

## PAC COURSE OUTLINE GUIDELINES

**Oregon State University**  
**College of Public Health and Human Sciences**  
**PAC 294: Yoga I**  
**Spring 2014**

**Credit Hours:** 1  
**Room:** N/A  
**Schedule:** Weekly Due Dates on Tuesdays at 5pm

**Course Instructor:** Katelin Gallagher  
**Office Location:** Remote  
**Office Phone:** 847-609-9801  
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**Teaching Assistant:** None  
**Office Location:**  
**Office Phone:**  
**E-Mail:**

**Office Hours:** By Appointment

**Office Hours:**

### **COURSE DESCRIPTION:**

Principles and practice of basic yoga postures, techniques of posture alignment, yogi breathing styles and their impact on the body and mind. This course is repeatable for a maximum of 11 credits.

**Prerequisites:** No major, active injuries or medical considerations that contraindicate yoga practice.

**Co-requisites:** None

### **LEARNING RESOURCES:**

1. All students must provide: Comfortable attire to move in, Yoga mat, 2 Yoga blocks, Yoga Strap, belt or similar, 1-2 Firm Blankets (woven wool blankets work best) (Required)  
\*A folding chair or similar can be used for more significant modification of poses (Optional)
2. All students must provide for themselves: a space conducive to movement and contemplative practice with a clear wall for wall supported poses (Required)
3. Computer Access and Webcam or Video Capability are needed for visual assignments like documenting poses for submission 2X per term and for Live Q&A Session with instructor 1X per term (Required)
4. Texts:  
(Optional) *Yoga Resource with Darren Rhodes* (shopaty.com) or *Light on Yoga* by BKS Iyengar (amazon.com). Either of these texts will be useful for studying the shape and alignment of the poses in detail and to learn the Sanskrit names of the poses. (Optional) *The Secret Power of Yoga* by Nischala Joy Devi (amazon.com) for further reading on yoga philosophy.

### **STUDENT LEARNING OUTCOMES:**

Students who successfully complete this course have

1. Practiced the most commonly taught, basic yoga poses and are prepared for an All/mid-level 'flow' class in a typical community yoga studio (may require more than one term, depending on physical condition at start).
2. Demonstrated improved strength and flexibility from week 1 to week 10, as evidenced by greater ease in movement, balance, stability, and range of motion as the practice progresses. Improvements demonstrated through weekly practice and through video analysis.

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3. Identified optimal/safe physical alignment in basic poses. Can identify common misalignments and implement safety precautions and corrections, as demonstrated thru video analysis, self-assessments, peer assessments, and quizzes.
4. Explained the 8-limb path of yoga, and evaluated relevance to own personal experience, providing greater context for the physical practice. Assessed through discussion board posts, quizzes, journal entries, and final project.
5. Recalled the names of the 30 most common yoga poses in Sanskrit and English as demonstrated through quizzes, writing assignments and the final project.
6. Experimented with the physical, mental, behavioral, and emotional benefits of the postures, meditation, and breath practice (pranayama) as documented through discussion board posts, journal entries, individual research, and Q & A Session.
7. Demonstrated 'perspective-taking' in the mental/emotional/intellectual spheres through active journal writing, discussion board posts and assessed in the final project.
8. Participated in yoga as a social activity through thoughtful online class discussion of yoga topics and a peer assessment exercise.
9. Cultivated the theoretical learning needed to formulate a basic, ongoing, individual yoga, meditation, and breath practice, as demonstrated through completion of the final project.
10. The Fitness requirement of the OSU Baccalaureate Core specifies that students take HHS 231, Lifetime Health and Fitness, a 2 credit lecture course. In addition students must take a 1 credit lab and may choose from HHS 241-248 or any PAC class. A previously taken PAC class will satisfy this Fitness requirement. The following learning outcome is being assessed in accordance with this requirement: Through regular and sustained engagement, demonstrate the knowledge, skill, and ability to participate in a selected physical activity for health, fitness, sport, or recreation.

### **COURSE CONTENT:**

#### **Week 1**

Learning Materials: Week 1 Practice Session (Appx. 40 min. - to be completed twice), 4 short asana video lectures, Kira Ryder's TEDx Presentation

Assignment: Discussion board posting: introductions and reflection on 'yoga as connection.' (10 pts)

Quiz: Setting a Solid Foundation Assessment, Definitions of Sanskrit Terms (10 pts)

Primary Topics: Define Yoga, Asana, and Prana. Introduction to Yogic Breathing, Basic Supine, Seated and Standing Poses, Setting a Solid Foundation

#### **Week 2**

Learning Materials: Week 2 Practice Session (Appx. 40 min. - to be completed twice), 4 short asana video lectures, Meditation Audio, Interactive Lecture on Ashtanga Yoga: The 8 Limbs of Yoga

Assignment: Video Journal- A visual, physical self-assessment of 5 poses (10 pts)

Quiz: Active vs. Passive Stretching, 8 Limb Path, Sanskrit Terminology (10 pts)

Primary Topics: Overview of 8 Limbs: Yoga as a Life philosophy, Introduction to Loving-Kindness Meditation, Progressing Supine, Seated and Standing Poses, Introduction to 'Vinyasa,' Active vs. Passive Stretching

#### **Week 3**

Learning Materials: Week 3 Practice Session (Appx. 40 min. - to be completed twice), 3 short asana video lectures, Meditation Audio, Judith Lasater Web Article discussing the 1<sup>st</sup> Limb of Yoga: Yamas

Assignment: Discussion board posting: reflections on the topic of personal ethics (10 pts)

Quiz: Pelvic & Shoulder Alignment, Yamas, Sanskrit Terminology (10 pts)

Primary Topics: 1<sup>st</sup> Limb of Yoga: Yamas, Loving-Kindness Meditation, Sun Salutations A, Shoulder Openers, and Hip Openers, Pelvic Alignment and Shoulder Alignment

#### **Week 4**

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Learning Materials: Week 4 Practice Session (Appx. 40 min. - to be completed twice), 3 short asana video lectures, Meditation Audio, Judith Lasater Web Article discussing the 2<sup>nd</sup> Limb of Yoga: Niyamas  
Assignment: Submit a journal entry: reflections on the topic of niyamas (observances) (10 pts)  
Quiz: Finding the Midline, Niyamas, Sanskrit Terminology (10 pts)  
Primary Topics: 2<sup>nd</sup> Limb: Niyamas, Loving-Kindness Meditation, Sun Salutation A and Modified Sun Salutation B, Twists, Balancing Postures, Forward Folds, Finding the Midline

### Week 5

Learning Materials: Week 5 Practice Session (Appx. 40 min. - to be completed twice), 3 short asana video lectures, Meditation Audio, Amy Cuddy TEDx Presentation  
Assignment: Sign up, prepare questions for and participate in a 10 min. 1:1 Q & A Session with Instructor via Skype (10 pts)  
Quiz: Spinal & Pelvic Alignment in Forward Folds and Backbends, Asanas, Mind Body Connection, Amy Cuddy TEDx Presentation, Sanskrit Terminology (10 pts)  
Primary Topics: 3<sup>rd</sup> Limb: Asanas, Heart-Centered Meditation, Sun Salutations, Back Bends, and Forward Folds, Pelvis, Ribcage and Spinal Alignment

### Week 6

Learning Materials: Week 6 Practice Session (Appx. 40 min. - to be completed twice), 3 short asana video lectures, Pranayama Video, Guided Relaxation Audio  
Assignment: Webquest. Research and report on pranayama practices for emotional and physiological fluctuations or imbalances. (10 pts)  
Quiz: Pranayama, Flow vs. Form, Relaxation & the nervous system, Sanskrit Terminology (10 pts)  
Primary Topics: 4<sup>th</sup> Limb: Pranayama, Flow vs. Form, Full Spectrum Practice, Guided Relaxation

### Week 7

Learning Materials: Week 7 Practice Session (Appx. 40 min. - to be completed twice), 3 short asana video lecture videos, Pratyahara Web Article, Guided Relaxation Audio  
Assignment: Submit a journal entry: reflections on the topic of pratyahara (10 pts)  
Quiz: Pratyahara, Pelvic Alignment and Shoulder Alignment, Sanskrit Terminology (10 pts)  
Primary Topics: 5<sup>th</sup> Limb: Pratyahara, Guided Relaxation, Progressing Shoulder and Hip Openers, Review Pelvic Alignment and Shoulder Alignment

### Week 8

Learning Materials: Week 8 Practice Session (Appx. 40 min. - to be completed twice), 3 short asana video lectures, Matt Killingsworth TEDx Presentation about Presence & Happiness, Breath & Body Awareness Meditation Audio  
Assignment: Video Journal- A visual, physical self-assessment (10 pts)  
Quiz: Dharana, Matt Killingsworth Presentation, Meditation, Finding the Midline, Sanskrit Terminology (10 pts)  
Primary Topics: 6<sup>th</sup> Limb: Dharana, Breath & Body Awareness Meditation, Sun Salutations, Introduction to Arm Balances, Progressing Twists, Review Finding the Midline

### Week 9

Learning Materials: Week 9 Practice Session (Appx. 40 min. - to be completed twice), 3 short asana video lectures, B. Allen Wallace Video on Savasana/Meditation, Progressing Breath & Body Awareness: Shamatha Meditation Audio  
Assignment: Peer Review Video Journal (10 pts)  
Quiz: Dhyana, B. Allen Wallace Presentation, Shamatha Meditation, Alignment in Backbends and Forward Folds, Sanskrit Terminology (10 pts)  
Primary Topics: 7<sup>th</sup> Limb: Dhyana, Shamatha Meditation, Sun Salutations, Progressing Forward Folds and Back Bends, Review Pelvis, Ribcage, Spinal, and Shoulder Alignment

### Week 10

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Learning Materials: Week 10 Practice Session (Appx. 40 min. - to be completed twice), 3 short asana video lectures, Flow: The Psychology of Optimal Experience Video, Shamatha Meditation Audio

Final Assignment: Write a 30-minute daily yoga, meditation and breath sequence for your personal needs based on information learned and self-assessments during course. (20 pts)

Quiz: None

Primary Topics: 8<sup>th</sup> Limb: Samadhi, Compare/contrast Samadhi with the psychological concept of 'flow,' Progressing Shamatha Meditation, Introduction to Inversions, Restorative Poses

### **EVALUATION OF STUDENT PERFORMANCE:**

**Twice weekly completion of each 40-minute video practice session is required. They can be done at any time during each week (Wednesday thru Tuesday). No points will be awarded for completing the video sessions, but the information contained within will be evaluated in a short weekly assignment and Blackboard quiz due on Tuesday evening at 5pm of each week. You are responsible for the information given in the video, and points towards your grade will be earned thru the successful application of this information in the weekly assignments (10 points each), the weekly quiz (10 points each) and in the final project (20 points). The grading scale is based on 200 points total.**

**2 Discussion Board Postings- (10 points each)** Weeks 1 and 3 will be evaluated by an all-class Blackboard discussion. Instructor will pose a question or assign a short reading related to an aspect of yogic practice. Students are asked to reflect on and post a 100-250 word response by Tuesday at 5pm following weeks 1 and 3. Additionally, students are asked to consider and take perspective on each other's posts, responding with a comment or reflection on a classmate's post by the Tuesday deadline. Full points will be awarded for **well-constructed, developed written reflections.**

Points are earned by

- 1- Offering a thoughtful 100-250 word reflection to the discussion board topic (8 pts)
- 2- Commenting on a classmate's reflection to the same topic (2 pts).....**20 pts Total**

**2 Video Practice Journal Assignments- (10 points each)** This involves visually recording oneself performing 5 assigned asanas **in the given format** on video. This can be accomplished using a webcam. The video content and a written self-assessment is due by 5pm on the Tuesdays following weeks 2 and 8. Instructor will provide individual feedback on safety and pose alignment for the student to implement. Points are earned by

- 1- Executing the video portion in the given format (5 pts)
- 3- Providing a written self-assessment for each of the 5 poses (5 pts).....**20 pts Total**

**1 Video Practice Journal Peer Review Assignment- (10 points)** Following week 8, video journals will be exchanged with a fellow student in class for a peer assessment of alignment in each of the 5 poses. You will only be graded on providing feedback for the peer video you are assessing. Points are earned by documenting 10 observations and critiques about peer's structural alignment in poses, based exclusively on the alignment instruction provided in the course.....**10 pts Total**

**2 Written Journal Assignments- (10 points each)** Students will be given a question or writing prompt related to some aspect of yogic practice. A 100-250 word journal entry is due via Blackboard on Tuesday at 5pm following weeks 4 and 7. Points are earned by

- 1- Completing the assignment on time and in the required format (2 pts)
  - 2- Demonstrating thoughtful reflection and 'perspective-taking' relative to the prompt (8 pts)
- .....**20 pts Total**

**1 Live Q & A Session- (10 points)** Prior to week 5, students will sign up for a 10 minute 1:1 Skype call with the instructor. Meetings will take place during week 5, with multiple scheduling options. Meetings will begin and end promptly. Points are earned by

- 1- Arriving on time and participating in meeting (5 pts)

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2- Preparing 2 questions about personal yogic practice. (Class-related comments or observations will suffice in place of questions if none arise).....10 pts Total

1 Webquest- (10 points) The topics of week six will be further explored in a webquest assignment.

Points are earned by

- 1- Assessing personal physiological or emotional fluctuations and imbalances.
2- Research, test and report on pranayama practices related to #1.....10 pts Total

9 Blackboard Quizzes – (10 points each) A short, 5-question multiple choice, matching, fill in the blank, and short answer quiz will be given for weeks 1-9 to evaluate the integration of the material given directly in the learning resources for that week. Use of outside resources is permitted. Points are earned by

- 1- Correctly answering some or all of quiz questions.....90 pts Total

Final Project- (20 points) The term will culminate with a final assignment that draws from the course material in its entirety and reinforces regular practices after the term ends. Write a 30 minute daily practice sequence including a combination of meditation, breath practice, and yoga asanas (physical postures). The assignment will include both a written sequence and an explanation of choices; i.e. how the sequence contributes to serve personal needs and goals.

Points are earned by

- 1- Completing both portions in the required format and submitting on time (5 pts)
2- Including proper yogic terminology and methodical sequencing of practices/poses (5 pts)
3- Articulating personal needs, goals, physical issues and misalignments (5 pts)
4- Discussing how practice sequence addresses all listed in #3 (5 pts).....20 pts Total

.....200 pts Total

Grading Scale: 89.5% and up = A, 87% = B+, 83% = B, 80% = B-, 77% = C+, 73% = C, 70% = C-/S, (below 70% = U), 67% = D+, 63% = D, 60% = D, below 60% = F.

\*Assignments and quizzes for weeks 1-9 can be made up- up to one week late- for up to 50% of the original points. The final project must be submitted by the end of term deadline.

\*\*Up to 10 points can be earned in extra credit. Your only opportunity for extra credit is to attend a local yoga class (at your own cost) and write a 200 word journal entry about your experience.

DIVERSITY STATEMENT

The College of Public Health and Human Sciences strives to create an affirming climate for all students including underrepresented and marginalized individuals and groups. Diversity encompasses differences in age, color, ethnicity, national origin, gender, physical or mental ability, religion, socioeconomic background, veteran status, sexual orientation, and marginalized groups. We believe diversity is the synergy, connection, acceptance, and mutual learning fostered by the interaction of different human characteristics.

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### **EXPECTATIONS FOR STUDENT CONDUCT**

The Student Conduct Code establishes community standards and procedures necessary to maintain and protect an environment conducive to learning, in keeping with the educational objectives of Oregon State University. This code is based on the assumption that all persons must treat one another with dignity and respect in order for scholarship to thrive. For the full Student Conduct Code see <http://oregonstate.edu/studentconduct/>

Academic or Scholarly Dishonesty is prohibited and considered a serious violation of the Student Conduct Code. It is defined as an act of deception in which a Student seeks to claim credit for the work or effort of another person, or uses unauthorized materials or fabricated information in any academic work or research, either through the Student's own efforts or the efforts of another. For Student Conduct and Community Standards see <http://oregonstate.edu/studentconduct/http%3A/%252Fforegonstate.edu/studentconduct/faculty/facacdis.php>

### **RELIGIOUS HOLIDAY STATEMENT**

Oregon State University strives to respect all religious practices. If you have religious holidays that are in conflict with any of the requirements of this class, please see me immediately so that we can make alternative arrangements.

### **Risk, Responsibility, and Fees -**

Risk is associated with many of life's activities including the OSU Physical Activity Course (PAC) Program. The College of Public Health and Human Sciences and the Department of Nutrition and Exercise Sciences will minimize these risks by providing safe activity areas, adequate equipment, and capable instruction.

It is highly recommended that you give very serious consideration to providing yourself with a student health/accident insurance policy. These are available through the University, private carriers, or in many cases, through a family policy. If uninsured, relatively minor accidents and/or health problems can lead to great expense.

If you have a condition that might affect or be affected by participation in this activity class, please inform your instructor either verbally or in writing. If you have a condition that might require special accommodations or concern, please indicate this to the instructor immediately. If you become ill during class, please notify the instructor immediately. Please do not leave class before doing so. Should you become ill or get injured and not be able to fully participate in classes, there are alternatives to allow you to still get credit. One option is to attend PAC 100, Adapted Physical Activity. This can be arranged through your instructor; please communicate with her if you have a problem during the term.

*[Yoga is a low-impact activity, but does come with its share of injury risk. It is important that you take responsibility for your own safety and well being. Discontinue any pose that causes sharp, unusual pain, makes you dizzy, or feels otherwise harmful for your unique physicality. Muscle and joint injuries can occur with improper technique or overuse, making it vital that you pay attention to the sensations in your body, implement safety and alignment instructions, utilize props when needed/suggested and ask questions. 2 common causes for injury in yoga class are: 1- hypermobility in the joints (i.e. very flexible or 'double-jointed')*

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*people are at greatest risk) This propensity requires that students work with strength in order to not hyperextend the joints, especially at the elbows, knees, and shoulders. 2- Forcing or pushing. Injuries often are a result of forcing the body into a specific shape. While we utilize the basic shapes of the poses to guide our positioning, it should never override physical indicators of pain, the innate wisdom and alarm system of the body. We will work with balance postures that carry a risk of falls. A small portion of the course will be an introduction to inversions (poses in which the head is positioned below the heart). Please note that inversions are a contraindication for people who have high blood pressure, heart problems, are pregnant or menstruating, suffer from eye issues or glaucoma, epilepsy, have had previous stroke or sinus problems or have neck injuries.]*

Because of the high cost of the program and the lack of full funding from University resources, there is a PAC fee charged for all PAC classes. The fee helps support all aspects of the program; it is not necessarily connected 100% to the specific class. Refunds of the PAC fee follow the University guidelines for refunds. Some courses have additional course fees that are directly linked to costs associated with the course. Refunds of the additional course fees may need to be adjusted, depending on when the course was dropped. All fees have been approved by the University Fees Committee and are billed to student accounts upon registration.

<http://health.oregonstate.edu/pac>