , *The Relaxation and Stress Reduction Workbook* (New Harbinger Self-Help Workbook) , 6th Ed. New Harbinger Publications. 2008

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 (Pose) 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
