

Blue Ridge Community and Technical College
Fall 2007 / Course Syllabus
Beginning Yoga, GSPE 197, Section 70, CRN 30173

Welcome to Hatha Yoga...



1. Instructor Information

Instructor: Marcella Townsend, RYT
Hatha Yoga Instructor Certification / Yandara Yoga
B.S. Mathematics / Shepherd University
A.A.S. Aviation Mgt / CCAF
Reiki Practitioner

Office Hours: Located in the Academic Support Center, D-08
Posted on my office door

Email: mtownsen@blueridgectc.edu

It is best to contact me via email.

Phone: 304.260.4380, ext. 2346

2. Textbooks and Materials

The following books are not required, but recommended. As your yoga practice strengthens, you will use these books as valuable resources:

- Yoga: The Path to Holistic Health by B.K.S. Iyengar. ISBN: 0-7894-7165-5
- Light on Yoga by B.K.S. Iyengar. ISBN: 0-8052-1031-8

A cotton/wool blanket and a yoga strap are highly recommended. These items are used to align the body properly. By assisting gently, the props create comfort in the asanas and opens channels for the breath to flow smoothly.

3. Course Description

This class is a beginner-level hatha yoga class based on teachings by B.K.S. Iyengar that uses yoga to unite the movement of the body with the rhythm of the breath through continuous exploration of pranayama / mantras, sun salutations, standing and balancing postures, back and forward bends, twists, hip openers, inversions, and meditation.

4. Course Objectives

Successful completion of this course completes the 2-credit GSPE requirement for the Liberal Arts A.A. Degree.

5. Student Learner Outcomes

Through discussion, meditation, and asana practice, students will be able to:

- a. Maintain an awareness of breathing and body movements by focusing on the rhythm of the breath

- b. Develop and deepen a meditation practice
- c. Gain a firm and confident understanding of the basic yoga asanas (postures):
Standing, Balancing, Forward bends, Back bends, Twists, and Inversions
- d. Use asana practice to relax and reduce stress
- e. Improve flexibility, strength, and stamina

6. Program Assessment

The faculty members of Blue Ridge CTC are dedicated to assuring that each student meets the educational objectives of the program. The educational objectives have been developed and are planned to assure that the program is producing graduates who will be successful in obtaining and maintaining positions in the entry-level business field and who will be quality employees. To achieve this goal, the faculty is committed to a systematic and comprehensive process of assessment of student learning. As part of this program assessment, students will from time to time asked to participate in non-graded assessment activities which may include, but are not be limited to, participation in role-playing simulations and completion of standardized written or practical examinations or pre and post graduation surveys.

7. Academic Integrity

Cheating in all its forms, including plagiarism and cheating on visual work, is considered an academic matter to be controlled and acted upon by the instructor of this course. Students guilty of academic dishonesty on any graded assignments in this course will be penalized with a grade of F in the course. Such action shall be taken by the instructor, with written notification to the Dean of Academic Instruction at Blue Ridge CTC. Students involved in facilitating academic dishonesty among others, such as the unauthorized dissemination of examination materials, will be subject to disciplinary action as well.

8. Withdrawal from this course

The last day to withdraw from this course is November 9, 2007.

9. Attendance Policy

Regular attendance is pertinent for this course. If you are unable to attend class on a regular basis, it is highly recommended that you drop this course because absences will have a detrimental effect on your grade.

You are allowed to miss 2 classes. Any unexcused absences after this amount will affect the course grade. Please refer to section 10, Course Grade Calculation.

The following is taken from the *Blue Ridge CTC Student Handbook*: Excused absences will only be given for the reasons outlined in the handbook:

Students are expected to attend class and to know and understand the specific attendance policies established by their professors. The professor establishes the attendance policy for a given class.

The professor will state the attendance policy in the course syllabus...Legitimate reasons for class absences include documented and/or instances of the following

- 1) Death in the immediate family;

- 2) Incapacitating illness or injury (not including any non-emergency doctors' appointments that could be scheduled at other times);
- 3) Field trips required for other classes, intercollegiate competitions, or activities initialing official representation of Blue Ridge CTC;
- 4) Hazardous, weather-induced driving conditions (for commuter students only).

10. Course Grade Calculation

Class Participation/ Attendance: 90%:

This class requires physical participation. Only by working through each asana individually, will the student learn. Without participation, mastery of the asanas cannot be accomplished. Therefore attendance is very important

The class participation/attendance grade is calculated in the following manner:

For each class meeting, each student is counted as “present” or “absent.” Roll will be taken sometime during the class. Only those students present during roll will be counted as “present.” Otherwise, the student will be counted as “absent.”

- 9/11 Classes = A
- 8/11 Classes = B
- 7/11 Classes = C
- 6/11 Classes = D
- 5/11 or below = F

Research Paper, 10%: A one-two page research paper will be due during the final week of class. A handout with more details will be distributed later in the semester.

The grading scale is as follows:

Course Grading Scale:

- A 90-100%
- B 80-89%
- C 70-79%
- D 60-69%
- F < 60%

11. Class Schedule

Class time: 6:05 – 7:45 p.m.

Number of Class meetings is 11 and the specific dates follow:

1. August 28
2. September 25
3. October 2
4. October 9

5. October 16
6. October 23
7. October 30
8. November 6
9. November 13
10. November 27
11. December 4

12. **Additional Notes**

- Wear comfortable clothing that allows for free movement and less constriction around the waist band. A shirt is required at all times.
- Most yogis practice barefoot. Socks are optional.
- Drink plenty of water before and after yoga practice. Small amounts of water during yoga practice are okay, but not suggested.
- Try not to eat 2 hours prior to practice. The digestive system will be working against the total energy flow of the body if it is digesting food.

13. **Resources**

Helpful websites and books are listed only as a reference for the avid student. These resources may also be used for the research paper.

- **Books:**

Light on Life by B.K.S. Iyengar. ISBN: 1-59486-248-6

The Seven Spiritual Laws of Yoga by Deepak Chopra: ISBN: 0-471-64763-0

- **Websites:**

www.yogajournal.com

www.yogaalliance.com

www.yandara.com

www.bksiyengar.com

14. **Date and Time of Final Exam:**

There is NO final exam for this course, therefore class will not be held during finals week. The research paper will be due by Tuesday, December 11, 2007.

This syllabus may be altered at any time at the discretion of the instructor