

DEPARTMENT OF KINESIOLOGY & HEALTH SCIENCES

COURSE OUTLINE – WINTER 2023

PA 1560 (A3): 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.

COURSE 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 and its applications to fitness and life.

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		15%
Yoga Class Comparison	Feb.28	10%
Yoga Journal: Yoga Goals Daily Logsheets & Yoga Summary	Jan.31 Apr.11 Yoga Journal	20%
Quizzes	Mar.9 Quiz #1 Mar.21 Quiz #2	15%
Practical Final Evaluation	Exam Week	10%
Final Exam	Exam Week	30%

Attendance in class is mandatory. Having more than 3 unexcused absences may result in not being permitted to write the final exam.

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:

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

Lab 1 Tuesday and Thursday 8:30 – 9:50am L106

COURSE SCHEDULE/TENTATIVE TIMELINE:

Date	Lecture Topic	Lab Topics	Due
Jan 5	1. Introductions & Expectations, GAQ	YOGA Practice and Savasana	
10	2. What is Yoga	Class: Mountain Pose	
12	3. Yoga Props	Class: Child's Pose	
17	4. Yoga: When & Where	Class: Boat Pose	
19	5. Yoga Journals	Class: Downward Dog	
24	6. History of Yoga	Class: Cat Cow Pose	
26	7.8 Limbs of Yoga	Class: Tree Pose	
31	8. Yamas	Class: Chair Pose	<i>Yoga Goals</i>
Feb 2	9. Niyamas	Class: Chaturanga	
7	10. Asanas	Class: Sun Salutations	
9	11. Pranayama: Diaphragmatic & Yogic Breathing		
14	12. Pranayama: Ujjayi & Alternate Nostril Breathing		
16	13. Pratyahara	Class: Warrior I	
20-24	Reading Week: No Classes		
28	14. Dharana	Class: Warrior II	<i>Class Comparison</i>
Mar 2	15. Dhyana	Class: Lotus Pose	
7	16. Samadhi	Class: Pigeon Pose	

9	17.Chakras	Class: Crow Pose	<i>Open Quiz #1</i>
14	18.Mulabandha		
16	19.Uddiyana Bandha		
21	20.Drishtis	Class: Warrior III	<i>Open Quiz #2</i>
23	21.Mudras	Class: Dancer Pose	
28	22.Types of Yoga Classes	Class: Headstand	
30	TBA		
Apr 4	TBA		
6	23.Partner Yoga	Class: Partner Yoga	
11	24.Just because you can.... contraindications	Final Class: Class Choice	<i>Yoga Journals</i>

STUDENT RESPONSIBILITIES:

- Proper fitness attire to permit movement of the body is required. NO jeans.
- Students will require a yoga mat for their own home practice and are encouraged to bring it to each class. A yoga block and strap are also highly recommended. NWP will have mats, blocks and straps on site but students are responsible to ensure sanitation between users.
- Cell phones must be turned off or placed on airplane mode during savasana.
- Refer to the College Policy on Student Rights and Responsibilities at <https://www.nwpolytech.ca/about/administration/policies/index.html>.

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 Northwestern Polytechnic Calendar at <https://www.nwpolytech.ca/programs/calendar/> or the Student Rights and Responsibilities policy which can be found at <https://www.nwpolytech.ca/about/administration/policies/index.html>

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