



DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY

COURSE OUTLINE – WINTER 2021

PA 1560 A3: Instruction of the Basics of Yoga – 3 (0-0-3) UT 45 HOURS, 15 WEEKS

INSTRUCTOR: Laura Hancharuk **PHONE:** 780-539-2440 office/780-831-4608 text
OFFICE: K216 **E-MAIL:** LHancharuk@gprc.ab.ca
OFFICE HOURS: By appointment.

CALENDAR DESCRIPTION: Acquisition of theoretical knowledge and personal skills in the basics of yoga.

PREREQUISITE(S)/COREQUISITE: None

REQUIRED TEXT/RESOURCE MATERIALS:

Kirk, Martin, et al. *Hatha Yoga Illustrated*. Human Kinetics, 2006

Additional readings may be posted on myClass.

DELIVERY MODE(S): The course work includes a combination of lecture, lab and seminars.

OBJECTIVES:

1. To accumulate knowledge of yoga theory (including historical and cultural context), application and instruction.
2. To demonstrate the necessary skills to safely and effectively perform yoga exercises, breathing and meditation techniques.
3. To analyze yoga postures, identify alignment issues and provide appropriate modifications.
4. To develop an appreciation of the value of a regular yoga practice.

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 and critique the safety of yoga postures using anatomy and biomechanics concepts.
4. Perform basic instructional techniques in the instruction of yoga.
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://transferalberta.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	20%
Practical Yoga Demonstration Instruct and demonstrate one yoga pose to your peers including proper instruction; cueing; and safety principles.	10%
Yoga Journal Compilation of personal yoga workouts and meditation journal.	15%
Quizzes	10%
Practical Final Evaluation Students will demonstrate and instruct one posture to the course instructor.	15%
Final Exam The final written exam will cover all material presented throughout the course.	30%

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	90-100		C+	2.3	67-69
A	4.0	85-89		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:

PF1980 consists of two, 80 minute classes per week. Each class will have a lecture and lab component.

Lab 1	Tuesday and Thursday	10:00 – 11:20am	Remote via Zoom, L106
Lab 2	Monday and Wednesday	1:00 – 2:20pm	Remote via Zoom, L106

Date	Lecture Topic	Lab Topics
January 5	Class Orientation, GAQ	Basic Intro class to assess skills
7	Yoga Theory	Class: Activity
12	Yoga Theory	Class: Activity
14	Yoga Theory	Class: Activity
19	Yoga Theory	Class: Activity
21	Yoga Theory	Class: Activity
26	Yoga Theory	Class: Activity
28	Yoga Theory	Class: Activity
February 2	Yoga Theory	Class: Activity
4	Yoga Theory	Class: Activity
9	Yoga Theory	Class: Activity
11	Yoga Theory	Class: Activity
16 -18	READING WEEK: No Classes	
23	Yoga Theory	Class: Activity
25	Yoga Theory	Class: Activity
March 2	Yoga Theory	Class: Activity
4	Yoga Theory	Class: Activity
9	Yoga Theory	Class: Activity
11	Yoga Theory	Class: Activity
16	Yoga Theory	Class: Activity
18	Yoga Theory	Class: Activity
23	Yoga Theory	Class: Activity
25	Yoga Theory	Class: Activity
30	Yoga Theory	Class: Activity
April 1	Yoga Theory	Class: Activity
6	Yoga Theory	Class: Activity
8	Yoga Theory	Class: Activity

STUDENT RESPONSIBILITIES:

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

In taking precautions against Covid-19, GPRC is recommending that you bring your own yoga mat, block and strap to our PA1560 course. If purchasing a mat is not financially feasible for you at this time, GPRC will make arrangements to have enough mats on site based upon the numbers of students requiring the use of mats, and ensure sanitation between users.

STATEMENT ON PLAGIARISM AND CHEATING:

Cheating and plagiarism will not be tolerated and there will be penalties. For a more precise definition of plagiarism and its consequences, refer to the Student Conduct section of the College Admission Guide at <http://www.gprc.ab.ca/programs/calendar/> or the College Policy on Student Misconduct: Plagiarism and Cheating at www.gprc.ab.ca/about/administration/policies/**

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

STATEMENT ON CELL PHONE AND OTHER PERSONAL ELECTRONIC DEVICES:

Users of cell phones and other personal electronic devices must be attentive to the needs, sensibilities and rights of other members of the College community. **The use of these devices must not disrupt the functions of the College overall and its classrooms and labs.** Instructors have the right to have strict individual policies related to cell phones in order to provide and maintain a classroom environment that is conducive to learning and the respect of others.