

York University: Faculty of Health: School of Kinesiology and Health Science
HH/PKIN 0402: Yoga 1: An Introduction to Hatha Yoga

Winter Semester: January/08/2024 – April/08/2024

Winter Term for HH/PKIN 0402: Jan/08/2024 – April/04/2024

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: Ms. M. É. Waldmann

Consultations: Available after class or by appointment

Course Instructor Email (s)

General York email for Instructor	waldmann@yorku.ca
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Enrollment Sections Offered:

Sections	Times ET	Class Days	Class Days	Location
M	8:30 a.m.	Tuesdays	Thursdays	TM Studio 4/Room 017
N	9:30 a.m.	Tuesdays	Thursdays	TM Studio 4/Room 017
O	10:30 a.m.	Tuesdays	Thursdays	TM Studio 4/Room 017
P	11:30 a.m.	Tuesdays	Thursdays	TM Studio 4/Room 017
Q	12:30 p.m.	Tuesdays	Thursdays	TM Studio 4/Room 017

Classroom Meetings: Classes for this course are held on the Keele Campus in the basement of the Tait McKenzie Centre Building. The Room number is 017 alternately referred to as Studio 4.

Entry to the 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 >.

Assumption of Risk: Any physical activity carries potential for injury, regardless of care taken to avoid this. By choosing to take part in a physical program, you the participant, agree to assume responsibility for any associated risks.

Accessibility: Ask at the customer service desk for directions to the elevators if needed.

Adaptations: Please consult with the instructor, if you are having difficulties due to physical limitations of any sort. Together some adaptations for the poses, exercises may be found.

Accommodations:

It is the student's responsibility to alert the instructor in a timely manner, if accommodations are needed for reasons of health, disability, or religion. Provide the appropriate forms for such absences, early. Documentations may be requested to justify absences.

Important Note on Potential Switch of Location(s):

Given that there are new strains of the COVID virus circulating, there is a possibility that classes will move online. Your instructor will keep you apprised and send you the necessary link if such a need arises.

Self- Assessment for Communicable Diseases: COVID – 19:

Self-Assessment for COVID is accessible through the Better Together website. < <https://www.yorku.ca/bettertogether/>> This will direct you to a Self-Assessment Form.

Follow its guidelines.

If you have tested positive for COVID then fill out the Ministry of Health's Provincial Screening Tool < <https://www.ontario.ca/self-assessment/> > for their recommendations.

In Emergency situations call 911

For non-urgent matters, e.g., health care information and advice, call 811, Health Connect Ontario < <https://health811.ontario.ca/static/guest/home> > to get direction regarding your health concerns. This will connect you to a qualified health professional.

Class Cancellations:

Your instructor will let you know, if your class is cancelled. The schedule will be adjusted accordingly.

Safety Concerns:

In an emergency, when people or property are at risk call 911. University Security can then be called at 416- 736-5333. For non-urgent security matters call 416 -650- 8000.

Safety phones, identified by red safety phone markers are in all buildings across campus. These also have a goSAFE button for those who need a safety escort.

Online Resources:

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

Website postings may be helpful. I may include articles and short demonstration videos as well as test results.

E-Class: E – Class will become available later in the course. It will be open for online tests.

Technology Assistance: this is available at < askit@yorku.ca >.

Equipment: Yoga mats are provided but you may prefer to bring your own. Wiping down the mat after use is recommended. Towels are useful. They can be used as props. Wear comfortable clothes, that allow for ease of movement.

Expanded Course Description:

This course builds an experiential understanding of yoga through a quiet practice of meditation, self-observation, and relatively simple yoga poses. Demonstration will be used to illustrate the proper alignment and execution of a pose. An inner understanding developed through attentiveness is encouraged.

Course Modules:

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

Forward Bends: In this module we will practice and contrast two main types of forward bends.

Back Bends: In this module we build upon our understanding of forward bends by comparison with back bends.

Balance: In this module, we practice poses that illustrate the concepts of balance.

Counterpose: This module highlights an important sequencing concept that is applied throughout all the other modules.

Sun Salutation(s): In this module we apply what we have learned through traditional sequences.

Course Objectives:

- To know and be able to demonstrate the basic functional movements of the spine.
- To be able to differentiate between two main types of forward bends.
- To understand how back bends both contrast and complement forward bends in practice.
- To reflect upon the meaning and application of the concept of balance.
- To know the concept of counterpose and how to apply it.
- To develop appreciation of simple meditation-based practices.
- To be able to apply basic sequencing concepts.
- To recognize differences within a pose for example: lengthened vs. shortened muscle areas and movements.
- To recognize and apply the mental aspects of yoga to a physical practice for example, sensory awareness, self-observation, receptive awareness.
- To have an opportunity to use a non-competitive 1st person perspective when doing yoga practice(s).
- To appreciate relaxation, calm and inner focus as complements to doing

Evaluation: Two types of tests are used for evaluation of your performance and understanding.

Written Tests: Test questions are usually in a multiple-choice quiz format. You will be expected to know basic concepts and will be encouraged to figure out the answers by using the same self-sensing skills you would when in a physical practice.

Unless otherwise told, these tests will be posted on e-Class. In which case, you will need access to a computer. For purposes of writing please find a quiet undisturbed location in which you can move and concentrate. This does not necessarily need to be on campus.

Demonstration Tests: Short individual demonstrations of required poses, require proper alignment rather than great flexibility. Individuals may have to adjust their demo to accord with their capacity.

Missed Tests: Consult with your instructor. Permission to reschedule is at the discretion of your instructor. It is not guaranteed. Documentation attesting to your reasons for missing your test is advised.

Grading:

Components of your Grade include both written and demo tests as well as attendance and participation. To pass, you need excellent attendance, and good test results that earn you a grade of C or above.

Letter Grades: PKIN's (Practicums of Kinesiology) are graded on a full letter grade basis only. There is also a Pass or Fail option available. In either case a minimum grade equivalent to a C is required to pass.

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

Letter Grade	Percentage Range	Equivalencies	P/F Equivalencies
A	80 - 100		Pass
B	70 - 79		Pass
C	60 - 69		Pass
P	Minimum of a C or higher		Pass
F	Below C, 60% or less		Fail

No Effect on GPA: PKIN's do not affect your GPA.

Pass or Fail Options: Please inform your instructor within the first two weeks of classes if you want to use the Pass or Fail option. Once grades are submitted you cannot switch back to a letter grade. Pass or Fail requests take longer to process. Initially a letter grade will appear on your transcript until the change to the P or F is set.

For more information on the Pass or Fail Option:

See this page: <<https://myacademicrecord.students.yorku.ca/pass-fail-option>>

Attendance: The PKIN policy requires that a student attends 80% of the classes. In other words, no more than 4 classes can be missed in a 12-week session. Failure can result from missing too many classes.

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 Schedule:

Changes to this schedule may come about for example, due to weather conditions, campus restrictions due to health and/or safety concerns and the like. In such cases, your instructor will alert you.

Test Dates	Test Topic(s):	Test Type	Weight
R. February 1 st /24	Forward Bends	Written	10%
T. February 6 th /24	Forward Bends	Demo	10%
R. February/29 th /24	Back Bends	Written	10%
T. March/05 th /24	Back Bends	Demo	10%
T. March/12 th /24	Balance	Demo	20%
R. March/21 st /24	Counterpose	Written	10%
T. April/02/24	Sun Salutation	Demo	20%
R. April/04/24	Sun Salutation	Demo	
All Classes	Attendance & Participation	Demo	10%

Important Sessional Dates for Fall Term:

<https://registrar.yorku.ca/enrol/dates/2023-2024/fall-winter>

Dates of Note:

Last Day to Add Classes via REM: M. January/22/2024

Last Day to Add Classes with Instructors Permission: W. January/31/2024

Last Day to Drop – De-enroll from Course(s), with No Grade on Transcript: M. March/11/2024

Reading Week: February/17th/2024 – February/23rd/2024

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/>

Appendix A

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.

Appendix B
IMPORTANT COURSE INFORMATION FOR STUDENTS

York University seeks to provide for equal rights and opportunities without discrimination for all students. The overall aim is a climate of understanding and mutual respect for the dignity and worth of each community member so that each person feels a part of York University and is able to fully participate in university life.

The following information describes some of your important rights and responsibilities as

Academic Honesty and Integrity. York students are required to maintain the highest standards of academic honesty and they are subject to the Senate Policy on Academic Honesty (secretariat-policies.info.yorku.ca/policies/academic-honesty-senate-policy-on/). The Policy affirms the responsibility of faculty members to foster acceptable standards of academic conduct and of the student to abide by such standards. Comprehensive information about academic honesty, along with information about how to find resources at York to help improve your research and writing skills and cope with university life, can be found at: www.yorku.ca/academicintegrity/.

Conduct in Academic Situations. Students and instructors are expected to maintain a professional relationship characterized by courtesy and mutual respect. It is the responsibility of the instructor to maintain an appropriate academic atmosphere in the classroom and other academic settings, and the responsibility of the student to cooperate in that endeavour. Further, the instructor is the best person to decide, in the first instance, whether such an atmosphere is present in the class in keeping with the Senate Policy and Procedures on Disruptive and/or Harassing Behaviour in Academic Situations (secretariat-policies.info.yorku.ca/policies/disruptive-andor-harassing-behaviour-in-academic-situations-senate-policy/).

Ethics Review Process. York students are subject to the York University Policy for the Ethics Review Process for Research Involving Human Participants (secretariat-policies.info.yorku.ca/policies/ethics-review-process-for-research-involving-human-participants-policy/). Ethics approval must be obtained prior to the starting any research activities involving human participants, including research conducted by students in a graduate or undergraduate course, for an undergraduate thesis or project, or for a Major Research Paper, Thesis or Dissertation. If you are in doubt as to whether this requirement applies to you, contact your Course Director immediately. More information can be found at: www.yorku.ca/research/human-participants/

Religious Accommodation. York University is committed to respecting the religious beliefs and practices of all members of the community and making accommodations for observances of special significance to adherents. Should any of the dates specified in your course syllabus pose such a conflict for you, contact the Course Director within 14 days of the date for which accommodation is sought. Other procedures are outlined in the York University policy, guidelines and procedures on Academic Accommodation for Students' Religious Observances

(secretariat-policies.info.yorku.ca/policies/academic-accommodation-for-students-religious-observances-policy-guidelines-and-procedures/). Please note that to arrange an alternative date or time for an examination scheduled in the formal examination periods (December and April/May), students must complete an Religious Accommodation Agreement, which can be found at: registrar.yorku.ca/pdf/exam-accommodation.pdf

Accessibility Services. Student Accessibility Services (accessibility.students.yorku.ca/) provides academic accommodations and supports for students with temporary and permanent disability including physical, sensory, medial, learning, and mental health disabilities. Students who had an Individualized Education Plan (IEP) in high school are eligible for support. Please note that registering with disabilities services and discussing your needs with your professors is necessary to avoid any impediment to receiving the necessary academic accommodations to meet your needs.

Academic Skills Support. York University Libraries (www.library.yorku.ca) and the Learning Commons (learningcommons.yorku.ca/) provide students with academic support for their course assignments and research requirements. The Libraries offer an array of supports, services, workshops, resources and people available to help ensure continued success during a student's academic career.

Centre for Human Rights, Equity, and Inclusion. The Centre for Human Rights, Equity and Inclusion (rights.info.yorku.ca/) facilitates confidential processes to discuss allegations of discrimination and harassment by York Community members. There are also robust training opportunities and workshops available to the community year round.

Counselling, Health and Well Being. Student Counselling, Health & Well Being (counselling.students.yorku.ca) supports students in realizing and developing their personal potential in order to maximally benefit from their university experience and manage the challenges of university life. Services include: peer-led workshops, certificate training programs, support groups, same-day and appointment-based counselling, short-term therapy, and more. **Sexual Violence Response and Support.** The Centre for Sexual Violence Response, Support and Education (thecentre.yorku.ca) facilitates support, services and accommodations for those who have experienced sexual violence. The support offered is based on the needs and wishes of the person disclosing/reporting.

Student Community Relations. The Office of Student Community Relations (oscr.students.yorku.ca/) supports students impacted by critical incidents, facing personal crises or multiple complex issues, such as, but not limited to, critical illness or injury of a student, student death, attempted suicide and sexual assault. OSCR provides advice, referrals, alternate dispute resolution methods and judicial processes (local adjudication, tribunals).