# Auburn University Syllabus KINE 3413

## Registered Yoga Teacher

## Spring 2019

## Dr. Wadsworth & Lisa Padgett

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## Office Hours: As needed

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1. Course Information
   1. Course Number: KINE 3423
   2. Course Title: Registered Yoga Instructor
   3. Credit Hours: 3 hours
   4. Prerequisites: YogaFit Level 1, 2, 3
   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 the September 1st. An email will be sent in early August with instructions on how to purchase texts.
      1. YogaFit Level Four: Advanced training and lifestyle
      2. YogaFit PreNatal Post-partum
      3. YogaFit Kids
      4. YogaFit Seniors
      5. YogaFit Back
      6. YogaFit Anatomy & Alignment (purchased fall semester)
   2. Required texts:
      1. Sutras of Patanjali – Sri Swamil Satchidananda
      2. The living Gita – sri Swami Satchidananda
   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 book is for Sanskrit, you can use an app if you prefer. Sanskrit 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, The YogaFit Class Design, and The Essence of YogaFit
* Review The SPA Principles - The Seven Principles of Alignment, Transformational Language, PEP Feedback
* Anatomy and Alignment for Level 4 Yoga Poses
* Traditional Yoga Practices - Sound Therapy/Chanting/Mantras
* Mudras
* Sanskrit Pronunciation of Asanas (Postures) and Techniques
* Pose Breakdown for Level FOUR Advanced Poses
* Yogic History and Philosophy
* Patanjali’s Sutras
* The Bhagavad Gita
* Layers of Protection - Ways to Protect Students and Instructor
* The Anatomy of Pregnancy
* Problems During Pregnancy
* Pre-natal Breathing and Physical Practice
* Pre-Natal Class Design, Props, Formats and Pose Changes
* Understanding Post-Partum Birth and Post-Partum Caesarean Birth
* Aging and the Benefits of Yoga
* Anatomy - Aging Changes to Muscular, Skeletal and Endocrine Systems
* YogaFit Senior Fitness Teaching Principles, Tips, Spinal Health, and Props
* Senior YogaFit Poses and Sample Class Formats
* Special Conditions and Concerns When Teaching Yoga to Seniors
* YogaFit Kids Concept, Essence and Focus
* YogaFit Kids and Youth Fitness Considerations
* YogaFit Kids Class Design, Transformational Language, “Three Hills of a YogaFit Class
* Kids Developmental Stages and Class Formatting
* Yoga as Fitness for Every Child - Special Conditions
* YogaFit Kids Poses, Activities, Games and Final Relaxation
* YogaFit Healthy Back Class Design, Environment, Benefits and PrecautionsCourse

1. Content and Schedule:

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| --- | --- | --- |
| Date | Activity | Assignment |
| 1/8 | Review Syllabus  Review cuing and anticipatory cues  Master Class |  |
| 1/15 | Seniors | Senior Manual Pages 1-39  Senior Manual Pages 40-81 |
| 1/22 | Seniors | Senior Manual Pages 40-81  Senior Manual 88-99 |
| 1/29 | Props and Adjustments | Yoga Fit Props Workshop |
| 2/5 | Senior Presentation | Exam 1 |
| 2/12 | Level 4 poses  Mudras and Mantras | Level Four manual pages 3-15  Level Four manual pages 38-59 |
| 2/19 | Level 4 poses  Patanjalis Sutras | Level Four manual pages 15-29  Level Four manual pages 38-59  Level Four manual pages 60-87 |
| 2/26 | Level 4  Patanjalis Sutras | Level Four manual pages 38-59  Level Four manual pages 60-87 |
| 3/4 | Level 4  Gita | Level Four manual pages 60-87  Level Four manual pages 92-94 |
| 3/11 | Spring Break |  |
| 3/18 | Level 4 presentation | Exam 2 |
| 3/25 | Gita and Sutra Presentation | Turn in a copy of level 1 certification |
| 4/1 | Yoga Fit Kids | Yoga fit kids manual |
| 4/8 | Yoga Fit prenatal/postpartum | Yoga fit pre/post partum manual |
| 4/15 | Masterclass/Meditation |  |
| 4/22 | Types of Yoga Presentation | Exam 3 |
| 4/29 |  | Yoga classes attended due  Yoga classes taught due |

1. Course Requirements/Evaluations:

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| --- | --- | --- |
| Activity | Points | Description |
| Exams | 100 | 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. Please note the quizzes are typically due PRIOR to our course meetings. The point of the exams is to ensure you are reading the material and have a base knowledge |
| Presentations | 200 | 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 | 25 | Students will attend 10 classes outside of this  program and write a brief summary of your  experience. |
| Teach 3 yoga classes | 25 | You must teach three yoga classes, provide a class description of what you taught and the yoga assessment to your class and return the yoga assessment to your instructor. |
| Attendance | 25 | You will receive 2 points for each weekly Wednesday class you attend. If you come late or leave early you will not earn credit for that class. |

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| Grade | Scale | Point Scale |
| **A** | 100 – 90 | 400 – 360 |
| **B** | 89.9 – 80 | 359.9 – 320 |
| **C** | 79.9 – 70 | 319.9 – 280 |
| **D** | 69.9 – 60 | 279.9 – 240 |
| **F** | Below 60 | Below 239.9 |

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. 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.
   3. There is no make-up for classes unattended. All exams are on-line and must be submitted before deadline.
   4. 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.***