

Term Information

Effective Term Spring 2017

General Information

Course Bulletin Listing/Subject Area Dance
Fiscal Unit/Academic Org Dance - D0241
College/Academic Group Arts and Sciences
Level/Career Graduate, Undergraduate
Course Number/Catalog 5179
Course Title Yoga Practice and Wellness Theory
Transcript Abbreviation Yoga Wellness Thry
Course Description Explore the theory and philosophy behind the practice of Yoga, the scientific research explicating the benefits of yoga practice, the historical and health benefits of Yoga from within the original cultural context, the knowledge of current western experiences of the body and how Yoga is practiced in western cultures.
Semester Credit Hours/Units Fixed: 3

Offering Information

Length Of Course 14 Week, 12 Week
Flexibly Scheduled Course Never
Does any section of this course have a distance education component? No
Grading Basis Letter Grade
Repeatable No
Course Components Laboratory, Lecture
Grade Roster Component Lecture
Credit Available by Exam No
Admission Condition Course No
Off Campus Never
Campus of Offering Columbus

Prerequisites and Exclusions

Prerequisites/Corequisites None.
Exclusions

Cross-Listings

Cross-Listings

Subject/CIP Code

Subject/CIP Code 50.0301
Subsidy Level Doctoral Course
Intended Rank Junior, Senior, Masters, Doctoral, Professional

Requirement/Elective Designation

The course is an elective (for this or other units) or is a service course for other units

Course Details

Course goals or learning objectives/outcomes

- Examine the cultural, spiritual, and health paradigms underlying Yoga
- Apply research knowledge of the health benefits of Yoga
- Recognize western "mindfulness" as an adaptation of non-western "centeredness," including the meditative benefits and health learning approaches
- Explore the physical benefits of yogic breathing practices
- Possess an increased body awareness and deepened mind-body relationship through Yoga practice

Content Topic List

- active and restorative Yoga asana (poses) with focus on alignment and meditation
- pranayama (breathing techniques) and breathing anatomy
- meditative techniques including mindfulness meditation
- Yoga history and philosophy
- Yogic understanding of the physical and energetic body
- Applications of yoga philosophy and practice to modern wellness
- Ayurveda (traditional Indian Medicine) and Eastern Views of Health
- Yoga practices used to address specific disease states and self-discovery

Attachments

- 5179_YogaWellnessTheory.docx: proposed syllabus

(Syllabus. Owner: Schmidt, Amy Esther)

- BFA Curriculum Map.xlsx: curriculum map

(Other Supporting Documentation. Owner: Schmidt, Amy Esther)

Comments

- This course began as a further development of the 2-credit Dance 5175 Yoga (practice only) but is now developed enough that it requires its own course number and 3-credit. This course is also an elective of the Integrated Approaches to Health and Wellness Minor; Dance will communicate with College of Medicine once change is approved. *(by Schmidt, Amy Esther on 07/26/2016 03:41 PM)*

Workflow Information

Status	User(s)	Date/Time	Step
Submitted	Schmidt, Amy Esther	07/26/2016 03:53 PM	Submitted for Approval
Approved	Hadley, Susan B	07/26/2016 04:01 PM	Unit Approval
Approved	Heysel, Garrett Robert	08/24/2016 08:31 PM	College Approval
Pending Approval	Nolen, Dawn Vankeerbergen, Bernadette Chantal Hanlin, Deborah Kay Jenkins, Mary Ellen Bigler Hogle, Danielle Nicole	08/24/2016 08:31 PM	ASCCAO Approval

The Ohio State University
Department of Dance
Semester Year

Instructor Name
Contact Information
Office Hours

Yoga Practice and Wellness Theory

Dance 5179
3 Credit Hours
Tuesday/Thursday 12:45-2:05pm
247 Sullivant

Yoga Practice and Wellness Theory investigates the development of Yoga and its applications to modern health and wellness issues in a 90-minute lecture class and 90-minute practice class each week.

Course Description

This course provides an opportunity to academically explore the theory and philosophy behind the practice of Yoga, the scientific research explicating the benefits of yoga practice, the historical and health benefits of Yoga from within the cultural context in which it was born, the knowledge of current western experiences of the body, and how Yoga is practiced in western cultures today.

Course Objectives

Upon successful completion of this course, students are able to:

- Examine the cultural, spiritual, and health paradigms underlying Yoga,
- Apply research knowledge of the health benefits of Yoga,
- Analyze western and non-western notions of health and wellness,
- Recognize western “mindfulness” as an adaptation of non-western “centeredness,” including the meditative benefits and health learning approaches.
- Explore the physical benefits of yogic breathing practices,
- Possess an increased body awareness and deepened mind-body relationship through Yoga practice

Required Texts and Materials

1. Dykema, Ravi. *Yoga for Fitness and Wellness*. 2nd ed. Cengage Learning, 2011. Available online.
2. Kabat-Zinn, Jon. *Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life*. New York: Hyperion, 1994. Print. ISBN 0786880708. Available online.
3. Cope, Stephen. *The Great Work of Your Life: A Guide for the Journey to Your True Calling*. New York: Bantam, 2012. Print. ISBN 978-0-553-80751. Available online.
4. Weekly readings and handouts in Carmen.
5. A Yoga mat, block, strap, and a large towel/blanket need to be brought to each class. Available online, at yoga studios, or stores like Target

Learning Technology

There is a good deal of research actively being pursued concerning yoga and meditation and its healing aspects. Carmen’s learning management system will allow for up-

to-the minute updating of research findings, as it allows the instructor to post studies completed after the semester begins. There are also many web-based materials now available that students will be encouraged to explore, including online scholarly journals that can be utilized to provide research to support the student's final project. This process will encourage development of the student's research competency in accessing information.

Course Procedures

- A. The Practice portion includes learning and executing the following as led or demonstrated by the instructor:
- active and restorative Yoga asana (poses) with focus on alignment and meditation;
 - pranayama (breathing techniques) and breathing anatomy; and
 - meditative techniques including mindfulness meditation.
- B. The Wellness Theory portion topics includes lecture, discussion, and learning activities on the following topics:
- Yoga history and philosophy;
 - Yogic understanding of the physical and energetic body;
 - Applications of yoga philosophy and practice to modern wellness;
 - Stress Physiology and Yoga;
 - Ayurveda (traditional Indian Medicine) and Eastern Views of Health;
 - Ayurveda applied to Yoga;
 - Yoga practices used to address specific disease states; and
 - Yoga as a means of self-discovery

Both portions include participation, readings, and outside of class Yogic practice and journaling, two exams, and a final presentation and paper. There is no off-campus field experience component to this course.

Course Requirements

This course is designed to be largely interactive. Students are not permitted to use cell phones (no texting), laptops computers, iPads, or other devices in class in order to be fully present. Class sessions will include lecture, film, general class discussions, small group discussions, as well as group activities. All students are expected to read assigned materials prior to coming to class and to be prepared to contribute to discussions, ask questions, offer reflections, etc. related to the scheduled topics of study of these topics.

Students must plan to use 3-6 hours of uninterrupted preparation time per week of the semester for this class. This should give sufficient time to complete assigned readings, perform note-taking, and any other activities that help make sense and meaning of the readings. Students are expected to be prepared for class discussions and activities and complete written and research assignments.

Attendance:

Students are expected to attend each class session and are responsible for any missed materials. **Do not email the instructor to find out what you missed in class if you**

did not attend; please ask a classmate. Attendance will be critical in this course.

Hospitalizations and or a doctor's note for a sickness at the time of class will be dealt with on an individual basis. As adult learners, it is the student's responsibility to make attendance decisions. While the instructor will respect this decision, lack of attendance will impact the engaged participation grade. Attendance during all final presentations is mandatory. In case of illness or an emergency that necessitates a class absence, please email the instructor prior to class on the day of absence.

Excused absences are defined as occasions where students bring in appropriate documentation of:

- participating in a University sanctioned event - *In accordance with Faculty Rule 3335-7-15, students who will be participating in University sanctioned events must provide the instructor with a copy of the scheduled events and those classes which will be missed. This documentation must be on University letterhead, signed by the coach/supervisor, and given to the instructor within the first two weeks of the semester.*
- death in the family - *A dated funeral program is an example of documentation for a death in the family.*
- observing a religious holiday - *Students who will be observing a religious holiday must provide date/event written notification to the instructor within the first two weeks of the semester.*
- being too ill or injured to participate in class - *Students who are too ill or injured to participate in class must provide written documentation from a physician stating that the student cannot participate in class.*

Students with more than 8 absences (or absence equivalents) will not receive a passing grade.

Participation:

Engaged participation is 10% of the final grade. To earn an "A" means the student completes the following activities:

- always letting the professor know if you have to miss class,
- always being on time and prepared for class,
- bringing up relevant ideas and points from the readings,
- significantly contributing to yet not dominating the discussion,
- being open to all learning activities in class,
- asking relevant questions for us all to consider,
- being fully present, and
- dressing appropriately for class.

Late Work or Examinations:

Any work received after the beginning of the class in which it is due will be docked one letter grade per day late. Please note that work that is emailed will not be printed out; it will be read and graded on screen. Late work will be graded and turned back to the student by the end of the semester.

Students are expected to take the mid-term examinations and deliver their final presentation the day assigned. Late policy applies.

If an examination is missed (highly discouraged), arrangements for its completion must be made within 48 hours. The mid-term examination must be taken within 72 hours of the

actual examination date. Prior notice that the mid-term will be missed is required in order to do a make-up examination. Please contact the instructor to make arrangements. Emergencies will be handled on an individual basis and will require appropriate documentation.

Evaluation

Attendance and Participation.....	10%
Readings, Journals, Personal Practice.....	30%
Midterm and Final Exams	25%
Final presentation and paper	35%

Grading

The course is letter graded. Final grades will be calculated as a percent (points earned divided by possible points) and the following percent system will be used to award a letter grade:

93-100= A	77-79.9= C+
90-92.9= A-	73-76.9= C
87-89.9= B+	70-72.9= C-
83-86.9= B	67-69.9= D+
80-82.9= B-	63-66.9= D

The instructor does NOT round up on the final score. If the student scores a 92.98%, this is an A-, for example. Students may not request the instructor to round up a score or to provide an extra credit assignment.

Academic Accommodations & Auxiliary Services

Students with disabilities that have been certified by the Office for Disability Services will be appropriately accommodated and should inform the instructor as soon as possible of their needs. The Office for Disability Services is located in 150 Pomerene Hall, 1760 Neil Avenue; telephone 292-3307, TDD 292-0901; <http://www.ods.ohio-state.edu/>.

The instructor will make every endeavor to include persons with who need auxiliary services in this course. Any student who feels an accommodation is needed based on the impact of a documented disability should contact the instructor within the first week of class to discuss specific needs. Please know that under the Americans with Disabilities Act, it is the student's responsibility to notify each instructor of accommodation needs. Students who inform instructors at the beginning of each semester generally will be more successful than those who “wait to see if I need it”.

Academic Honesty and Academic Misconduct

It is the responsibility of the Committee on Academic Misconduct to investigate or establish procedures for the investigation of all reported cases of student academic misconduct. The term “academic misconduct” includes all forms of student academic misconduct wherever

committed; illustrated by, but not limited to, cases of plagiarism and dishonest practices in connection with examinations. Instructors shall report all instances of alleged academic misconduct to the committee (Faculty Rule 3335-5-487). For additional information, see the Code of Student Conduct <http://studentlife.osu.edu/csc/>.

All students are expected to read and abide by the Code of Student Conduct. Cheating on test will not be tolerated. Any student caught or suspected of cheating will be reported to the Committee on Academic Misconduct according to University policy, Faculty Rule #3335-5-54.

Topical Outline

Key:

JKZ = *Wherever You Go, There You Are* book readings

Yoga Text = *Yoga for Fitness and Wellness* book reading

GWYL = *Great Work of Your Life* book readings

Additional readings will be distributed in class or available on-line via Carmen.

Week	Activity	Reading to be completed before next class
1	Introductions, Syllabus	Syllabus Carmen "Week 1" JKZ: Intro-20 Yoga text: pgs1-6 Complete Prompt: 1
2	Lecture/discussion of prompts <ul style="list-style-type: none"> • Mind/body split and its impact on Scientific research • Intro to Mindfulness Power point • JKZ prompt 1 discussed Yoga practice	Read Yoga Text: pgs 6-16 Roots of Yoga Carmen "Week 2" JKZ: 20-43 Complete Prompts: 2-3
3	Lecture/discussion Ayurveda and Yoga Prompts 2,3 Due Yoga practice	Yoga text: Pgs 16-22: History of Yoga Carmen Week 3 JKZ: 43-60 Complete Prompt: 4
4	Assignment #1 is due and presented in class Yoga practice	Yoga text: Ch2: Yoga Philosophy JKZ: 60-80 Complete Prompt: 5 Carmen "Week 4" JKZ: 80-99 Complete Prompt: 6
5	Prompts 4,5,6 Due Yoga practice	Carmen "Week 5" JKZ:100-120 Complete Prompt: 7 Yoga text: Ch 3: Hatha Yoga JKZ: 121-144 Complete Prompt: 8

6	Prompts 7,8 due Group meetings for presentations Heart opening yoga practice	JKZ: 145-170 Prompt: 9 Yoga text: Chapter 4 Yoga breathing JKZ: 171-200 Complete Prompt: 10-11 Carmen "Week 6"
7	Yoga Practice Prompts 9-11 due Review for Midterm	Yoga text: Ch 4: Yoga breathing Carmen "Week 7" Study for Exam: All material/readings covered/assigned up to this point in the course
8	Midterm Exam Yoga Practice	Carmen "Week 8" JKZ: 200-220 Complete Prompt: 12 Yoga text: Ch 5 Asanas
9	Assignment 2 is due on JKZ Text Yoga Practice	Carmen "Week 9" JKZ: 220-270 Complete Prompt: 13 Yoga text: Ch 6 Meditation
	SPRING BREAK	Carmen "Week 10" GWYL Pg 1-64 (Part 1&2)
10	Discussion/lecture on Yoga Therapy Yoga Practice	Carmen "Week 11" GWYL Pg 65-124 (Part 3)
11	Pecha kucha Presentations Yoga practice	Carmen "Week 12" GWYL Pg 127-199 (Part 4)
12	Pecha kucha Presentations Yoga practice	GWYL Pg 201-255 (Part 5)
13	Pecha kucha Presentations Yoga practice	Study for Exam: over all material since Midterm exam including all presentations
14	Pecha kucha Presentations Review for final exam Final Paper on GWYL due	Study for Exam: over all material since Midterm exam including all presentations