

**York University**  
**Faculty of Health: School of Kinesiology and Health Science**

**HH PKIN 0402 Yoga 1: An Introduction to Hatha Yoga**

**Winter 2019 Term:** Jan/08 /2019 - April/03/2019

**Course Instructor:** M. Eva Waldmann

**Consultation:** Available after class.

**Contact info:** E-mail: [waldmann@yorku.ca.pkin0402yoga@gmail.com](mailto:waldmann@yorku.ca.pkin0402yoga@gmail.com)

**Mailbox :** 357 Bethune College

**Course Webpage:** [www.evayoga.info](http://www.evayoga.info)

**Class Location:** YK, Tait McKenzie Building, Rm. 017, Studio 4

**HH PKIN 0402 Yoga 1: Class Times and Sections:**

HH PKIN 0402: Session Winter 2019:

Sect: M: T/R 8:30 a.m. - 9:30 a.m.

Sect: N: T/R 9:30 a.m. - 10:30 a.m.

Sect: O: T/R 10:30 a.m. - 11:30 a.m.

Sect: P: T/R 11:30 a.m. - 12:30 p.m.

Sect: Q: T/R 12:30 p.m. - 1:30 p.m.

**Course Description:**

An introduction to the gentle art and science of Hatha Yoga; a quiet meditative approach to deepening awareness.

**Course Organization:**

Group practice of Yoga poses/asanas, facilitated with demonstration and discussion, interspersed with stillness to allow time for sensing and integrating the material.

**Course Learning Objectives:**

This course assists students to hone the awareness required to create a safe practice at home or elsewhere. Improvement of the ability to observe kinesthetic responses gives needed information for comparison of what is happening in one's own body with what is intended for a correctly aligned pose/asana. Increased sensitivity to proprioceptive cues provides feedback that helps maintain health and also serves as a useful tool for learning about physical movement.

**More Specific Learning Objectives:**

Knowledge of key concepts important for sequencing and maintaining individual comfort will be introduced and applied. Internally sensing and understanding yoga poses provides a rich reference for observing other areas of human movement skills. The basics of alignment and posture learned, are applicable for understanding and encouraging optimal function. Categories of different types of poses are contrasted to assist in learning how to safely perform them according to one's individual needs and abilities.

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### **Course Readings:**

Students will be directed to the website for readings and other supplementary information.

### **Evaluation:**

Evaluation is based on a number of components; attendance, participation, written tests and demo tests. In some cases, assignments which are to be handed in may be required.

### **Grading System:**

Full Letter Grades are assigned; A,B, C or F

To earn a Pass or a Passing Grade the student must successfully complete **both** the theoretical and the practical components of the course. The minimum required to pass is a C, which starts at a mark of 60. Anything below this is a fail. An F can also be the result of missing too many classes.

### **Academic Weight of PKINs:**

Please Note: Although PKIN's are a degree requirement and listed on the official transcript they are **not calculated into the Grade Point Average**.

### **Pass/Fail Option:**

The form for this choice can be requested from the instructor. **It must be signed in person**. If you change your mind and want a letter grade after signing it then you need to cross out and initial your name on the form. You have **up to the last two weeks of classes** to decide.

### **Attendance:**

A minimum of 80% attendance is mandatory for the possibility of a Pass in a PKIN. Absences of over 20% (more than four classes) are an automatic fail. Classes missed due to late enrolment are generally counted as absences, and impact on overall attendance. Exceptions to this rule require reasons backed by appropriate documentation. Acceptable reasons include illness, hospitalization(s), bereavement and religious obligations. Any other possible exceptions that arise must be discussed with the instructor.

### **Participation Requirement:**

This is a 24 hour course taking place over 12 weeks for 2 hours each week.

**The maximum number of absences allowed is 4 classes.**

Any more results in an automatic fail mark.

### **Religious Accommodations:**

If missing class due to religious time conflict, bring notes of evidence for this, before your intended absence. The recommended minimum to inform your instructor, in cases of religious holiday absence is 14 days in advance.

### **Missed Tests / Missed Classes:**

Official documentation is needed for accommodation to be considered. Documentation should include

details such as contact information, time, date and location. **Make-up classes are not available.**

### **Section Substitution:**

Consult the instructor for permission to attend another section, in the event of either schedule conflict or for improving attendance.

### **Course Components:**

Demonstration/Performance/ Attendance/Participation: 70%

Written/Comprehension/Theory: 30%

Each test is worth 10 to 20%

Tests given in the beginning of the course, generally weigh less than those near the end.

### **Tests:**

Note: Some flexibility in the choice of topic may present given individual ability and class readiness. Note: The pose(s) chosen for demonstration may vary given individual ability and class readiness. (see as well: Special Situations)

<b>Test Topics:</b>	<b>Type:</b>	<b>Weight:</b>	<b>Dates:</b>
Forward Bends:	Written:	10%	R. Jan/24/2019
Forward Bends:	Demo:	10%	T. Jan/29/2019
Back Bends:	Written:	10%	T. Feb/14/2019
Back Bends:	Demo:	10%	T. Feb/26/2019
Balance Poses:	Demo:	20%	T. Mar/05/2019
Counterpose:	Written:	10%	R. Mar/14/2019
Sun Salutation:	Demo:	20%	R. Mar/21/2019
			T. Mar/26/2019
			R. Mar/28/2019
Attendance/Participation :		10%	

### **Note:**

Since practical skills need to be applied to be able to successfully answer questions on the Written tests, these tests partly contribute to the demonstration aspect of the course and not only to the theoretical aspects.

### **Schedule Note:**

The exact dates for tests are tentative depending on class progress and possibly other factors. Test days will be re-confirmed one week before the actual test.

### **Two Types of Tests:**

**Written Tests** are mostly in Multiple Choice form.

**They require understanding not merely recall of the material.**

A heightened sensory awareness needs to be used to find the correct answers for these written tests.

**Performance Tests** are individual demonstrations of correctly practiced poses/asanas with attention to alignment.

Reminder: Practical skills learned during the course are expected to be applied for both written and performance tests.

For any given topic one or both methods of testing may be used for assessment.

Important Information that students are expected to familiarize themselves with:

### **Special Situations:**

Students who have difficulties with performance of the exercises are encouraged to see the instructor for help. In cases where accommodation is necessary e.g. health, disability or religious reasons, it is the **student's responsibility** to alert the instructor. The student is required to bring the necessary forms for consideration, as early as possible.

For students with disabilities the link below deals with academic accommodations provided by Senate Policy. See: <http://secretariat-policies.info.yorku.ca/policies/academic-accommodation-for-students-with-disabilities-policy>.

### **Dealing with Stress:**

Yoga has within it techniques and attitudes that can help decrease stress.

However if situations of extreme stress and emotional difficulties arise there is help available.

On campus services such as CDS: Counselling and Disability can be consulted for further help.

Phone # of CDS: 416-736 - 5297

Location of CDS: Room N110 of the Bennett Centre for Student Services.

### **Suggested Practices:**

Equipment: Bring a towel. Yoga mats are provided but you are welcome to use your own.

Clothes: Please wear clothes that allow for ease of movement and visibility of alignment.

### **Important Information that students are expected to familiarize themselves with:**

See the Senate Policy Web Page : [www.yorku.ca/secretariat/policies/document.php?document=69](http://www.yorku.ca/secretariat/policies/document.php?document=69)

This page has information on York's Academic Honesty Policy and Procedures/Academic Integrity.