

University of Wisconsin-Whitewater
Curriculum Proposal Form #4
Change in or Deletion of an Existing Course

Type of Action (check all that apply)

- | | |
|--|---|
| <input type="checkbox"/> Course Deletion | <input type="checkbox"/> Requisite Change |
| <input type="checkbox"/> Course Revision | <input type="checkbox"/> Repeatability Change |
| <input type="checkbox"/> Description Change* | <input type="checkbox"/> Diversity Option |
| <input type="checkbox"/> Title Change | <input type="checkbox"/> General Education Option |
| <input type="checkbox"/> Number Change | area: Select one: |
| <input checked="" type="checkbox"/> Contact Hour Change and or Credit Change | <input type="checkbox"/> Computer Requirement |
| <input type="checkbox"/> Grade Basis | <input type="checkbox"/> Writing Requirement |
| <input type="checkbox"/> Add Cross-listing | <input type="checkbox"/> Other: |

* Use Form 5, if only a Description Change

Effective Term: 2077 (Fall 2007)

Current/Old Course Number: HEALTHED 341/541

Cross-listing:

New Course Number:

Cross-listing:

Current/Old Course Title: Yoga and Stress Reduction

New Course Title: **Yoga and Stress Reduction**

25-Character Abbreviation (if new title): Yoga & Stress Red

Sponsor(s): Ann Garvin

Department(s): HPRC

College(s): Education

List all programs that are affected by this change:

Health Education Certificate Program(Add-on Licensure Program)

Health Promotion Minor

Health Education Minor

If programs are listed above, will this change affect the Catalog and Advising Reports for those programs? If so, have Form 2's been submitted for each of those programs?

(Form 2 is necessary to provide updates to the Catalog and Advising Reports)

- NA Yes They will be submitted in the future

Proposal Information: (Procedures can be found at <http://acadaff.uww.edu/Handbook/Procedures-Form4.htm>)

I. **Detailed explanation of changes** (use FROM/TO format)

FROM:

3 u

TO:

2 u

II. **Justification for action**

This course was intended to provide students with additional content area of stress reduction combined with theory of Yoga. Stress Management (HEALTHED 362) is currently being taught in the department and has incorporated the additional information. It is redundant to cover this information in both courses. This proposal takes the stress **management** out of HEALTHED 341 Yoga and Stress Reduction but leaves the theory of Yoga and Stress Reduction (not management) in tact, thereby reducing it to a 2 u course.

Syllabus/outline (if course Revision)

(attached syllabi for current 3 u course and proposed 2 u course with changes highlighted)

Yoga & Stress Reduction Syllabus
HEALTHED 341/541
Fall 2007
2u

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Required Text:

- Khalsa, Shakta Kaur. (2001). *KISS Guide to Yoga*.
- Course Reader: Yoga and Stress Reduction Journal - \$15.00

Other Considerations/Requirements:

- » Wear comfortable, loose clothing that allows total freedom of movement. Remove hats (especially bill-caps) and restrictive jewelry. Ponytails can be restrictive as well.
- Please keep perfume/cologne to a minimum, as some students may smell sensitivity.
- It is helpful to refrain from eating two hours before practice. However, if you do need to eat, eat a light meal or snack.
- You are expected to practice barefooted. A yoga mat will be provided for you, but I STRONGLY ENCOURAGE YOU TO BUY YOUR OWN (for hygiene purposes). Yoga mats may be purchased from the University Bookstore. There are many on-line sites that offer yoga mats, props, and clothing [www.YogaSite.com; www.yogaprops.com; www.huggermugger.com; www.gaiam.com; and MANY OTHERS!] Some students have complained that the yoga mats they have purchased at discount stores for \$10 or so are slippery so take care to purchase a quality mat.
- If you don't consider yourself "flexible", all the better. Welcome to a new world!
- I sometimes send out class e-mails, so check your University address periodically.

Course Description:

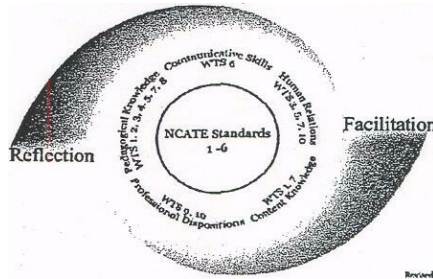
A course designed to help students and professionals learn to effectively handle stress through specific yoga training and mind/body connections.

PREREQ: Junior/Senior Standing.

Objectives: The student will:

1. Develop and demonstrate a personal practice from basic asanas (postures) learned in class;
2. Develop and demonstrate the ability to use two forms of pranyama (breathing techniques);
3. Demonstrate ability to perform basic asanas within adequate attention to his/her physical limitations.
4. Demonstrate an understanding of body/mind connection through meditation and yoga.
5. Demonstrate an understanding of different types of yoga.
6. Demonstrate an understanding of how yoga may be used to manage stress.
7. Develop body awareness.
8. Demonstrate ability to perform a basic vinyasa (flow) series.
9. Demonstrate an understanding of the basic principles, history, knowledge and concepts of yoga.

The Teacher is a **Reflective** Facilitator



Our conceptual framework. The Teacher is a Reflective Facilitator, is the underlying structure in our teacher preparation program at UW-Whitewater that gives conceptual meanings through an articulated rationale to our operation. It also provides direction for our licensure programs, courses, teaching, candidate performance, faculty scholarship and service, and unit accountability. In short, our teacher education program is committed to reflection upon practice; to facilitation of creative learning experiences for pupils; to constructivism in that all learners must take an active role in their own learning; to information and technology literacy; to diversity; and to inquiry (research/scholarship) and assessment. Therefore, all syllabi pertaining to courses required for licensure reflect commitment to these underlying principles

Course Outline:

A. Breathing techniques

1. Breath focus (conscious breathing)
2. 3-part breathing (the yogic complete breath)
3. Alternate breathing
4. Ujjayi breath
5. Kapalabhati

B. Listening to the body: Playing the Edge

1. Flexibility
2. Pain
3. Endurance
4. Strength

C. Beginning Asanas

1. Adapting postures
2. Principles of extension and grounding (duality/polarity)
3. Working the poses
4. Releasing into poses

D. Developing a personal "flow" series

1. Sun salutation
2. Vinyasas

E. Yoga philosophy and concepts

1. The Four Yogas
2. Hatha yoga
3. Types of yoga (Iyengar, Ashtanga, Anusara, Kadalini)
4. Meditation/chants
5. Mudras
6. Chakras as biospiritual energy system

F. Anatomy & Physiology of Yoga

1. The Ten Systems
2. Breath
3. Flexibility
4. Strength
5. Endurance

Attendance:

This is an experiential class and attendance is mandatory. I will allow two “freebee” absences, after that, the course percentage score is reduced 6% for each unexcused absence beyond the number allotted for each grade level. Refer to "Course Evaluation" for details on excused and unexcused absences. If you miss more than 5 classes for any reason, you should consider withdrawing from the course. **Obtain a written agreement from the instructor that will indicate the date of the excused absence that will be signed by both you and the instructor. Keep the "Absence Agreement" for your records. If there are special circumstances that contribute to missing a class, contact the instructor within two days of the absence. Otherwise, the absence will automatically be considered "as is" in your course evaluation. It is the student's responsibility to contact the instructor and to obtain a signed Absence Agreement form. You will be allowed to make up excused absences by attending another class or practicing with an approved yoga or meditation CD or video [see the instructor for recommendations].

Other:

The University of Wisconsin-Whitewater is dedicated to a safe, supportive and non-discriminatory learning environment. It is the responsibility of all undergraduate and graduate students to familiarize themselves with University policies regarding Special Accommodations, Misconduct, Religious Beliefs Accommodation, Discrimination and Absence for University Sponsored Events. (For details please refer to the Undergraduate and Graduate Timetables; the "Rights and Responsibilities" section of the Undergraduate Bulletin; the Academic Requirements and Policies and the Facilities and Services sections of the Graduate Bulletin; and the "Student Academic Disciplinary Procedures" [UWS Chapter 14]; and the "Student Nonacademic Disciplinary Procedures" [UWS Chapter 17]).

Examinations:

There is one written final exam and one practical for this course. Technically, the practical is not a test but is required. For the practical, students develop and demonstrate the sun salutation, a personal "flow" series and two different breathing techniques. The demonstration will occur during the last week of class and during final week.

Evaluation:

Grades are figured on the basis of the AVERAGE percentages as follows:

A=90-100%; B=80-89%; C=70-79%; D=60-69%; F=59% or below. '

See descriptions of each grade level on the following page.

Class participation: To receive full credit for each class, a student must be prompt, be dressed appropriately, stayed focused on his/her personal practice without inferring with other students' learning, and contribute to optimal practice of the class through showing respect for the instructor.

50 points	Vinyasa and breath technique demonstration (with written outline) Outline of postures and transitions included in the above demonstration
50 points	Final exam (written). Students must earn a B or better on the written exam to earn an A in the course.

100 points Completion of "My Yoga & Stress Reduction" journal. At least 10 weeks of entries (4 per *week*—2 representing in class practice, 2 representing outside class practice), the pre-assessment and post-assessment measures, and the self-evaluation. Practice can range from 10 minutes to 1 hour 30 minutes; it can be asana practice or pranayama practice or both. To earn an A in the course, you must earn a 90% or better on this journal. Note the evaluation page in this journal for grading criteria.

Course Accommodations for Students with Special Needs:

Please let the instructor know if you need any special accommodations made in the curriculum, instruction, or assessments of this course that will help you fully participate. It is important to let the instructor know if you are experiencing challenges presented by arthritis, pregnancy, disease or injury. The instructor strives to create an environment for safe yet challenging yoga practice. However, as with other physical activity, yoga entails some risk of injury and is not suitable for everyone. If you are uncertain if it is safe for you to practice yoga, please seek a physician's advice and approval. **THIS IS ESPECIALLY IMPOR TANTIF YOU ARE PREGNANT** since we do many inverted postures. If you are pregnant now, or should become pregnant, please bring in a signed release from your doctor stating it is o.k. for you to practice.

LATE JOURNALS/WRITTEN ASSIGNMENTS: Are reduced one letter grade for each day beyond the due date unless special arrangements are made between the professor and student at least three days before the assignment is due. If assignments more than three days late, they will not be read or evaluated.

NOTE: TO EARN THE GRADE DESCRIBED, A STUDENT MUST MEET ALL THE CRITERIA LIST UNDER THE LEVEL DESCRIBED:

To earn an A for the course, a student must earn 90% or above on the journal, 80% or above on the final exam and vinyasa series (with outline), complete the self-evaluation, pre- and post assessments, have no unexcused absences, make up excused absences, earn an average of 90% or greater of total class points possible, and actively participate in class activities in a way that clearly demonstrates personal responsibility, and respect and dignity for oneself, others, and University property/equipment.

To earn a B for the course, a student must earn 80% or above on the journal, 70% or above on the final exam and vinyasa series (with outline), complete the self-evaluation, pre- and post assessments, have no unexcused absences, make up excused absences, earn an average of 80-89% of total class points possible, and actively participate in class activities in a way that clearly demonstrates personal responsibility, and respect and dignity for oneself, others, and University property/equipment.

To earn a C for the course, a student must earn 70% or above on the journal, 60% or above on the final exam and vinyasa series (with outline), complete the self-evaluation, pre- and post assessments, have no more than one unexcused absences, make up excused absences, earn an average of 70-79% of total class points possible, and actively participate in class activities in a way that clearly demonstrates personal responsibility, and respect and dignity for oneself, others, and University property/equipment.

To earn a D for the course, a student must earn 60% or above on the journal, 60% or above on the final exam and vinyasa series (with outline), complete the self-evaluation, pre- and post assessments, have no more than two unexcused absences, earn an average of 60-69% of total class points possible, and actively participate in class activities in a way that clearly demonstrates personal responsibility, and respect and dignity for oneself, others, and University property/equipment.

**** I am also a fulltime staff interpreter here on campus which makes it hard to talk to me before or after class, as I am usually rushing in from some place on campus, or rushing out to get to my next class. If you need to talk to me about something that requires more than a quick minute, please, let me know and we'll set something up for outside class time. If you're popping by without a pre-scheduled appointment, please understand I sometimes get called away to interpret something for one of my students, so if I'm not there, leave me a message and I will get in touch with you. Thanks. I appreciate your understanding.**

Namaste,
jodi