**AUBURN UNIVERSITY**

**SYLLABUS**

1. **Course Number: 17585**

**Course Title: KINE 3413**

**Term: Fall 2016**

**Day/Time: Distance learning- Saturday, August 27 (8am-4pm at Kinesiology Bldg.), Sunday, September 18 (8am-4pm at Kinesiology Bldg.), Saturday, October 8 (10am-6pm at Rec and Wellness Center), and Sunday, November 6 (8am-4pm at Kinesiology Bldg.)**

**Instructor: Dr. Danielle Wadsworth, Lisa Padgett**

**Office Address:** Rec & Wellness Center 2nd Floor Administrative Offices Group Fitness

**Contact Information: Lisa Padgett,** [**lbp0007@auburn.edu**](mailto:lbp0007@auburn.edu)

**Office Hours: By Appointment**

**Secondary Contact:**

Dr. Danielle Wadsworth, wadswdd@auburn.edu

1. **Credit Hours:** 3 credit hours – Distance Learning/ 8 hour practicum (2 Saturdays and 2 Sundays)

**Prerequisites:** YogaFit Level 1

1. **Texts or Major Resources:**

YogaFit Level Two: Communication

YogaFit Level Three: Introspection

YogaFit Anatomy and Alignment/Asana (2 book packages)

YogaFit Props

**IMPORTANT: The list above includes all of the YogaFit manuals for this semester and must be purchased before the August 27. Please contact Lisa Padgett at** [**lbp0007@auburn.edu**](mailto:lbp0007@auburn.edu) **for instructions on how to purchase the manuals.**

**Required Reading List:**

Yamas & Niyamas, Deborah Adele

Pathways to Joy, Swami Vivekananda

Key Muscles of Hatha Yoga or The Key Poses if Yoga, Ray Long

Chakra Balancing, Anodea Judith

**Highly Recommended Texts:**

Creative Visualizations, Shakti Gawain

Your Body Speaks Your Mind, Deb Shapiro

Students will be introduced to Sanskrit terminology throughout the course. Since Level 4 requires the purchase of The Language of Yoga, Nicolai Bachman, it is highly recommend you purchase this text right now.

Purchase YogaFit Auburn University Package directly from YogaFit.com. All other textbooks may be purchased from other sources (Amazon, Target, etc.)

Once purchased from YogaFit, manuals can be picked up at Lisa Padgett’s office located on the second floor of the Rec & Wellness Center before the first class on August 27th. Bring receipt of purchase to pick up.

1. **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, props and both guided and individual technique practice.

1. **Course Objectives:**

The objective of this course is to adhere to the Yoga Alliance® established standards in preparing a student to become a 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 when they successfully complete the YogaFit Level 1 training and the full KINE Yoga Teacher Training Sections 1 & 2. Both practical assignments and written assignments in a definite and pre-defined Yoga Alliance curriculum must be passed with an 80% or better (see grading policy below).

Key topic areas covered include:

• Review YogaFit and Other Styles of Yoga, YogaFit Class Design, and The Essence

of YogaFit

• Review Level ONE Poses

• Review The SPA Principles - The Seven Principles of Alignment

• Anatomy and Alignment for Level 2 & 3 Yoga Poses

• Anatomy of the Spine

• Understanding of the major bones, muscles and joint actions

• Communication and the Use of Transformational Language

• Principles of Constructive Feedback and the Use of Affirmations

• Pacing Between Class Components

• 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 (Bandhas)

• Benefits of Diaphragmatic Breathing

• Brain to Body Communication

• Brain and Nervous System

• Benefits of Journaling and Mindful Living

• Chakras - the Energy Centers

• The use of props to include blocks, straps, bolsters, blankets and the wall

• The 8 Limbs of Yoga

1. **Course Content: (assignment due dates/exams are in bold)**

**Class Schedule**

**Practicum classes will only be held once a month. It is imperative you attend these classes. There is no make-up class. We recommend you dress in layers. Bring lunch, snacks, water, towel and your yoga mat. Bring at least the Level 2 or 3 and the Anatomy manuals.**

**Month of August**

Saturday, August 27th, 2016 Introduction

Review Syllabus

Review Level 1

YogaFit Level 2 - Communication

MasterClass - Level 2 with props

Pose Breakdown - Sunbird to Standing Splits

Anatomy & Alignment pages 1 - 31

Communication - Body Part Reflections

**Month of September**

Sunday, September 18th, 2016 YogaFit Level 2 - Communication

Masterclass - Level 2 with props

Pose Breakdown - Eagle to Fish

Communication - VAK styles

Breathing Exercises

Locks and Chakras

Intro to Yamas and Niyamas

Anatomy & Alignment pages 1-31

**Level 2 Presentation** Videotaped and observed by instructor

Must be completed by October 8th

All Level 2 assignments due Oct. 8th

**Month of October**

Saturday, October 8th Level 3 - Introspection

Masterclass - Level 3 with props

Pose Breakdown - Side Plank Variations to Gate

Paths of Yoga

Introduction to Meditation

Physical Adjustments

Anatomy and Alignment pages 32 - 55

**Month of November**

Sunday, November 6th Masterclass - Level 3 with props

Pose Breakdown - Revolving Knee to Headstand

Locks, Chakras

Physical Adjustments

Anatomy Alignment pages 32 - 55

**Level 3 Presentation**  Videotaped and observed by instructor

Must be completed by December 2nd

All Level 3 assignments due Dec. 2nd

**On-line Final Exams** The Level 2, 3 and Anatomy and Alignment Exams must be completed by December 2nd

**Journal Summary Paper** One page typed journal summary submitted by December 2nd.

1. **Course Requirements / Evaluation:**

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

**Activity Total Points Percentage of Total Points**

**Level 2 On-line Final ExamActivity PoLevel** **100 12.5%**

**Level 3 On-line Final Exam 100 12.5%**

**Anatomy & Alignment On-line Final Exam 100 12.5%**

The anatomy and alignment test will cover class

discussions and manual material.

**Assignments**  **250 31.0%**

Students are assigned various topics as

discussed. Each assignment is 10 points.

**Journal Summary Paper 50 6.5%**

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.

**Presentations** **100 12.5%**

Students will prepare and teach two class segments

to small groups of their peers and the instructors.

Two written outlines of these class segments will

be due upon presentation.

**Attend 10 Campus Recreation or Community**

**Yoga Classes** **100** 12.5%

Students will attend 10 classes outside of this

program and write a brief summary of their

experience. Teach or train at least one class per

week.

**Total 800**

**Class Time 40 hours –**

**Additional Classes 10 hours –**

**Teaching/training Time at least 20 hours.**

**The rest of the 100 hours is devoted to study**

**and practice time. Practice - Practice - Practice**

Earned Total Points Letter Grade

720 and above A

640 - 719 B

560 - 639 C

480 - 559 D

400 and below F

1. **Course Policy Statements:**

A. Attendance:

**Yoga Teacher Training Attendance Policy**

The material and experiences in this class are important and if you are not in class, you cannot take an active role as a student. Class attendance and appropriate participation is paramount to your success as a student. Participation is defined as, but not limited to, “fully engaging in the course content and activities at a level that is deemed appropriate by the instructor.” Failure to appropriately participate in the course content and activities will result in a deduction of points from a student’s overall course grade.

B. Excused Absences:

Students are granted excused absences from class for the following reasons: illness of the student or serious illness of a member of the student’s immediate family, the death of a member of the student’s immediate family, trips for student organizations sponsored by an academic unit, trips for university classes, trips for participation in intercollegiate athletic events, subpoena for a court appearance, and religious holidays. Students who wish to have an excused absence from class for any other reason must contact the instructor in advance of the absence to request permission. The instructor will weigh the merits of the request and render a decision. When feasible, the student must notify the instructor prior to the occurrence of any excused absences, but in no case shall such notification occur more than one week after the absence. Appropriate documentation for all excused absences is required. Please refer to the Auburn University Student Policy eHandbook [www.auburn.edu/studentpolicies](http://www.auburn.edu/studentpolicies) for more information on excused absences.

C. Make-Up Policy:

There is no make-up for classes unattended. All exams are on-line and must be submitted before deadline. All assignments must be completed and turned in to GTA by designated deadline.

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, an addendum will be made to your syllabus and/or course assignments will replace the original material.

Inclement Weather: In case of inclement weather, check your Auburn email account for alternative class location, date and/or assignments.

**9. Academic Honesty Policy:**

All portions of the Auburn University student academic honesty code (Title XII) found in the Auburn University Student Policy eHandbook www.auburn.edu/studentpolicies will apply to this class. 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.

**10. 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).

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