

BERGEN COMMUNITY COLLEGE
 School of Arts, Humanities & Wellness
 Wellness and Exercise Science Department
 Departmental Policy Syllabus

Course title: Yoga-Dance
 Course credits/hours: 2 labs, 1 credit
 Prerequisite: None
 Semester & year: All
 Course number: WEX 169
 Meeting times & locations: TBA

COURSE DESCRIPTION

DAN1xx/WEX1xx - Yoga-Dance is designed to introduce students to an awareness of life energy as presented in the practice of yoga postures and meditation and to relate this awareness to dance as a form of self-expression. In addition to exploring energy, students will study and practice correct body alignment, muscle development and mental discipline relevant to both yoga and dance. This course is primarily concerned with the practice, rather than the theory of yoga and dance and therefore journal writing and the chronicling of personal development forms the analytic portion of the course with texts listed in the suggested reading list as supplemental. Each class will include the following components: Meditation, physical warm-up, demonstration and practice of yoga postures, exploration and practice of movement connected to yoga and dance improvisation. The course will build in complexity with more challenging yoga postures and movement and energy explorations that progress from individual to partner, to ensemble dancing.

STUDENT LEARNING OBJECTIVES and OUTCOMES ASSESSMENT

<u>As a result of meeting the requirements for this course, students will be able to:</u>	<u>Student performance of these objectives will be measured in the following manner:</u>
1. Describe the appropriate meditative practices that can create better focus and promote well-being.	Describe in writing, as well as demonstration, selected meditative techniques.
2. Describe the application of yoga techniques to dance.	Demonstration of selected yoga techniques to dance movement.
3. Identify the application of yoga and movement to enhancing core strength.	Describe in writing and demonstration selected related yoga movements.
4. Explain how yoga and movement develops a union of physical, mental and spiritual states to relaxation response.	Describe in writing and orally how yoga and movement can be used in stress management
5. Describe proper body alignment, body mechanics, balance and flexibility relative to selected yoga and dance techniques.	Demonstration of yoga with proper alignment, mechanics, balance, and flexibility during movement.

COURSE CONTENT

- I. Introduction
 - a. Course Objectives
 - b. Course Organization
 - c. Course Requirements
 - i. Attendance
 - ii. Grading
 - iii. Assignments
- II. Introduction to Yoga & Dance
 - a. Historical Perspective
 - b. Philosophy of Yoga, Origins of Dance
 - c. Terminology
- III. Meditation
 - a. Purpose of Meditation
 - b. Techniques
 - c. Benefits
- IV. Breathing Techniques
 - a. Complete Breath
- V. Core Connected Movement
 - a. Warm up
 - b. Connecting III, IV, VI & VII
- VI. Asanas (Postures)
 - a. Standing
 - b. Sitting
 - c. Lying
 - d. Inversion
 - e. Resting
- VII. Vinyasa (Posture Sequences)
 - a. Sun Salutation
 - b. Moon Salutation
- VIII. Dance/Yoga Connection
 - a. Sitting
 - b. Standing
 - c. Crossing the Space
- IX. Dance Exploration
 - a. Individual Expression
 - b. Partnered
 - c. Group

SUGGESTED REFERENCES

- Anderson, Sandra and Sovik, Rolf, Yoga: Mastering the Basics. Himalayan Institute, 2011
- Feuerstein, Georg, The Path of Yoga: An Essential Guide to its Principles and Practice. Shambala, 2011
- Kirk, Martin; Boon, Brooke; DiTuro, Daniel, Hatha Yoga Illustrated: For Greater Strength, Flexibility and Focus. Human Kinetics, 2006
- Lasater, Judith Hanson, Ph.D., Yoga Body: Anatomy, Kinesiology and Asana. Rodmell Press 2009
- Manocha, Ramesh M.D., Silence Your Mind, Hachette Australia, 2013
- Nachmanovitch, Stephen, Free Play: Improvisation in Life and Art. Penguin 1991
- Todd, Mabel Elsworth, The Thinking Body. Princeton Book Company: 1937

RESEARCH, WRITING & ANALYTICAL THINKING

All students will engage in one or more writing assignments designed by the instructor. This may include a recording journal, an investigative report and /or a summative analysis of class experience as it pertains to the objectives.

GRADING

A grade in this course will be determined by the following mechanisms:

- Observation of physical demonstration of skills with regular assessment.
- Regular journal writing with specific content relative to meditation and at home practice of techniques learned in class.
- Regular attendance and participation in class will be intimately linked to progress of skill development and therefore determine an important percentage of a student's grade.

PERCENTAGES

Attendance	30%
Participation & Effort	30%
Skill Demonstration	30%
Journals	10%

SPECIAL REQUIREMENTS

It is advisable for students to purchase their own Yoga mats to bring with them to class and for use at home. For ease of movement and safety students should wear comfortable clothes no jeans, and remove bulky jewelry. It is best not to eat at least one hour before practicing Yoga postures.

ACADEMIC DISHONESTY

Bergen Community College is committed to academic integrity- the honest, fair and continuing pursuit of knowledge, free from fraud or deception. Students are responsible for their own work. Faculty and academic support services staff will take appropriate measures to discourage academic dishonesty. The College recognizes the following general categories of violations of academic integrity whenever a student does one or more of the following: uses unauthorized assistance in any academic work, copies from another student's exam, gives unauthorized assistance to another student, fabricates data in support of an academic assignment, inappropriately or unethically uses technological means to gain academic advantage, and commits plagiarism. See Catalog for complete details.

BCC ATTENDANCE POLICY

All students are expected to attend punctually every scheduled meeting of each course in which they are registered. Attendance and lateness policies and sanctions are to be determined by the instructor for each section of each course. These will be established in writing on the individual course outline. Attendance will be kept by the instructor for administrative and counseling purposes. Instructors must include a specific policy regarding the deduction of points or grading penalties for attendance and lateness.

PARTICIPATION

The participation grade attempts to measure the level of involvement in the student's effort to actively create an understanding of communication in his or her own life. The participation grade includes attendance, punctuality, remaining in the class for the entire class session, showing verbal and non-verbal interest in the class, attentively listening to classmates, using time given for class exercises to focus on the task at hand, knowledge of assigned readings and actively participating in class discussions.

CIVILITY/CLASSROOM CONDUCT

As a college of choice, Bergen Community College provides a comfort level that enables students of all abilities to mature as learners and engaged citizens. Therefore, it is important that this class provide a stimulating, rigorous, and inclusive learning environment. To that end, students must demonstrate respect to others and to ideas and opinions expressed in the class. Use of cell phones and laptops is prohibited, unless special permission is granted. Anyone not following these standard procedures may be asked to remove him/herself from the class.

SEXUAL HARASSMENT STATEMENT

Bergen Community College is committed to providing its students and employees with an academic and work environment free from sexual harassment or discrimination. Sexual harassment in any form constitutes prohibited, unprofessional, and unacceptable conduct, and is a violation of Title VII of the Civil Rights Act of 1964 and 1990, as amended, Title IX of the Education Amendments of 1972, The New Jersey Law Against Discrimination, established case law, and State policies. The policy applies to all persons: faculty, staff, students, guests and visitors are all. See catalog for complete details.

STUDENT AND FACULTY SUPPORT SERVICES

THE HENRY AND EDITH CERULLO LEARNING ASSISTANCE CENTER: The Tutoring Center, English Language Resource Center, and Writing Center are collectively known as the Henry and Edith Cerullo Learning Assistance Center. The Cerullo Learning Assistance Center is located in the Pitkin Education Center, Room L-125; the telephone number is 201-447-7489.

THE TUTORIAL CENTER- The Tutoring Center, staffed with peer and professional tutors, offers free individual and group tutoring, supplemental instruction, and online tutoring for subjects offered at the college.

THE ENGLISH LANGUAGE RESOURCE CENTER is located in Ender Hall, Room 126, provides help to students whose native language is not English.

WRITING CENTER-The Writing Center, located in the Learning Assistance Center L-125, is designed to help students improve their writing. Individualized tutorials in all facets of the writing process including the development of ideas, organization, editing and proofreading are available to all students enrolled in college-level courses.

ONLINE WRITING LAB (OWL) - The Bergen Online Writing Lab (OWL) is a website designed to help students with all aspects of the writing process. It contains links to sites about how to generate ideas for writing, organize written ideas, write resumes and cover letters, do research papers, write papers for various college subjects, and edit and proofread papers. It can be accessed at <http://www.bergen.edu/OWL>

SYDNEY SILVERMAN LIBRARY: The Sidney Silverman Library (2nd level Pitkin Education Center), an important resource for information, study and intellectual enrichment, is an integral part of the College's educational programs. To support the curriculum, the library acquires, organizes, and provides access to a variety of print, media, and electronic resources for individual and classroom use. The library is open seven days a week during the fall and spring semesters, and weekdays during the summer.

AMERICANS WITH DISABILITIES ACT: Students with documented disabilities who require accommodations by the American with Disabilities Act (ADA) can request support services from the Office of Specialized Services of Bergen Community College located in room L-115 of the Pitkin Learning Center. <http://www.bergen.edu/pages/5175.asp>

WEB ADVISOR: All BCC students enrolled in credit courses are entitled to a Web Advisor account. With Web Advisor, you may register online, check your schedule, room assignments, GPA and find out what courses you need to take. Go <http://www.go.bergen.edu>

SUGGESTED COURSE CALENDAR

Each class will incorporate breathing and meditation to clear the mind, dance warm up and core connected movement to prepare the body, will introduce or review 3-5 postures (asanas) or sequences (vinyasas) as listed below, introduce or review a dance sequence and solo, partnered or group improvised dance segment. Each section of the class emphasizes the flow of energy as the focus of the activity and the source of movement. Students are encouraged to practice what they are shown in class at home for 5-15 minutes per day.

Week 1

- Introduction
- Introduction to Energy, Subtle System & Energy Centers (Chakras)
- Meditation Technique
- Warm-up, Introduction of Core Connected Movement
- Asanas with Emphasis on Energy and Gentle Stretch
- Introduction to Dance Combination and Movement Exploration
- Cool-down

Week 2-4

- Meditation
- Energy Centers 1 & 2
- Warm up and Core Connected Movement
- Asanas & Vinyasas with Emphasis on Balance and Gentle Stretch
- Dance Connection and Movement Exploration (Individual)
- Cool-down

Week 5-8

- Meditation
- Energy Centers 3 & 4
- Warm up and Core Connected Movement
- Asanas & Vinyasas with emphasis on Balance and Strength
- Dance Connection and Movement Exploration (Partnered)
- Cool-down

Week 9-12

- Meditation
- Energy Centers 5,6 & 7

Warm up and Core Connected Movement
Asanas & Vinyasas with Emphasis on Balance, Strength and Energy
Dance Connection and Movement Exploration (Group)
Cool-down

Written Synopsis of Journal due on Week Twelve

Week 13-15

Meditation Technique

Warm up and Core Connected Movement

Asanas & Vinyasas with Emphasis on Integration and Energy

Dance Connection and Movement Exploration (Individual, Partnered, Group)

Cool-down

Demonstration by Students of Asana/Vinyasa, Dance Techniques and Assessment

Course sequence and content are subject to change without notice as emphasis on course content may vary.