

Course Outline: Yoga 15/25/35 2019-2020

Bert Church High School

Ms. Nguyen

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Course Description

The aim of the Yoga program is to enable individuals to experience the health benefits of yoga and develop their well-being and personal management skills – skills which will help them to balance school, work and other life priorities. Yoga is a holistic pursuit of wellness where students are encouraged to challenge their limits, both physically and psychologically. The goal is for students to gain a better sense of identity, both as individuals and as members of a broader world. Students will learn to identify the precursors of stress and release them more easily.

"Locally Developed Course Outline Yoga 15,25,35." Rockyview Schools. 24 Aug. 2015.

Learner Goals

The High School Yoga program offers students the opportunity to study yoga as a subject in its own right, allowing them to:

- Perform the postures (asanas), breathing techniques and relaxation techniques of a yoga practice, and experience the wellness benefits thereof.
- Develop an understanding of their unique needs, limitations and growth through yoga.
- Develop the personal management skills and the knowledge to benefit personally from a regular individualized yoga program.
- Acquire and apply a basic understanding of anatomy and physiology that is relevant to yoga.
- Understand the historical roots of yoga as an art, science and philosophy.

General Housekeeping

- You will be given 5 minutes at the beginning and 5 minutes at the end of every movement class to change into and out of appropriate clothing for class, ie. yoga pants, appropriate shorts, sweatpants, NO JEANS, etc. During this time please safely store all personal belongings (including your cell phone or other devices!)
- You must remove your shoes before you step onto your mat.
- 3 helpers for the week: roll the mats, bring duotangs, make sure room is tidy & journals on Thursdays. If you need a bolster, block, or strap, you can get them yourself as they assist us in yoga. Not everyone needs them.
- No gum or food inside of the theatre space (only bottled water).
- All dangly or loose jewellery must be removed.
- Please either bring your own mat, or pick up a school mat on your way into the theatre. Please also spray and wipe down your borrowed mat before returning it to storage. I strongly recommend that you bring your own yoga mat.
- Bring water!!!
- Once you step into our Yoga space, you are to treat all of your fellow practitioners with respect and curiosity, absolutely zero tolerance for any disrespectful behaviour.
- Duotangs: for poses and notes OR you can bring in your own notebook for notes.
- Notebook that I supplied: strictly for reflections, not for your notes.

Resources

Locally developed Yoga program, videos, articles and websites & specialists from our community share some of their knowledge with us.

Evaluation

Assessment will be ongoing with many formative tasks designed ensure the students have the opportunity to be successful in Yoga in several ways. Marks will be awarded based on a variety of summative and formative assessments.

Class Mark: based on the following:

1. Yoga Practice, Performance, Technical Development, and Demonstration (30%)

- Be able to perform the postures, breathing techniques, and relaxation techniques with ongoing growth and development.
 - I will print out the poses that you need to study for your oral exam (alignment, benefits, precautions, modifications/props)

2. Yoga Etiquette (25%)

- Arrive quietly, changed and on time. Respecting others and yourself.
- Ready to go within the first 5 minutes of class with water bottle and materials, cleaning mat and contributing to keeping a tidy space. Focus on yourself, not others. Show kindness & positivity with an open mind.
- Approach all classes with a positive attitude and willingness to try and be open.
- Student characteristics: Did you get to know your peers? Are you collaborating with your peers? Are you helping your peers? Are you cleaning up after yourself?

3. Theoretical Knowledge and Conceptual Understanding of Yoga (45%)

- Demonstrate understanding of basic human anatomy, historical roots of Yoga, the 8 Limbs of Yoga, different styles of yoga, and the yoga sutras.
 - Evident through assignments (20%)
- Keep a journal in the class and complete all journal reflections on time (10%)
- Show me what you know (Oral physical exam – 5%, written – 10%)

Mark & Mark Appeal Procedures

Students have access to their marks in the course via PowerSchool. Teacher will ensure marks are up to date, and if any concerns or clarification on Grades are required please contact Ms. Nguyen.

Students' Class Expectations

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Ms. Nguyen's Class Expectations:

- Arrive on time and attend ALL classes, including Guest Teachers. If you're going to miss a class, please talk to me in advanced. Yoga is a class that is easily interrupted.
- Arrive to class **changed** in suitable Yoga clothes. 5 minutes to change.
- Be prepared to help clean and sanitize the room after sweat-driven classes.
- Have clean feet!!! We are bare foot during class and we like feet that smell good. 😊
- No headphones, ear buds or electronic devices policy in the yoga class. We will have classes when you will need your phones (I will warn you in advanced), otherwise keep phones in your locker. If you choose to bring your phones to class, they will be stored to the side with the sound OFF. Having a phone ring during a quiet meditation class can be very interruptive.
- Submit all assignments, journal entries and complete modules within the deadline and in a professional manner.
- No food. If you're hungry, come talk to me. Anything with a closed lid is acceptable but water is the way to go!
- Stay updated with Grades on PowerSchool.
- Use personal and partner class time effectively!
- Review material when needed.
- It's important to know that no one is "good" or "bad" at yoga. It's how much effort you put in, and how positive your mind is about your yoga practice.
- Come prepared, ready to learn with others and contribute to a positive learning environment.
- **Lastly, and most importantly: Be kind, respectful, caring, inclusive, patient, curious, hard-working, and have a positive, open mind.**

To earn credits, students must successfully demonstrate the general and specific outcomes as illustrated in the Locally Developed Curriculum. This can be found online, however I have structured this class in that if you do all of the assignments, projects, group work, etc. You will reach all of the outcomes and be successful.

Any student who wishes to withdraw from the course or has special circumstances should contact Ms. Nguyen personally before going to guidance. Please feel free to come talk to Ms. Nguyen about any issues in person or via email.

I'm looking forward to a wonderful & fun semester! 😊