

DEPARTMENT OF KINESIOLOGY & HEALTH SCIENCES

COURSE OUTLINE –Winter 2026

PA 1560 (A3/B3): MOVEMENT FOUNDATIONS IN YOGA AND FITNESS- 3 (0-0-3) 45 HRS FOR 15 WEEKS

Northwestern Polytechnic acknowledges that our campuses are located on Treaty 8 territory, the ancestral and present-day home to many diverse First Nations, Metis, and Inuit people. We are grateful to work, live and learn on the traditional territory of Duncan's First Nation, Horse Lake First Nation and Sturgeon Lake Cree Nation, who are the original caretakers of this land.

We acknowledge the history of this land and we are thankful for the opportunity to walk together in friendship, where we will encourage and promote positive change for present and future generations.

INSTRUCTOR: Laura Hancharuk
OFFICE: K214
OFFICE HOURS: By appointment

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CALENDAR DESCRIPTION:

Utilizing yoga poses and principles, we will explore holistic perspectives, including body alignment, mind-body connection, body awareness, and breathing and apply these concepts to other fitness and lifestyle settings.

PREREQUISITES: None

REQUIRED TEXT/RESOURCE MATERIALS:

Hatha Yoga Illustrated

Kirk, Martin, et al. Human Kinetics, 2006

Additional readings may be posted on myClass.

DELIVERY MODE(S):

The course work includes a combination of lecture, lab and seminars.

LEARNING OUTCOMES:

Students will be able to:

1. Describe the different styles/practices and cultural influences of yoga.
2. Demonstrate competent practice of breathing; meditation and a variety of yoga postures.
3. Analyze the safety of yoga postures using anatomy and biomechanics concepts.
4. Explore and analyze both online and local community yoga classes.
5. Identify the benefits of incorporating yoga into one's lifestyle.

TRANSFERABILITY:

This course is considered a University Transferrable course. Please consult the Alberta Transfer Guide for more information at <http://transferralberta.alberta.ca>

**** Grade of D or D+ may not be acceptable for transfer to other post-secondary institutions. Students are cautioned that it is their responsibility to contact the receiving institutions to ensure transferability**

EVALUATIONS:

Learning Behavior; Participation; Contribution	Cumulative	15%
Yoga Journal: (40% of course grade) Yoga Goals Daily Logsheets Summary Paper	Jan.30 @ 11:59pm	5%
	Apr. 3 @ 11:59pm	15%
	Apr.12 @ 11:59pm	20%
Community Yoga Class Assignment	Feb.20 @ 11:59pm	15%
Yamas Assignment	Mar. 6 @ 11:59pm	10%
Niyamas Assignment	Mar.20 @ 11:59pm	10%
Practical Final Evaluation	Exam Week	10%

Late assignments will be deducted 10% per day.

GRADING CRITERIA:

Please note that most universities will not accept your course for transfer credit **IF** your grade is **less than C-**. This means **DO NOT GET LESS THAN "C-" IF YOU ARE PLANNING TO TRANSFER TO A UNIVERSITY.**

Alpha Grade	4-point Equivalent	Percentage Guidelines		Alpha Grade	4-point Equivalent	Percentage Guidelines
A+	4.0	95-100		C+	2.3	67-69
A	4.0	85-94		C	2.0	63-66
A-	3.7	80-84		C-	1.7	60-62
B+	3.3	77-79		D+	1.3	55-59
B	3.0	73-76		D	1.0	50-54
B-	2.7	70-72		F	0.0	00-49

COURSE SCHEDULE/TENTATIVE TIMELINE:

PA1560 consists of two, 80 minute classes/week. Each class will have a lecture and lab component.

Section B3	Monday and Wednesday	8:30 – 9:50am	L106
Section A3	Monday and Wednesday	10:00 – 11:20am	L106

COURSE SCHEDULE/TENTATIVE TIMELINE:

Date	Lecture Topic	Lab Topics	Due
Jan 7	1. Introductions & Expectations, GAQ	YOGA Practice and Savasana	
12	2.What is Yoga	Class: Mountain Pose	
14	3.Yoga Props	Class: Child's Pose	
19	4.Yoga: When & Where	Class: Boat Pose	
21	5.Yoga Journals	Class: Downward Dog	
26	6.History of Yoga	Class: Cat Cow Pose	
28	7.8 Limbs of Yoga	Class: Tree Pose	<i>Yoga Goals due Jan.30</i>
Feb 2	8.Yamas	Class: Chair Pose	
4	9.Niyamas	Class: Chaturanga	
9	10.Asanas	Class: Sun Salutations	
11	11.Pranayama: Diaphragmatic & Yogic Breathing		
Feb 16-20	Winter Break: No Classes		<i>Class Comparison due Feb.20th</i>
23	12.Pranayama: Ujjayi & Alternate Nostril Breathing		
25	13.Pratyahara	Class: Warrior I	
Mar 2	14.Dharana	Class: Warrior II	
4	15.Dhyana	Class: Lotus Pose	<i>Yamas Assignment due Mar.6th</i>
9	16.Samadhi	Class: Pigeon Pose	
11	17.Chakras	Class: Crow Pose	
16	18.Mulabandha		
18	19.Uddiyana Bandha		<i>Niyamas Assignment due Mar.20th</i>
23	20.Drishtis	Class: Warrior III	
25	21.Mudras	Class: Dancer Pose	
30	22.Types of Yoga Classes	Class: Headstand	
Apr 1	23.Class: Extended Side Angle		<i>Daily Logsheets due Apr.3rd</i>
6	24.Class: Half Moon		
8	25.Class: Partner Yoga		
13	26.Just because you can.... Contraindications	Final Class: Class Choice	<i>Summary Paper due Apr.12th</i>

STUDENT RESPONSIBILITIES:

Attendance:

Attendance is mandatory. Students are expected to attend all scheduled lectures and labs; arrive on time; and remain for the duration of the activities. Arriving late or leaving early is disruptive to the learning environment.

- *Unexcused Absence*- students must write an 'Absence Essay' for each class they miss.
- *Excused Absence*- students choose between submitting a Video Tutorial of the content missed, or submitting the standard 'Absence Essay'. A doctor's note is required to have an excused absence.
- **Students with more than 3 Unexcused Absences will not be permitted to write the final paper, and may be asked to withdraw from the course.**
- Absences and tardiness will affect your final grade via the Participation grade (15%) with one mark docked for each unexcused absence, late arrival to class, or early departure.

Clothing:

Proper fitness attire to permit movement of the body is required. NO jeans.

Equipment:

Students will require a yoga mat for their own home practice and should bring it to each class. A yoga block and strap are also highly recommended. NWP will have bolsters, blocks and straps on site for students who wish to use them. A limited number of mats are available for use in class should a student forget their mat. Locker rentals are available on campus for those who bring their own mats to the school.

Cell Phones:

Cell phones must be turned off (or placed on airplane mode) and stored in your bag while in the classroom.

STATEMENT ON ACADEMIC MISCONDUCT:

Academic Misconduct will not be tolerated. For a more precise definition of academic misconduct and its consequences, refer to the Student Rights and Responsibilities policy available at <https://www.nwpolytech.ca/about/polytechnic-leadership/policies-directory>.

****Note:** all Academic and Administrative policies are available on the same page.

ADDITIONAL INFORMATION:

Informed Consent for Participation in Physical Activity

This course includes physical activity, exercise, and/or fitness assessments as part of its learning and evaluation components. By enrolling in this course, you acknowledge and accept the following:

- You will be asked to participate in yoga classes, which include stretching; muscular endurance training; and exercise sequences that are aerobic in nature.
- While the risk is minimal, physical activity may involve potential adverse effects such as episodes of transient lightheadedness, loss of consciousness, abnormal heart rate and/or blood pressure, chest discomfort, leg cramps, nausea). You voluntarily assume these risks.
- You are responsible for promptly informing your instructor(s) of any pain, discomfort, fatigue, or other symptoms experienced during or within 48 hours of the course session.
- You must disclose any health conditions that could be affected by physical activity. The instructor(s) will make reasonable modifications, where appropriate, and may request documentation from a qualified health professional.

POLICY ON THE USE OF ARTIFICIAL INTELLIGENCE (AI):

The use of Artificial Intelligence (AI), including Large Language Models (LLMs) and other related technologies, has grown significantly in recent years and is now part of everyday reality. The intent of this policy is not to prohibit their use entirely, but to ensure it is applied appropriately and transparently in accordance with established course guidelines. This policy applies only to this course; other instructors may have different policies, and students should not assume these rules apply elsewhere. When no specific rules are established for a given task, the following defaults will apply:

- i. **For Assignments, Reports, and Presentations** – AI tools may be used to assist in drafting but may not be used to generate the complete work from a single prompt; AI may be used to refine language, and all prompts must be disclosed; if references are required, students must read and verify them to ensure accuracy and existence; any information generated by AI must be independently verified using credible sources; and students must fully understand the material they submit. The instructor may interview students to assess their understanding, and a demonstrated lack of knowledge will be treated as probable academic misconduct.
- ii. **For Tests, Exams, and Quizzes** – the use of AI tools, search engines, communication devices, or any feature enabling communication with external entities is strictly prohibited. Once specific rules are set for a task, those rules override these defaults, which will no longer apply. Any breach of the applicable rules will be addressed under the institution's academic misconduct procedures.

**Note: AI-generated content may contain errors or biases. Students are responsible for verifying information and may consult their instructor for guidance on its accuracy, appropriateness, or permitted use.*