

**York University: Faculty of Health: School of Kinesiology and Health Science
HHPKIN 0402 Yoga 1: An Introduction to Hatha Yoga**

Winter Semester: Jan/09th/2023 to April/10th/2023

Winter Term for Yoga PKIN 0402: January 10th /2023 to April 06th/2023

Course Duration: 12 Weeks: 24 Class Times

Course Description: An Introduction to the art and science of Hatha Yoga: a meditative and physical approach to deepening awareness.

Basic Course Objective: To learn how to apply basic concepts required for a safe home practice of yoga.

Course Instructor: M. É. Waldmann

Consultations Available: After Class or by Appointment

	Course Instructor Emails.
Preferred Email for Class Related Questions	pk0402yoga@gmail.com
General York Email for Instructor	waldmann@yorku.ca

Enrollment Sections Offered:

Sections Offered	Times ET	Class Days	Class Days
M	8:30 a.m.	Tuesdays	Thursdays
N	9:30 a.m.	Tuesdays	Thursdays
O	10:30 a.m.	Tuesdays	Thursdays
P	11:30 a.m.	Tuesdays	Thursdays
Q	12:30 a.m.	Tuesdays	Thursdays

Student Responsibilities: Attendance, Participation and Test Taking and/or Assignments

It is your responsibility as a student to attend classes, participate, and make sure that you can be present to take your tests.

Important Location(s) Note: The University is Monitoring for issues of safety and risk regarding the pandemic. Be alert to the possibility that classes that are in person, may move online or vice -versa. Follow University Guidance and Requirements for attending in person classes. Your instructor will keep you apprised if location or other such changes occur.

YU Screen: Accessible through the Home Page of **Better Together**

Better Together Website: <https://www.yorku.ca/bettertogether/>

Use YU Screen; a confidential COVID- 19 self-assessment screening tool.

Complete YU Screen before each visit to campus. This is to increase safety from catching and/or spreading coronavirus disease (COVID – 19) and its variants on campus.

Safety Measures:

Observe health and safety guidelines. These include maintaining a space of six feet apart. All those on campus has a shared responsibility for the safety and well-being of the community.

Proper masking practices: A properly worn mask must cover your nose, mouth and chin. It is especially important to observe this while in indoor spaces.

In Person Class Meets:

For those classes in which we meet in person, here is the location:

Campus: Keele Campus

Building: (TM) Tait McKenzie Centre

Studio 4: Room 017, (Basement)

Entry to Tait McKenzie Building: Valid YU- card and Membership (FREE!) Required:
Link to York Lions Website for your Athletics and Recreation Membership:

https://yorkulions.ca/sports/2013/3/18/REC_membership_info.aspx

Online Class Meets URL

For classes or appointments for which we meet online, here's the URL:

<https://yorku.zoom.us/j/97911560181?pwd=YzJFNWw0VE5NSGtnTHM4eDJLc2dEUT09>

Course Website: <http://www.evayoga.info>

Extra references, and marks for tests, posted here.

Asynchronous Independent Practice Sessions:

Videos, copyright of the instructor may be posted on the Course Website.

Such references as well as notes and drawings help in the completion of Assigned Independent Practice Sessions.

Winter Term's Dates to Note:

Reading Week: No Classes, from Feb/18th – Feb/24th/2023

Final Date to Add Courses by REM: January 22nd/2023

Final Date to Add Courses with Instructor's Permission: Feb/06th/23

Final Drop /De-enrolment Date (for No Grade on Transcript): March/17th//23

Important Sessional Dates:	https://registrar.yorku.ca/enrol/dates/2022-2023/fall-winter
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Online Classes Technology Requirements:

High Speed Internet Access. Zoom Access. Audio and Video functions

Online Classes Space & Equipment Requirements: A quiet, clean space in which you will be undisturbed during class time. Be prepared to sit on the floor. Recommended tools, a yoga or other mat. Towels can be useful.

Study/Workspaces Available at:

Libraries: <https://www.library.yorku.ca/web/ask-services/placetostudy/book-a-study-seatspace-at-the-libraries/>

Division of Students: <https://currentstudents.yorku.ca/study-spaces>

Technology Assistance:	askit@yorku.ca
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In Person Classes Equipment Recommendations: You may wish to bring your own yoga mat. Wipe your mat after use, especially if borrowed or if it has been used by others. A towel is recommended both for cleanliness and for exercise assistance. Wear comfortable clothes that allow movement.

Participation: Online: Allow your Zoom Video and Audio to be accessed and for yourself to be seen. Post your full and correct name on your screen. You may be muted at times for example during lecture to enhance concentration. Latecomers may find it difficult to join when the instructor is away from the controls for e.g., when demonstrating. Either wait patiently and try again or join the following class, if available.

Participation: In Person: Do your best with each pose being demonstrated. Observe spacing, masking, and other requirements as directed by the University.

Attendance: PKIN's demand **that more than 4 classes missed in a term, counts as a Fail.**

Course Organization: Your instructor will email all students registered in the course if classes shift from in person to online or vice – versa.

Course Objectives:

A basic understanding of various categories of yoga poses.

Application of simple concepts that enhance safety when practicing on your own.

Understanding basic sequencing principles.

Learning methods of increasing self-awareness. These are applied to the way of practice.

Honing life enhancing skills of self-observational and sensory awareness.

Recognizing the difference between muscle shortening and muscle lengthening movements.

Noting their contrasting function and feeling. This will be done experientially.

Developing a first person understanding of movement and posture through yoga poses.

Recognizing how yoga practice can develop both physical and mental skills.

Appreciation of the benefits of slowing down, staying calm and learning to relax.

Course Modules:

Concepts and ideas relevant to the safe and conscious practice of yoga are interwoven into the modules.

Functional Movements of the Spine: Be able to name and demonstrate these.

Forward Bends: Understanding and being able to the difference between two main types of forward bends.

Backward Bends: Understanding and being able to demonstrate simple back bends.

Balance Poses: Understanding, exploring and being able to demonstrate a simple balance pose.
Counterpose Concepts: Knowing this concept and why and how to apply it.
Sun Salutations: Recognizing that there are various Sun Salutations and being able to demonstrate the one requested.

Evaluation: Components of your Grade include both Written and Demo tests as well as participation /attendance.

Pass or Fail Options: Available by Request.

To Pass a PKIN, you must earn a letter grade of C or above.

Inform your instructor, before the term ends if you prefer a P/F (Pass or Fail) option.

Note: Pass/Fail Options have a longer process time before they appear on your transcript.

GPA: PKIN's DO NOT affect your GPA.

Practicum of Kinesiology (PKIN) Grading Scale: Note: PKIN's only use full letter grades.

Letter Grade	Range
A	80 – 100
B	70 – 79
C	60 - 69
F	Below 60 %
P	C or Higher

Test Types: Both Written Tests and Demo Tests require you to reference what you are feeling and observing when practicing a type of pose.

Demonstration Tests: These are short individual demonstrations of required poses. Although individuals may look different while doing the same pose, symmetry and alignment still applies to their proper execution.

Adaptations for Individual Needs: Consult with the instructor beforehand if you need to adjust the pose due to injury or other physical challenges.

Demonstration Tests Online: If circumstances require the tests to be done online, preview your image to make sure your full standing height is visible.

Written Tests: Unless told otherwise, expect these to be done on eClass, in which case, you don't need to be on campus. You are required to use the same self-sensing skills that you would during your physical practice to find the answers. Basic concepts and definitions will need to be known to understand the questions.

Accommodations: It is the student's responsibility to alert the instructor, if accommodations due to religion, health, disability or other reasons are needed. Please provide the forms for such accommodations early. Documentations are requested to justify absences.

Academic Honesty & Integrity: Familiarize yourself with the meaning of Academic Integrity. Completing the SPARK's Academic Integrity Module will help you do this.

SPARK Module:	https://spark.library.yorku.ca/academic-integrity-what-is-academic-integrity/
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Preferably do this at the beginning of your term since the concept and its associated values apply to all your courses. Students who violate the standards of academic honesty may be penalized with disciplinary actions.

Senate Policy on Academic Honesty:

<https://www.yorku.ca/secretariat/policies/policies/academic-honesty-senate-policy-on/>

Important Information for Students:

Familiarize yourself with this from the Senate Committee Website:

<https://secretariat.info.yorku.ca/files/CourseInformationForStudentsAugust2012-.pdf>

It directs you to websites about access and disability and for counselling. It directs those in need of religious accommodations with a useful link. It also has other notes of value e.g., Student Conduct Standards. See also, Senate Committee on Academic Standards, Curriculum & Pedagogy Webpage.

Test Schedules:

If test dates need to change for any reason for example, campus restrictions due to current health and safety issues, your instructor will alert you.

Test Dates:	Test Topic:	Test Type:	Weight:
T. Jan/31 st /23	Forward Bends	Written	10%
R. Feb/02/23	Forward Bends	Demo	10%
T. Feb/28 th /23	Back Bends	Written	10%
R. Mar/02 nd /23	Back Bends	Demo	10%
R. Mar/09 th /23	Balance Pose	Demo	20%
T. Mar/21 st /23	Counterpose	Written	10%
T. Apr/04 th /23	Sun Salutation	Demo	20%
R. Apr/06 th /23	Sun Salutation		
All Classes	Participation & Attendance	Demo	10%

Useful Links: Re: Computer Information and Resources for Students:

Computer Help Topics:

Student Guide to eClass:	https://lthelp.yorku.ca/student-guide-to-moodle
Student Services/Computer Related:	https://www.yorku.ca/uit/student-services/
Student Guide to Remote Learning:	https://www.yorku.ca/sclD/remote-learning/
Learning Skills Services:	https://www.yorku.ca/sclD/learning-skills/

Zoom Platform Help Topics:

Zoom@YorkU:	https://yorku.zoom.us/
Zoom@YorkU Best Practices:	https://uit.yorku.ca/wpcontent/uploads/sites/5/2020/04/Zoom@YorkU-Best-Practicesv2.pdf
Zoom@YorkU User Reference Guide:	https://uit.yorku.ca/faculty-staff-services/wp-content/uploads/sites/3/2012/02/Zoom@YorkU-User-Reference-Guide.pdf

Additional References to Aid Success at School:

Calumet and Stong Colleges' Student Success Programming:

[Calumet](#) and [Stong](#) Colleges aim to support the success of Faculty of Health students through a variety of **free programs** throughout their university career:

- [Orientation](#) helps new students transition into university, discover campus resources, and establish social and academic networks.
- [Peer Mentoring](#) connects well-trained upper-year students with first year and transfer students to help them transition into university.
- [Course Representative Program](#) supports the academic success and resourcefulness of students in core program courses through in-class announcements.
- [Peer-Assisted Study Sessions \(PASS\)](#) involve upper-level academically successful and well-trained students who facilitate study sessions in courses that are historically challenging.
- [Peer Tutoring](#) offers one-on-one academic support by well-trained Peer Tutors.
- Please connect with your Course Director about any specific academic resources for this class.
- Calumet and Stong Colleges also support students' [Health & Wellness](#), [leadership and professional skills development](#), [student/community engagement and wellbeing](#), [Career Exploration](#), [Indigenous Circle](#), [awards and recognition](#), and [provide opportunities to students to work or volunteer](#).
- For additional resources/information about Calumet and Stong Colleges' Student Success Programs, please consult our websites ([Calumet College](#); [Stong College](#)), email scchelp@yorku.ca, and/or follow us on Instagram ([Calumet College](#); [Stong College](#)), Facebook ([Calumet College](#); [Stong College](#)) and [LinkedIn](#).

- Are you receiving our weekly email (Subject: "Calumet and Stong Colleges - Upcoming events")? If not, please check your Inbox and Junk folders, and if it's not there then please contact ccscadm@yorku.ca, and request to be added to the listserv. Also, make sure to add your 'preferred email' to your [Passport York personal profile](#) to make sure you receive important news and information.

Self – Care: Help for Mental & Emotional Stress:

Although Yoga and Meditation are self-care practices that can help decrease stress and improve resilience, they take dedication and time to learn. Other resources may be needed when these are not sufficient.

Counselling & Disability Services - <https://counselling.students.yorku.ca/>

York Accessibility Hub - <http://accessibilityhub.info.yorku.ca/>

Distress Centres of Greater Toronto: <https://www.dcoft.com/>

211 Ontario: Phone 211: <https://211ontario.ca/>