**KINE 4910: Practicum**

**Fall 2013**

**Pam Wiggins, Lisa Padgett, Dr. Wadsworth**

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**AUBURN UNIVERSITY**

**SYLLABUS**

1. **Course Number:** KINE **4910**

**Course Title:** Practicum

**Prerequisites:** Yoga Fit Level I

**Co-requisites:** None

**2. Term:** Summer 2013

**Day/Time:** Distance Education Course

**Instructor:** Dr. Danielle Wadsworth

**Office Address:** KINE 165

**Contact Information:** wadswdd@auburn.edu

**Office Hours:** Distance course; available by email, phone conference orappointments by request

1. **Text (Required):** YogaFit Level I, YogaFit Level TWO: COMMUNICATION, YogaFit Level THREE: INTROSPECTION, YogaFit Anatomy and Alignment/Asana (2 book package), YogaFit Healthy Back.

**(Highly) Recommended Texts - B**eth Shaw’s YogaFit - 2nd edition - Beth Shaw; Key Muscles of Hatha Yoga - Ray Long; The Yamas & Niyamas, Exploring Yoga’s Ethical Practice – Deborah Adele

**Required text: IMPORTANT – You must purchase all required manuals from YogaFit. Orders will be taken beginning Wednesday August 21st up until close of business on August 26th. Call YogaFit directly (888-786-3111) to purchase the Auburn University YogaFit Part 1 Bundle. Ask for Regina or Jessyka. YogaFit will send your manuals directly to Dr. Wadsworth for distribution. If you have any problems ordering the bundle contact Pam Wiggins at** **pkw0002@auburn.edu****.**

**4. Course Description:** This course is designed to give students the knowledge and understanding of the basic principles of yoga to include the poses (asanas), breathing (pranayama), relaxation, meditation and other yoga techniques. The course is a mix of teaching methodologies, muscle identification as it relates to yoga poses and both guided and individual technique practice.

**5. Student Learning Outcomes:**

The objective of this course is to adhere to the Yoga Alliance® established standards in preparing a student to become a registered 200 hour Registered Yoga Teacher (RYT). This course is intended to strengthen the integrity of a Registered Yoga Teacher (RYT®) in the yoga community and to enhance the public perception of yoga teachers as well-trained professionals. Students may be recognized as RYT’s only when they successfully complete the full KINE curriculum of the Yoga Teacher Training curriculum including KINE 3213. Both practical assignments and written assignments in a definite and pre-defined curriculum as established by the Yoga Alliance must be passed with an 80% or better (see grading policy below).

Key topic areas covered include:

* Review YogaFit and Other Styles of Yoga, The YogaFit Class Design, and The Essence of YogaFit
* Review The SPA Principles - The Seven Principles of Alignment
* Anatomy and Alignment for Yoga Poses
* Communication and the Use of Transformational Language
* Principles of Constructive Feedback and the Use of Affirmations
* Pacing Between Class Components
* Review Level ONE Poses
* Pose Breakdown for Level TWO and THREE Poses
* Demonstrate General Postural Adjustments/Corrections
* Create a Personal Yogic Environment
* Advanced Breathing Techniques
* Communication and Learning Styles
* Learn to Empower Individual Practice and Self Efficacy
* Paths of Yoga
* Concepts of Meditation
* Mechanics of Breathing and Primary Locks (Bhandas)
* Benefits of Diaphragmatic Breathing
* Brain to Body Communication
* Brain and Nervous System
* Benefits of Journaling and Mindful Living
* Chakras - the Energy Centers
* YogaBack Guidelines
* Anatomy of the Spine
* Common Back Conditions
* Healthy Back Strengthening - YogaBack Fit and YogaBack Gentle

**6. Course Content Outline:**

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| Week 1 | Introduction; Review Syllabus |
| Week 2 | Anatomy Review - Terminology, Muscle Identification, Review Level 1 Transitions; Beginning, Intermediate, Advanced Levels |
| Week 3 | YogaFit Level 2 – Communication; Quiz 1- Review Level 1; Communication - Body Part Reflections  |
| Week 4 | Poses and Muscle Involvement; Class - Level 2 Introduction to Poses; Anatomy - Level 1 & 2 Poses; Pose Breakdown - Level 2; Quiz 2 - Communication/Anatomy  |
| Week 5 | Pose Breakdown - Level 2 ; Anatomy Alignment Level 2 poses  |
| Week 6 | Quiz 3 – Sanskrit Terms; General Adjustments/Corrections SPA Principles; Assignment - General Adjustments/Communication  |
| Week 7 | Demonstrate - Adjustment/Communication; Anatomy Alignment Level 2 poses; Quiz 4 – Verbal Adjustments |
| Week 8 | Presentation Mountain 2 or 3 - Level 2 DesignQuiz 5 - Anatomy/Level 2  |
| Week 9 | Class - Level 3 Introduction to Poses; Introspection - Creating a Yogic Environment; Anatomy - Level 3 poses; Quiz 6 – Yamas and Niyamas  |
| Week 10 | Level 3 - Pose Breakdown; Anatomy - Level 3 poses; Quiz 7 – Physical Adjustments Concepts of Meditation/Breathing/Locks |
| Week 11 | Presentation - Level 3 - Vinyasa Flow; Quiz 8 – Breathing and Locks Chakras - The Energy Centers  |
| Week 12 | Quiz 9 – Chakras; Presentation - Class Design |
| Week 13 | Healthy Back - Overview/Pain; Anatomy of the Spine/Common Back Conditions; Poses to Strength the Back |
| Week 14 | Healthy Back Class/YogaBack Fit; Presentation - 10 minute YogaBack Fit  |
| Week 15 | Quiz 10 - Anatomy of the Spine/Common Back Conditions; Presentation - 10 minute YogaBack Gentle; Review Final Test Material/Sample Class Presentation  |
| Week 16 | Final Presentation - Mini-class presentation to include 3 Mountain 2 Valley Format; Final Exam/Journal Summary Paper |

***The instructor reserves the right to modify the syllabus during the semester.***

**7. Assignments/Projects:**

**GRADING POLICY**Course grades will be determined on the following point system:

|  |  |
| --- | --- |
| **Activity** | **Points** |
| **Quizzes -** Quizzes will cover each topic of discussion. | **100** |
| **Anatomy & Alignment Test/Final Exam -** The anatomy and alignment test will cover class discussion and manual material. Final exam will cover Level 2 & 3 and Health Back. | **100** |
| **Assignments & Discussions** - Students are assigned various topics as discussed. ncluded in the Assignments Section is the journal Summary Paper - Students will be required to keep a journal of their yoga journey during this course. The course instructors will not read the journal. A one page single spaced paper is due at Thanksgiving Break,summarizing your experience in the program. | **100** |
| **Presentations** - Students will prepare and teach four class segments to small groups of their peers and the instructors. Four written outlines of these class segments will be due upon presentation. | **200** |
| Attend 10 Campus Recreation or Community Yoga Classes - Students will attend 10 classes outside of this program and write a brief summary of their experience. | **50** |

**8. Rubric and Grading Scale:**

Earned Total Points Letter Grade

495 and above S

440 - 494 S

385 - 439 U

330 - 384 U

329 and below U

**9. Class Policy Statements:**

* The University is conducted on a basis of common honesty. Dishonesty, cheating, plagiarism, or knowingly furnishing false information to the University is regarded as particularly serious offenses. Any form of this type of conduct will not be tolerated.
1. **Attendance**: It is expected that you attend class every class meeting. However, students are expected to follow the course outline and will be held responsible for all content covered in the syllabus and expected to meet all posted deadlines.
2. **Make-Up Policy**: Due to the nature of this course there is no formal make-up or excused absences policy. Please remember that all course content is open at the beginning of the semester and you have several weeks to complete quizzes and assignments throughout the semester. However, if an extraordinary circumstance occurs and a deadline needs to be missed or cannot be completed in the time assigned you must contact the instructor immediately to explain the circumstances and the instructor will weigh the merits of the request and render a decision. When feasible, the student must notify the instructor about this prior to the occurrence, but in no case shall such notification occur more than one week after the absence. Appropriate documentation for all excused absences is required. Please see the *Tiger Cub* for more information on excused absences.
3. **Academic Honesty Policy**: All portions of the Auburn University student academic honesty code (Title XII) found in the *Tiger Cub* will apply to university courses. All academic honesty violations or alleged violations of the SGA Code of Laws will be reported to the Office of the Provost, which will then refer the case to the Academic Honesty Committee.
4. **Disability Accommodations**: Students who need accommodations are asked to electronically submit their approved accommodations through AU Access and to arrange a meeting during office hours the first week of classes, or as soon as possible if accommodations are needed immediately. If you have a conflict with my office hours, an alternate time can be arranged. To set up this meeting, please contact me by e-mail. If you have not established accommodations through the Office of Accessibility, but need accommodations, make an appointment with the Office of Accessibility, 1228 Haley Center, 844-2096 (V/TT).
5. **Course contingency**: If normal class and/or lab activities are disrupted due to illness, emergency, or crisis situation, the syllabus and other course plans and assignments may be modified to allow completion of the course. If this occurs, and addendum to your syllabus and/or course assignments will replace the original materials.
6. **Professionalism**: As faculty, staff, and students interact in professional settings, they are expected to demonstrate professional behaviors as defined in the College’s conceptual framework. These professional commitments or dispositions are listed below:
* Engage in responsible and ethical professional practices
* Contribute to collaborative learning communities
* Demonstrate a commitment to diversity
* Model and nurture intellectual vitality