

DEPARTMENT OF KINESIOLOGY & HEALTH SCIENCES

COURSE OUTLINE –WINTER 2024

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		15%
Yoga Journal: Yoga Goals Daily Logsheets & Yoga Summary	Feb.1 Apr.11 Yoga Journal	20%
Community Yoga Class Assignment	Feb.29	10%
Quizzes	Mar.12 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	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

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 should bring it to each class. A yoga block and strap are also highly recommended. NWP will have bolsters on site for students who wish to use them.
- Cell phones must be turned off or placed on airplane mode during class.
- Refer to the College Policy on Student Rights and Responsibilities at <https://www.nwpolytech.ca/about/administration/policies/index.html>.

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/administration/policies/index.html>.

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

COURSE SCHEDULE/TENTATIVE TIMELINE:

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

Section B3	Tuesday and Thursday	2:30 – 3:50pm	L106
Section A3	Tuesday and Thursday	4:00 – 5:20pm	L106

COURSE SCHEDULE/TENTATIVE TIMELINE:

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