

## **Dakota College at Bottineau Course Syllabus**

**Course Prefix/Number/Title:** HPER - 29772 - Yoga/Movement Fusion

**Number of credits:** 0.5

**Course Description:** This class is designed to teach beginning and intermediate Yoga poses/postures, stretches, and different styles of movement. Students are expected to maintain an open mind and body to experience the potential benefits that Yoga/Movement Fusion can bring to them.

**Pre-/Co-requisites:** A medical release from their doctor if a student has had recent surgery and/or physical therapy. If a student has any physical limitations, poses and stretches will be modified to accommodate their physical needs.

### **Course Objectives:**

- \* To learn and practice beginning and intermediate Yoga poses and stretches
- \* To execute Yoga postures and breathing techniques in a safe and effective manner
- \* To realize the mental and physical benefits of Yoga/Movement Fusion

**Instructor:** Crystal Grenier; NASM-CPT, AFAA, PM, PR, YogaFit, Zumba Fitness

**Office:** None

**Office Hours:** Available upon request to meet

**Phone:** (cp) 701-550-9531 or (hp) 246-3588

**Email:** crystal.grenier@dakotacollege.edu

**Lecture/Lab Schedule:** Tuesdays, 11:00 am in the gymnasium (we may move class to racquetball court if space is available).

**Textbook(s):** None

**Materials of Instruction:** Please bring a yoga or pilates mat and a towel (to use for props if needed) with you to each class. Wear comfortable clothing for exercise (no jeans). Please turn off your cell phones during class (no texting or talking). Don't forget your water!

**Course Requirements:**

To earn an “A” in class, the student must complete the following criteria:

- \* Participate fully in all classes
- \* Complete a health history form and other course assignments
- \* Miss 0-2 class periods

To earn a “B” in class, complete the above criteria, and can miss 3-4 classes.

To earn a “C” in class, complete the above criteria, and can miss 5-6 classes.

To earn a “D” in class, complete the above criteria, and can miss 7-8 classes. 9 or more classes missed will result in an “F” grade.

**Tentative Course Outline:**

- Weeks 1-6: Beginning Yoga stretches, poses/postures, breathing, and movement sequences
- Weeks 7-12: Introduce Intermediate Yoga stretches, poses/postures, breathing, and movement sequences (tai chi)
- Weeks 13-16: Continue to practice Yoga stretches, poses/postures, breathing and movement sequences.

**General Education Goals/Objectives:** This course meets General Education Goal 5: Employs the principles of wellness (Objective 1; Skill 2).

**Relationship to Campus Theme:** Yoga practice through poses/postures and breath are designed to tone, strengthen, and align the body. These poses/postures are performed to make the spine supple and healthy and to promote blood flow to all the organs, glands, and tissues, keeping all the bodily systems healthy. On a mental level, yoga uses breathing techniques and meditation to quiet, clarify, and discipline the mind. Movement adds connection from one pose/posture to the next...thus creating a continuous flow. Tai chi brings a precise movement and a calm presence to the body and mind to prepare the student for their yoga practice. Students will experience a safe, low impact workout that will bring balance into their daily lives and take them beyond their normal comfort zone.

**Classroom Policies:** By participating fully (mentally and physically) in each class session, the student will notice significant changes in his/her body. Please refer to the Requirements section stated above which must be adhered to in order to receive your grade. You will have to attend and participate in order to receive a grade.

**Academic Integrity:** Please be true to your self and your body. Be patient and persistent with your practices as they will give you gratitude and self-satisfaction daily.

**Disabilities and Special Needs:** Please inform the instructor within the first week of classes if modifications are needed due to disabilities or special needs.