Dakota College at Bottineau Course Syllabus

Course Prefix/Number/Title: HPER 101-16786 Yoga Movement/Fusion 1

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 will be required 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, Yoga Fit, Zumba Fitness, TK

Office: MC 22

Office Hours: Available upon request to meet

Phone: (cp) 701-550-9531 or (wp) 701-228-5649

Email: crystal.grenier@dakotacollege.edu

Lecture/Lab Schedule: Tuesdays, 11:00am in the gymnasium

Textbook(s): None

Materials of Instruction:

We have yoga mats, belts and blocks on campus for your use. May want to bring 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:

Your class participation will be based upon a point system. Each class session is worth 5 points. We have 16 classes in the Fall Semester. You have 80 points total to receive an A in this class. So depending on how many classes you miss, points will be calculated and your grade will be determined on a point scale system.

You must participate fully in all classes and do your Posture Alignment Assessments (3 per semester); Functional Movement Assessment, and complete a Health History Questionnaire.

1 class missed - 94% A 2 classes missed - 88% B

3 classes missed - 81% B 4 classes missed - 75% C

5 classes missed - 69% D 6 classes missed - 63% D

7 or more classes missed - 56% F

Tentative Course Outline:

- Weeks 1-6: Beginning Yoga stretches, poses/postures, breathing, and movement sequences (Tai Chi and other disciplines TBD)
- Weeks 7-12: Introduce Intermediate Yoga stretches, poses/postures, breathing, and movement sequences
- 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 yourself 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.