

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

Course Syllabus

WEX - 170 Yoga, Meditation, and Stress Relief

Semester and year:
Course and Section Number: WEX- 170
Meeting Times and Locations:

Instructor:
Office Location:
Phone:
Office Hours:
Email Address:

Course Description

This is an introductory level course in the practice of yoga with an emphasis on meditation and stress relief. Using the fundamentals of yoga, students will learn how to use breath and movement to mitigate the effects of everyday stress.

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. Identify ways to focus attention and quiet the mind through meditative practice.
2. Breathe therapeutically through learned controlling techniques.
3. Demonstrate proper body alignment, balance, and flexibility.
4. Connect the union of physical, mental, and spiritual states resulting in a relaxed tranquil persona.

Student Learning Outcomes and Means of Assessment

Student Learning Outcomes	Means of Assessment
Identify ways to focus attention and quiet the mind through meditative practice.	Students will verbally identify selected meditative techniques.
Breathe therapeutically through learned controlling techniques.	Students will identify in writing, three different stressful situations that were managed by using learned breathing techniques

Demonstrate proper body alignment, balance, and flexibility.	Students will present a yoga pose and explain the purpose of the pose, plus its benefits.
Connect the union of physical, mental, and spiritual states resulting in a relaxed tranquil persona.	Students will verbally articulate how yoga can contribute to a physical, mental and spiritual sense of union as a method of stress management.

Course Texts and/or Other Study Materials

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
 Manocha, Ramesh M.D., Silence Your Mind, Hachette Australia, 2013

Grading Policy

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

Participation 40%
 Breathing Journal 30%
 Yoga Pose Demonstration 30%

I. Participation

- a. Participation in class is required
 - i. Properly dressed each day of class.
 - ii. Working within an individual's ability during class.
- b. Full class attendance is granted to those who come on time and stay the complete duration of the class.
- c. Each student is allowed 1 unexcused absence the entire semester.
 - i. Two late arrivals to class will equal an absence.
 - ii. Two early leaves from class will equal an absence.
- d. Students are allowed a maximum of two makeup classes
 - i. See Make-Up Procedure for details

II. Breathing Journal

- a. Students will identify in writing, three different stressful situations that were managed by using learned breathing techniques

III. Yoga Pose Demonstration

- a. Students will present a yoga pose and explain the purpose of the pose, plus its benefits.
- b. Please see the handout for 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.

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 Calendar

Part 1: Introduction

- a. Course Objectives
- b. Course Organization
- c. Course Requirements
- d. Attendance
- e. Grading
- f. Assignments

Part 2: Meditation

- g. Purpose of Mediation
- h. Techniques
- i. Benefits

Part 3: Breathing Techniques

- j. Awareness

- k. Complete Breath/ Three Part
- l. Breath of Joy
- m. Sounding Breath
- n. Alternate Nostril Breath
- o. Om and mantras

Part 4: Core Connected Movement

- p. Warm up
- q. Connecting III, IV, VI & VII

Part 5: Asanas (Postures)

- r. Sitting
- s. Standing
- t. Lying
- u. Inversion
- v. Resting

Part 6: Vinyasa (Posture Sequences)

- w. Sun Salutation
- x. Moon Salutation

Course sequence and content are subject to change.