



DeBakey High School for Health Professions

Yoga – Fall 2022 Syllabus

Instructor: Molly Maguire-Stefano

Email: P00050575@houstonisd.org

Conference: Period A4

COURSE DESCRIPTION:

Yoga is a Sanskrit word meaning “Yoke up” (Uniting). We use the body, which is called Hatha Yoga, and the mind, which is called Raja Yoga. You will learn breathing techniques and meditation for relaxation and stress management. Each class has three parts: Theory/Philosophy, Meditation, and Yoga Practice.

This course is designed to introduce students to the basic postures, breathing techniques, and relaxation methods of yoga. Students will experience the benefits of stretching, moving, and breathing freely as they relieve built up stress, learn to relax, and ultimately get more out of day-to-day life.

GOALS:

- Understand the basic practice and meaning of yoga
- Acquire the basic skills of a yoga practice
- Develop an understanding of yoga etiquette and terminology
- Achieve and maintain a health-enhancing level of physical fitness
- Develop skills, knowledge, and interest to independently maintain a regular yoga practice
- Develop an understanding of individual differences and acquire a non-competitive, positive self-image regarding their own body and yoga practice
- Experience immediate and long-term benefits of yoga practice
- Learn the etiquette of group yoga practice

COURSE SCHEDULE:

Week 1: Brief history and philosophy of yoga

Explanation of curriculum, expectations, and grading

Rules and procedures

Dress requirements, procedure

Week 2: Eight Limbs of Yoga with concentration on the Yamas

Week 3: Five Niyamas

Week 4: Asanas and Pranayama; breathing practices

Week 5: Pratyahara

Week 6: Dharana-Concentration and Dhyana-Meditation

Week 7: Samadhi-Contemplation

Week 8/9: Chakras and Mudras

Week 10: Anxiety

Notebooks: Keep record of all poses learned and instructions

Beginning Yoga Poses: Instruction and guided practice in 10-15 elementary yoga postures, including the following:

Independent Practice

Importance and benefits

Guidelines for individual practice

TEACHING METHODS: A variety of instructional strategies will be used to accommodate all learning styles.

Demonstrations by teacher, student(s), visual aids or experts on video

Lecture

Guided Practice and Group Discussion

Modeling

Handouts

Notes

Student centered learning to include:

Peer coaching

Reciprocal Teaching

Notebooks

Peer evaluation

Peer modeling

COURSE MATERIALS:

Mats

Blocks

Belts

Tennis Balls

GRADING: Participation (60%), Weekly Journals/Quizzes (20%), Tests,
Oral or Mastery Demonstrations (20%)

DRESS CODE:

Students can wear their school uniform/scrubs if they are able to perform their Asanas (poses) required in class. Students are allowed to change into sweatpants or yoga pants if the school uniform is too constricting to move into Asanas (poses). Points will be deducted if students are not able to perform Asanas due to constrictive clothing.

TARDY POLICY (Per Semester) (In-person settings)

Being tardy will not affect numerical grades, however it will affect your conduct grade. You must be in your assigned seat when the tardy bell rings. If you are not in the classroom when the tardy bell rings, you must obtain a permit from the office in order to enter the classroom. TARDY POLICIES WILL BE STRICTLY ENFORCED!!! The tardy policy as indicated on the DeBakey HSHP website.

ELECTRONIC DEVICE POLICY: See School Cell Phone/Smart Watch or Electronic Device Policy.