

Bergen Community College
Division of Health Professions
Department of Wellness/Exercise Science

Course Syllabus

WEX - 169 Yoga Fitness Plus

Basic Information about Course and Instructor

Semester and year: Course and Section Number: WEX- 169 Meeting Times and Locations: Instructor: Mrs. Office Location: Phone: Office Hours: Email Address:
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Course Description

The course offers a stimulating workout that combines stretch and strengthening to achieve overall physical fitness. Students will develop awareness, experience the flow of energy, and improve alignment and core strength. The course is open to students of all levels and aims to promote health and balance by improving physical fitness.
Credits: 1 Credit; Lecture: 0.00; Laboratory: 2.00
Prerequisites: None

Student Learning Outcomes: As a result of meeting the requirements in this course, students will be able to:

1. Discover knowledge about the basic technique and practice of yoga, including instruction in breath control, meditation, and physical postures.
2. Connect physical competency and mental concentration.
3. Explain the physiological effects of practicing yoga on the mind and body.

Student Learning Outcomes and Means of Assessment

Student Learning Outcomes	Suggested Means of Assessment
Discover knowledge about the basic technique and practice of yoga, including instruction in breath control, meditation, and physical postures.	Students will physically demonstrate the basic technique and practice of yoga, including instruction in breath control, meditation, and physical postures.
Connect physical competency and mental concentration.	Students will demonstrate proper body alignment and flexibility and verbally describe how yoga benefits these attributes.

Explain the physiological effects of practicing yoga on the mind and body	Students will explain in writing the physiological effects yoga has on the mind and body.
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Course Texts and/or Other Study Materials

- Manocha, Ramesh M.D., Silence Your Mind, Hachette Australia, 2013
- Anderson, Sandra and Sovik, Rolf, Yoga: Mastering the Basics. Himalayan Institute, 2011
- Nachmanovitch, Stephen, Free Play: Improvisation in Life and Art. Penguin, 1991

Grading Policy

Students earn their grades in this course based on their performance on required work, their mastery of the material, and class participation.

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

- Observation of physical demonstration of skills with regular assessment. (50%)
- Demonstration of proper yoga poses. (25%)
- Written assignment/s (25%)

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.

Special Requirements

Due to the sequential nature of the class and in order to prevent strain or injury, students should allow sufficient time to change and set up their mats so that they may begin class promptly. 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.

Other College, Divisional, and/or Departmental Policy Statements

Statement of Mental Health and Wellbeing

Mental health concerns or stressful events may lead to diminished academic performance or reduce a student’s ability to participate in daily activities. Bergen Community College has licensed Personal Counselors available to assist you with addressing these and other concerns you may be experiencing.

You can learn more about the confidential mental health services available on campus via the Health and Wellness Center at www.bergen.edu/personalcounseling

Statement on Accommodations for Students with Disabilities

The Office of Specialized Services (Pitkin Education Center: L-115, 201-612-5269, <http://www.bergen.edu/oss>) promotes an inclusive environment for students with disabilities through the provision of accommodations and auxiliary support services. Students are strongly encouraged to contact OSS before the semester begins or during the first week or class to request accommodations. Faculty and staff are available to meet with students via phone, in-person, and WebEx (online meeting app). You can also connect by phone: 201-612-5269 and email: ossinfo@bergen.edu. For more information regarding the above, see the section entitled: Office of Specialized Services or Services for Students with Disabilities in the current Bergen Community catalog.

Make-up Procedure

Students are allowed two make-up classes per semester.

- A. Students may participate in another conditioning class.
- B. Please consult the Master Schedule.
- C. Student must get permission from instructor before attending the make-up class.

Course Content

Part 1: Introduction

- a. Course Objectives
- b. Course Organization
- c. Course Requirements

Part 2: Introduction to Yoga & Fitness

- a. Historical Perspective
- b. Philosophy of Yoga, Origins of Dance
- c. Terminology

Part 3: Breathing Techniques

- a. Complete Breath

Part 4: Core Connected Movement

- a. Warm-up
- b. Core strength

Part 5: Asanas (Postures)

- a. Standing
- b. Sitting
- c. Lying
- d. Inversion

- e. Resting

Part 6: Vinyasa (Posture Sequences)

- a. Sun Salutation
- b. Moon Salutation

Part 7: Fitness Combination

- a. Energy, Breath & Movement Motivation
- b. Inner Awareness & Self-Focus
- c. Strength and Endurance

Course sequence and content are subject to change.