

**OXFORD COLLEGE OF EMORY UNIVERSITY**  
**Division of Physical Education and Dance**  
**PE 128 - YOGA**  
**Spring 2000**

Instructor: Nebojsa Nash Toskovic

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Office Hours: M/W - 5.00 p.m. – 6.00 p.m.

T/TH – 3.30 p.m. – 4.30 p.m.

F – 2.00 p.m. – 3.00 p.m.

Also by appointment.

**I. Course Description**

This course is designed to lead the students through the basic Yoga techniques and to familiarize them with the anatomy and physiology of Yoga practice, as well as its psycho-physiological benefits. The course will cover traditional and some non-traditional methods of practicing bodily postures (postural patterns), assisted positions, yogi breathing techniques, different relaxation and stress management methods, and concentration and meditation techniques. All necessary information and practical instructions will be provided for successful understanding and practice of this ancient science in our time and environment.

**II. Text (Reference)**

Yoga – The College Way, A Textbook for College Yoga, Yvonne L. Banuet-Alvers.

Assigned readings will be placed on reserve at the front desk in the library. Some test material will be given to students in the form of handouts and class instructions.

### III. Dress

Students are required to wear comfortable and loose fitting dress (no jeans). No shoes are allowed. Shoes have to be left at the classroom entrance. Students are expected to use available exercise mats but to provide their own cover (blanket, towel, etc.). Failure to conform to the dress code will result in a penalty absence.

### IV. Objectives

After successful completion of this course the student will be able to understand and demonstrate:

- A. Traditional as well as modern concepts of Yoga practice with emphasis on the most common misconceptions of Yoga.
- B. Anatomy and physiology of Yogic practices within the limitation of the course.
- C. The differences between Yogic and non-Yogic exercises.
- D. Place and potentials of Yoga practice in promoting personal health and some of its possible therapeutic benefits.
- E. A complete set of basic Yoga positions, breathing, deep relaxation, concentration and meditation techniques, as well as assisted positions.
- F. A personal strategy in choosing the appropriate Yoga program for future practices according to individual potential and goals.

### V. Course Requirements and Student Responsibilities

To attend and actively participate to the best of your abilities and according to the principles of Yoga exercise. Students are expected to attend all classes. Two (2) absences will be allowed. Each additional absence without consent of the instructor will result in your final grade being dropped by half a letter grade.

Late arrivals will be recorded and if repeated will result in a grade penalty. Two late arrivals will count as one absence. If class has started then I have taken attendance and you are responsible for correcting your attendance record with me after class.

Extenuating Circumstances: If you find yourself in an extenuating circumstance it is your responsibility to make an appointment with me as soon as possible to discuss your situation. There are no excused absences beyond the two that are provided but make-up work may be offered at my discretion. I will not offer make-up if too much time has passed between your absence(s) and our meeting.

## VI. Criteria/Grade

1. Attendance/ Participation - 20%.
2. Two Announced Quizzes – 10% (4<sup>th</sup> week and 12<sup>th</sup> weeks of classes)
3. Midterm Exam - 20% (a week before spring brake)
4. Measurable Factors of Fitness Analysis (pre-post yoga training) - 20% (last week of classes)
5. Final Exam - 30% (last week of classes)

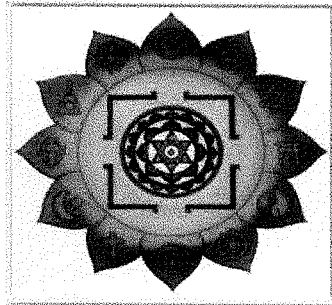
## VII. Grading

A = 89-100

B = 79-88

C = 70-78

D = 60-69



# YOGA

## Course Outline, Spring Semester 2000

### Topic

- Week 1-4 Introduction and organization of the course. Medical and fitness evaluation of students.  
**Lesson** - Physical activity, Health, Wellness, and Yoga.  
**Lesson** - What is Yoga? Misconceptions of Yoga and the real definition.  
**Lesson** - Evolution of Yoga, traditional and modern approach to Yoga. Eight steps of Yoga, Yoga ethics.  
Introduction into the postural pattern (Asanas), the upper body position in sitting posture. Warming up, forward and backward bend exercises. Introduction into the Cobra and the Child posture.
- Week 5-6 **Lesson** - Differences between Yogic and non-Yogic exercise.  
Review of sitting postural pattern. Forward bending-introduction into the symbol of Yoga. Table and Cat posture, assisted Frog posture. Introduction into the Full Yogic Breathing.  
**Lesson** - Isometric, Isotonic and Yogic pattern of practicing.  
Forward bend- Symbol of Yoga posture, backward bend-Inclined Plane posture, Half Locust and Diamond posture. Abdominal breathing (technique, physiological, psychological and non-physiological effects)
- Week 7-8 **Lesson** - Yoga exercises in hypotonic and hypertonic muscle condition.  
Squat posture, preparation for the Locust posture.  
**Lesson** - Anatomy and physiology of Yogic practices. Asana-Yogic postural pattern versus position, pose and exercise.  
Boat posture, Mountain posture, assisted Child posture. Chest breathing.
- Week 9 **Lesson** - Dynamic and static aspects of Asanas.  
Sitting and standing lateral bend postures, Half Moon and Triangular posture.

**Lesson** - Classification of Asanas-Corrective, Relaxation and Meditative postures. Objectives of corrective postures in Yoga. Locust posture, Balancing postures. Full Yogic breathing.

Week 10

**Lesson** - Objectives of relaxation Asanas.

Twisting postures, preparation for the Bow posture, preparation for the Diamond in supine position, Butterfly posture. Developing the process of deep relaxation.

**Lesson** - Objectives of meditative Asanas.

Practice and review.

Week 11

**Lesson** - Principles of breathing, Common breathing versus Yogic breathing: similarities and differences.

Twisting in sitting positions, assisted Butterfly posture.

**Lesson** - Comparison of deep breathing and Pranayama (Yogic breathing pattern), the phases of Pranayama, the aims of Pranayama.

Bow posture, assisted Cobra posture, Fighter posture. Ujjayi Pranayama (breathing).

Week 12

**Lesson** - Principles of relaxation. Partial Anatomical Relaxation.

**Lesson** - Review

Week 13

**Lesson** - How to increase the ability to concentrate.

Objects of concentration. Assisted Cat position.

Concentration. Bhastrika Pranayama (bellow).

**Lesson** - Concentration as a way to approach meditation.

Preparation for the inverted posture.

Week 14

**Lesson** - Health and skill related physical fitness and potential contributions of yoga within the elements of physical fitness.

Sitting posture. Balancing posture. Inverted posture. Standing assisted stretching posture.

**Lesson** - The place and potentials of Yoga Therapy in some of the most common diseases and the future perspectives of Yoga Therapy.

Assisted Twisting posture. Introduction into the Sun salutation series I.

Week 15

**Lesson** - Video presentation - Yoga Relaxation and Health, Review.  
Preparation for the Head-stand. Introduction into the meditations  
techniques.

**Post training fitness assessment.**