

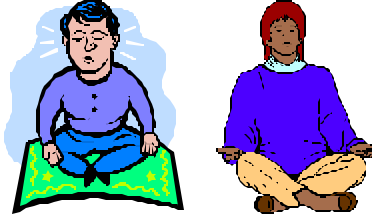
# **THE DIVISION OF PHYSICAL EDUCATION AND DANCE**

## **PREFACE**

Oxford College is committed to the liberal arts. The liberal arts curriculum for centuries has included the study of physicality and its relationships to mind and spirit. From Plato's Academy to the present, institutions which espouse the study of the liberal arts make physical education an integral part of the curriculum. The study of physicality includes but is not wholly limited to:

- 1. The refinement of the senses.**
- 2. The maintenance of health, physical strength and stamina.**
- 3. The management and control of body based emotions**
- 4. An appreciation of kinesthetic awareness, which includes the joy of movement and exploration of human movement as a form of expression**
- 5. The acquisition and refinement of perceptual motor skills**
- 6. An awareness that there is an intrinsic relationship between body, mind spirit and that inadequacies in one of these affects the other two.**

The courses within the three areas in the Division of Physical Education and Dance emphasize certain elements of physicality with some elements being emphasized more than others. By enrolling in three courses in three different areas students will be exposed to all six elements of physicality to one degree or another.



## PE 128: Gentle Yoga for Beginners

Welcome.

Calendar: Fall, 2002

Ann Stublefield, M.S.

Classes: M-W-F 8:30A-9:20A; 9:35A-10:25A; 11:45A-12:35N.

Office Hours: M-W-F 10:40A-11:30A(Call for appointment)

Phone: 770-784-8309

E-mail: \_\_\_\_\_

**Text Required:** Yoga: The Iyengar Way

**Props Required:** Student Package(mat/block/strap)

Large thick beach towel or small blanket

**Other** Supplies for taking notes.

**Attire:** Loose fitting. Do not wear clothing that restricts breathing, movement or circulation. No jeans.

**Note:** This calendar is subject to unavoidable change/s. You will be given advance notice if changes are required.

**Terms:** Sadhana means practice. Sadhaka means practitioner(Yogini/female; Yogi/male)  
Weekly Asana Focus

Mondays: standing and floor

Wednesdays: floor only

Fridays: standing and floor

August

Orientation

Wed/28<sup>th</sup>

Medical Profiles...Signature required

Distribute/Discuss Syllabus

Discuss Yoga Etiquette and Guidelines

Distribute Yoga Props

**Fri/29<sup>th</sup> :** Continuation of Orientation ; Lecture; Q&As; Demonstrations; Asana Practice.  
Text: Introduction and how to use the text...P8-10

What is yoga?

**Demonstration and Practice:** Quietly Sitting/Simple Breathing/Sukhasana...P53/; Simple Breathing/Relaxation/ Savasana...P150-151

**September**

**Mon/2<sup>nd</sup>: Holiday...Enjoy.**

**Wed/4<sup>th</sup>: Lecture; Q&As; Demonstrations; Asana Practice.**

**Text: The Asanas(3<sup>rd</sup> limb of yoga)/Sanskrit nomenclature/Common Names...P12-148...to be covered over four classes...9/6, 9/9, 9/11.**

**Fri/6<sup>th</sup>: Lecture; Q&As; Demonstrations; Asana Practice.**

**Text: Continuation of asanas...P12-148**

**Handout: Teaching Skills**

**Mon/9<sup>th</sup>: Lecture; Q&As; Demonstrations; Asana Practice.**

**Text: Continuation of asanas P12-148**

**\*\*\*Students “voluntarily” choose day to peer teach. The date/day are to be posted on instructor’s calendar. The first date/day should be chosen September 18<sup>th</sup> or thereafter. Peer co-teaching is an option. Certification of Completion presented at end of semester for successful completion.\*\*\***

**Wed/11<sup>th</sup>: Lecture; Q&As; Demonstrations; Asana Practice.**

**Text: Continuation of asanas...P12-148. (Focus: Modification of asanas.**

**Fri/13<sup>th</sup>: Lecture; Q&As; Demonstrations; Asana Practice.**

**Text: Developing a safe personal practice, flow and sequence...P175-177 & Handout.**

**Mon/16<sup>th</sup>: Lecture; Q&As; Demonstrations; Asana Practice.**

**Handout: At-A-Glance Functional Anatomy/Physiology of Yoga...**

**Continuation of contraindications**

**Wed/18<sup>th</sup>: Lecture; Q&A; Demonstrations: First Peer Teaching.**

**Text: Study of the Self...P15**

**Building Character in Schools. Available on line. (See End of Syllabus.)**

**Fri/20<sup>th</sup>: Lecture; Q&As; Demonstrations; Peer Teaching.**

**Text: Pranayama(4<sup>th</sup> limb of yoga)...P155-162(Modified for health and well being of beginners.)**

**Text: Pratyahara(5<sup>th</sup> limb of yoga)...P163.**

**Mon/23<sup>rd</sup>: Lecture; Q&As; Demonstrations; Peer Teaching.**

**Text: Philosophy of Yoga(Sutras)...P164-170**

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**Wed/25<sup>th</sup>: Lecture; Q&As; Peer Teaching.**

**Text: Continuation of Philosophy(Sutras) ...P164-170 and Yoga Sutras.**

**Fri/27<sup>th</sup>: Lecture; Q&As; Peer Teaching.**

**Text: Continuation of Philosophy (Sutras)...P164-170**

**Mon/30<sup>th</sup>: Lecture; Q&As; Demonstrations; Peer Teaching.**

**Text: Eight limbs of yoga...P169-170(Stages of awareness)**

**Wed/2<sup>nd</sup>: Lecture; Q&As; Demonstrations; Peer Teaching.**

**Continuation of Eight limbs**

**October**

**Fri/4<sup>th</sup>: Lecture; Q&As; Peer Teaching.**

**Text: Surrender of the self: Experience inner peace plus more...P172-173**

**Mon/7<sup>th</sup>: Midterm Exam Review.**

**Handout: Important Sanskrit Terms. Peer Teaching (?)**

**Wed/9<sup>th</sup>: Lecture; Q&As; Demonstrations; Peer Teaching.**

**Opportunity for group sharing.**

**Fri/11<sup>th</sup>: Midterm Exam (Stay focused, study, relax, remember proper breathing and you'll do just fine.)**

**Mon/14<sup>th</sup>: Midterm Break. Enjoy.**

**Wed/16<sup>th</sup>: Lecture; Demonstrations; Peer Teaching.**

**Handouts: Chakras & Endocrine System: How they influence our health/relationships/personalities.**

**(Reminder: Progress Reports due to office)**

**Fri/18<sup>th</sup>: Lecture; Q&As; Demonstrations; Peer Teaching.**

**Continuation of Chakra-Endocrine Systems**

**Mon/21<sup>st</sup>: Lecture; Q&As; Demonstrations; Peer Teaching.**  
**Text: Remedial Programs/Therapeutic Applications: Asanas that “may” help alleviate illnesses.P185-187**

**Wed/23<sup>rd</sup>: Lecture; Q&As; Demonstrations; Peer Teaching.**  
**Handout/s: Postures: observing and improving**

**Fri/25<sup>th</sup>: Lecture; Q&As; Demonstrations; Peer Teaching.**  
**Handouts: Stress Management: relaxation; visualization; breath awareness**

**Mon/28<sup>th</sup>: Lecture; Q&As; Demonstrations; Peer Teaching.**  
**Handouts: Various styles of yoga.**

**Wed/30<sup>th</sup>: Lecture; Q&As; Demonstration; Peer Teaching.**  
**Text: Dhyana(7<sup>th</sup> limb of yoga): Meditation...P174(modified for beginners)**  
**Handouts: The Art of Meditation**

### **November**

**Fri/1<sup>st</sup>: Lecture; Q&As; Demonstration; Peer Teaching.**  
**Handout: Basic use of yoga props**

**Mon/4<sup>th</sup>: Lecture; Q&As; Demonstrations; Peer Teaching.**  
**Show & Tell: Adapting the asanas to the individual. Honoring uniqueness.**

**Wed/6<sup>th</sup>: Lecture; Q&As; Demonstrations; Peer Teaching.**  
**Handout: Some Contraindications of asana practice.(May have received handout in an earlier class.)**

**Fri/8<sup>th</sup>: Lecture; Q&As; Demonstrations; Peer Teaching.**  
**Handout: Some Body-Emotion-Mind-Spirit benefits of yoga.**

**Mon/11<sup>th</sup>: Lecture; Q&As; Demonstrations; Peer Teaching.**  
**Handout: The significant of mantras and the sacred word “OM/AUM.”**

**Wed/13<sup>th</sup>: Lecture; Q&As; Demonstrations; Peer Teaching.**  
**The Spirit and Practice of moving in Stillness: Asana/moving Meditation.**

**Fri/15<sup>th</sup>: Lecture; Q&As; Demonstrations; Peer Teaching.**  
**Revisiting yoga class etiquette: Applicable in other areas of life too.**

**Mon/18<sup>th</sup>: Lecture; Q&As; Demonstrations; Peer Teaching.**  
**Text: Revisiting Asanas: Focus: Sarvangasana...P109; Urdhva Dhanurasana...P138**

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**Wed/20<sup>th</sup>: Lecture; Q&As; Demonstrations; Peer Teaching.**  
**Continuation of asanas revisited. Focus: Surya Namaskar(modified) (P146-147)**

**Fri/22<sup>nd</sup>: Quiz; Peer Teaching**

**Mon/25<sup>th</sup>: Lecture; Q&As; Demonstration; Peer Teaching.**  
**Handout: Psychosomatic Yoga: mind-body-spirit-health-yoga are inextricably interwoven**

**Wed/27<sup>th</sup>: Holiday. Enjoy.**

**Fri/29<sup>th</sup>: Holiday. Enjoy.**

### **December**

**Mon/2<sup>nd</sup>: Final Exam Review. Peer Teaching (?)**

**Wed/4<sup>th</sup>: Lecture; Q&As; Demonstrations; Peer Teaching.**  
**Bringing It All Together: Ways of taking yoga into daily life for continuous improvement and maintaining a sense of well-being and increased productivity...Nutrition too.**

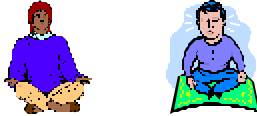
**Fri/6<sup>th</sup>: Practicum Exam: Sequencing Pranayama, asana and form.**  
**Questions and answers with opportunity for group sharing.(time permitting.)**

**Mon/9<sup>th</sup>: Final Exam.**

**One requirement of the final exam will be a brief essay (one or two paragraphs) about your yoga experience. You decide the topic. Examples are: What yoga means to me. How yoga has helped me. The benefits of yoga. Incorporating yoga into my life, etc.**

**Certification of Completion will be presented to those successfully completing the “voluntary” peer teaching teacher training.**

**Namaste**



## **PE 128: Gentle Yoga For Beginners**

**Welcome.**

**Syllabus: Fall, 2002**

**Monday, Wednesday, Friday: 8:30A-9:20A; 9:35A-10:25A; 11:45A-12:35N.**

**Instructor: Ann Stublefield, M.S.**

**Office Hours: M-W-F 10:40A-11:30A (Call for an appointment)**

**Phone: 770-784-8309**

**E-mail: \_\_\_\_\_**

**Required Text: Yoga: The Iyengar way. Authors: Silva Mehta, Mira Mehta and Shyam Mehta. First Edition. ISBN NO. 0-679-72287-4**

**Required Student Yoga Package which includes mat, belt and block.**

**Required: Large beach towel or small blanket**

### **Course Description:**

**This course is designed to enhance the beginning student's personal knowledge of yoga, its many facets and health promoting benefits via active participation. In addition, it provides the student with the confidence and skills necessary to teach a gentle beginning level yoga class; instructions in hatha yoga; teaching skills; basic understanding of functional anatomy and physiology of yoga movement; an understanding of yoga philosophy and ways to promote a healthy holistic lifestyle. The asanas(postures), and other teachings, will be chosen for their harmlessness and effectiveness. The text material will be augmented with specific topical handouts. Some practice time will be provided to help student perfect teaching skills and realize the holistic benefits that come from practicing yoga. Student successfully completing the "voluntary" teaching requirements will receive a Certificate of Completion needed in teaching beginners. At the end of the course, students will have a basic foundation in yoga as a life-style. One will have an understanding of one's strengths and gifts. This course is not only academic, but is also meant to help the student achieve wellness on the physical, mental and spiritual levels.**

### **Course Objectives:**

**At the completion of this course, the student...**

**\*Should have a working knowledge of the functional relationship of basic anatomy and physiology to movement of the body in yoga.**

**\*Should be able to demonstrate improved cognitive, motor and safety skills that encompass and emphasize honoring one's capacity, proper sequencing of breath, asanas, form, centering and relaxation...major aspects of yoga.**

**\*Should know the fundamentals of good posture and alignment.**

**\*Should be able to properly execute the basic asanas taught in class.**

**\*Should be able to verbalize the Sanskrit name and common name of specified asanas.**

**\*Should be able to modify the asanas as needed for self and others.**

**\*Should be able to correct common mistakes and identify contraindications...thus, preventing injuries.**

**\*Should be able to use basic props.**

**\*Should be able to apply some of the asanas therapeutically.**

**\*Should be able to develop a flowing series of asanas called Vinyasa.**

**\*Should be able to choose appropriate asanas that create a balance between strength and flexibility of body, mind and spirit.**

**\*Should be able to incorporate quiet restorative asanas for renewing strength, stamina and inner peace.**

**\*Should be able to identify and discuss the importance of the seven major chakras, nadis, endocrine glands and their relationship to health and well-being.**

**\*Should be able to reduce and/or eliminate stress, tension and anxiety with relaxation, visualization, asana and breathing techniques...stress management.**

**\*Should be knowledgeable of Patanjali's Yoga Sutras...especially the Eight Limbs of yoga.**

**\*Should be able to answer the question: "Who is Patanjali?"**



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- \*Should be able to develop a safe practice for meditation.**
- \*Should have an understanding of mantras and how to incorporate them into daily living as tools for stress management.**
- \*Should appreciate the benefits of having voluntarily kept a private journal of yoga experiences to aid in composition of Essay on final exam.**
- \*Should be able to appreciate the advantages of having voluntarily kept a study binder for handouts...especially for studying exam material.**
- \*Should be able to remain calm in most stressful situations.**
- \*Should be able to concentrate and focus the mind more consciously on that which is important.**
- \*Should be able to positively control thought processes and emotions for one's own health and well being.**
- \*Should know and practice yoga etiquette and guidelines...(cell phones off, punctuality, no heavy meal two hours before class etc)**
- \*Should be able to define Namaste.**
- \*Should be able to define Yoga.**
- \*Should be able to explain how yoga prepares one to respond intelligently to the changes and demands of life...excelling during times of change.**
- \*Should be able to define Ahimsa and how it relates to yoga practice and life.**
- \*Should be able to distinguish between the following styles of yoga: Hatha, Raja, Bhakti, Karma, Jnana, Mantra, Iyengar, Viniyoga, Astanga(has nothing to do with eight limbs of yoga), Bikram and Kundalini.**
- \*Should be able to explain some benefits of the following categories of asanas: Standing-P17, Sitting-P49, Twists-P69, Supine & Prone-P79, Inversions-P95, Balancings-P123, Backbends-P133, Jumpings-P145; Relaxation and Savasana-P149-150. (See text)**
- \*Should be able to explain the logic behind removing shoes before practice.**
- \*Should be able to explain the significance of counter asanas.**

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**\*Should know that eating wholesome food improves one's outlook on life, learning, and mind/body health.**

**\*Should be able to explain the significance of centering.**

**\*Should realize improved physical and mental strength, flexibility and poise.**

**\*Should realize an improved outlook on life and learning.**

**\*Should be able to sense a feeling of total well-being, realizing that yoga is much more than physical.**

**\*Should be familiar with Pierce Program "Ethics in Society."**

**Course Requirements:**

**\*Successfully complete cognitive and motor aspects of one quiz, one midterm exam, one practicum exam and one final.**

**\*A portion of the final exam will require the student to write a maximum two paragraph essay on The Personal Efficacy of Yoga. The topic should be meaningful to the student. (Keeping a private journal may be a valuable resource in gathering one's thoughts.)**

**\*Classroom participation.**

**\*Adherence to yoga classroom etiquettes and guidelines. (See handout)**

**\*Study course material: Text and handouts in preparation for class discussions, participation and exams.**

**\*Read Building Character in Schools/Ethics Reading. This reading is available for you on line. You can get to it from the college page. It is listed under PE ALL.**

**\*\*\*Instructions are at the end of this syllabus for getting to it.\*\*\***

**\*Bring materials needed for taking written notes to each class.**

**\*Bring yoga mat, strap, block and beach towel to each class.**

**\*Know both Sanskrit and common names of specific asanas chosen by the instructor.**

**\*Successfully demonstrate breath awareness, asana form and alignment.**

**\*Attend all classes and be on time.**

**Attendance:**

The student is expected to attend all classes and be on time. If possible, unavoidable absences and/or tardies should be discussed with the instructor prior to the absence or tardy. If this is not possible, tardies should be discussed with the instructor immediately after class and absences should be discussed on the first day of return to class. Absences and/or tardies exceeding a total of three, will result in twenty five (25) points deducted from the total 575 course points for each additional absence or tardy ...thus, lowering the final grade for the course. Tardies are considered absences.

**Dress requirements:**

Student is required to wear comfortable, loose fitting attire. No jeans.

Shoes will be removed upon entering the classroom and left at the entrance.

To begin each class, the student should quietly commence with centering via a comfortable seated asana/Sukhasana(P53) and/or Savasana/corpse (P150.) All unnecessary chattering should be left outside of yoga. Begin quieting the mind.

The student should bring the required yoga mat, belt/strap, block to every class. This is in addition to a large thick beach towel or small blanket.

Failure to conform to these requirements will result in an attendance absence. Why? Because one will not be able to participate in the required physical portion of the class.

**Evaluation:**

Midterm Exam ( 50 questions/2points each...25 points for motor/skills)	125 Points
Quiz (25 questions/2points each...25 points for motor/skills)	75 Points
Practicum Exam (Motor skills: Asana &Pranayama sequencing, safety, form, personalization/adjustments, centering, relaxation)...	125 Points
Final Exam (50 questions/2points each...50points for essay)	150 Points
Class participation	100 Points
Course total	575 Points

(Reminder: Student with more than three absences will have twenty five (25) points deducted for each additional absence...from the course total points.)

**Grading:**

A...90-100 OR 575 POINTS  
B...80-89 OR 475-574POINTS  
C...70-79 OR 375-474 POINTS  
D...60-69 OR 275-374 POINTS  
F...59 OR 274 POINTS OR BELOW

Quiz and Exams will address both cognitive and motor skills.

**Practical Application:**

Each student will apply understanding of motor skills via demonstrations on Practicum Exam and weekly asana practices during each class. Classes are Monday, Wednesday and Friday of each week.

Volunteer Peer Teaching (Verbal skills; Asana sequencing; Form; Safety; Attitude; Personalization/adjustments/modifications.)  
Certification of Completion...a step on your path to greater self awareness and understanding.

**Oxford Honor Code:**

The student is expected to adhere to the Honor Code with reference to all matters relating to the evaluative process of this course. All dishonest work will be rejected as a basis for academic credit. This includes work done in unauthorized collaboration with another person and falsification. Please see the 2002-2003 Catalog statement on conduct and honor. (P88-89.)

The Pierce Program Religion's theme for the academic year 2002-03 is "Ethics in Society." During this semester, in this class, we will share in this program by reading and discussing "A Seven-Point Program" from Building Character in Schools by Kevin Ryan and Karen E. Bohlin.

This reading is available for you on-line. We will discuss it on September 18<sup>th</sup>.

1. Go to the College's home page at: [www.emory.edu/OXFORD/home.html](http://www.emory.edu/OXFORD/home.html)
2. Click on "CURRENT STUDENTS"
3. Click on "LIBRARY"
4. Click on "SYLLABI AND ELECTRONIC RESERVES"
5. Choose to search either by FACULTY, COURSE, OR LIST ALL.
6. Click on "GO"
7. Click on "ERESERVE" in the last column (the "Electronic Reserve" column)
8. Click on any electronic reserve titles listed on the page (any titles that are not linked to an electronic reserve document are titles from last semester, and are not on reserve this semester).

\*You need to have Adobe Acrobat Reader on your computer to read the electronic reserve online.

\*\*\*Remember the article is listed under PE ALL.\*\*\*

NAMASTE