# Auburn University Syllabus KINE 3413

## Registered Yoga Teacher

## Fall 2018

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## Office: KINE 165 & Rec and Wellness Center 2nd floor Admin.

## Office Hours: As needed

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1. Course Information
   1. Course Number: KINE 3413
   2. Course Title: Registered Yoga Instructor
   3. Credit Hours: 3 hours
   4. Prerequisites: YogaFit Level 1 Must be completed prior to the start of class.
   5. Corequisites: None
2. Text
   1. Required YogaFit Text: The list from i-iv includes all of the YogaFit manuals for this semester and must be purchased before August 24th. An email will be sent in early August with instructions on how to purchase texts.
      1. YogaFit Level Two: Communication
      2. YogaFit Level Three: Introspection
      3. YogaFit Anatomy and Alignment/Asana (2 book packages)
      4. YogaFit Props
   2. Required texts:
      1. Yamas & Niyamas, Deborah Adele
      2. Pathways to Joy, Swami Vivekananda
      3. Chakra Balancing, Anodea Judith
   3. Recommended Texts:
      1. Key Muscles of Hatha Yoga or The Key Poses if Yoga, Ray Long
      2. Creative Visualizations, Shakti Gawain
      3. Your Body Speaks Your Mind, Deb Shapiro
      4. The Language of Yoga, Nicolai Bachman (this is required for level 4).
3. 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.
4. 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 and Schedule:

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| --- | --- | --- |
| Date | Content | Readings |
| August 22nd | Introduction  Master Class to review Level I |  |
| August 29th | Anatomy and Alignment  Level 2 Pose Breakdown  Sanskrit | Find Sanskrit App – Suggested Yoga 108. |
| September 5th | Level 2 Pose Breakdown  Sanskrit | Level 2 |
| September 12th | Breathing Exercises  Intro to Yamas and Niyamas | The Yamas and Niyamas-pages 12-103  Level 2 |
| September 19th | Begin to Prepare Level 2 Presentation | Begin to Prepare Level 2 Presentation  The Yamas and Niyamas-pages 105-185 |
| September 26 | Discussion of Yamas and Niyamas  Intention Development/Mindfulness | Chakra Balancing-pages 1-40 |
| October 3rd | Level 2 Presentations |  |
| October 10th | Fall Break | **Exam 1 Due** |
| October 17th | Level 3 Pose breakdown  Sanskrit  Anatomy and Alignment | Chakra Balancing-pages 41-63  Level 3 |
| October 24th | Level 3 Pose breakdown  Sanskrit  Anatomy and Alignment | Chakra Balancing-pages 64-87  Level 3 |
| October 31st | Master Class | Pathways to Joy-pages 3-92 |
| November 7th | Locks, Chakras  Physical Adjustments  Paths of Yoga | Pathways to Joy-pages 95-168  Level 3 |
| November 14th | Mediation  The Amazing Brain  Physical Adjustments | Pathways to Joy-pages 171-281  Level 3 |
| November 21st | Thanksgiving |  |
| November 28th | Level 3 presentation |  |
| December 5th | **Exam 2 Due**  **List Yoga Classes**  **Teaching Evaluations** | **Exam 2 Due**  **List Yoga Classes**  **Teaching Evaluations** |

1. Course Requirements/Evaluations:

|  |  |  |
| --- | --- | --- |
| Activity | Points | Description |
| Exams and Quizzes | 100 points | Out of class exams will be conducted online via Canvas. Once you open the quiz is open you will have 10-30 minutes to take the quiz, depending on the number of questions. You can only take the quiz once. You may use your notes and book to answer the quiz questions. You may NOT work together to complete the quizzes. There are no makeup quizzes.  We will also have quizzes in class based off the assigned reading material. If you do not attend class you cannot take the quiz and will receive a zero. |
| Presentations | 100 points | Students will prepare and teach class segments to members to the class. A written outline of these classes or segments are due upon presentation. You must make a passing grade to be eligible to teach your community classes. |
| Attend 10 yoga classes | 50 points | Students will attend 10 classes outside of this  program and write a brief summary of your  experience. |
| Teach 3 yoga classes | 50 points | You must teach three yoga classes, provide the yoga assessment to your class and return the yoga assessment to your instructor. |
| Attendance | 100 points | You will receive 10 points for each weekly Wednesday class you attend. If you come late or leave early, you will not earn credit for that class. |

1. Class Policy Statements:
   1. **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.
   2. There is no make-up for classes unattended.
   3. Inclement Weather: In case of inclement weather, check your Auburn email account for alternative class location, date and/or assignments.
2. **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.

1. **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.***