PHYS ED 1 LAB 091
Class Number 25702
Beginning Restorative Yoga
Thursdays 1-3 pm
Room 251 Hearst Gymnasium
(.5 units)

Instructor: Jason Emanuel Britton, MFA
http://pe.berkeley.edu/instructors_jason_britton.html

Contact: Email: brittonj@berkeley.edu

Office: Hearst Memorial Gymnasium
Office Hours: **By appointment on Fridays 12-1 pm**

I. Course Description: The purpose of this class is to introduce students to the concepts, techniques, and benefits of restorative yoga for stress reduction. Students will learn a full complement of yoga poses that can be done for targeted therapeutic purposes including poses that may soothe headaches, increase ease of breathing, and improve sleep. Developing a home and travel practice will be discussed.

II. Statement of Course Goal and Learning Objectives:

Learn and practice Restorative Yoga for stress reduction.

Students will:

1) Develop skeletal and muscular awareness through mind-body practices
2) Learn Restorative Yoga strategies for responding to stressful situations
3) Increase awareness of how the body holds onto tension and stress
4) Learn terminology and basic principles used Restorative Yoga
5) Become skilled at modifying yoga poses to fit individual needs

III. Method of Assessment and Evaluation: The achievement of course objectives shall be assessed by the following:

Evaluation Breakdown:

Activity Participation: 50%

Close observation of student by instructor with regard to quality of participation – Including but not limited to the following aspects of student's classroom performance: readiness for learning, engagement with activity subject matter, curiosity, effort, skill improvement, collaborative spirit, initiative, and synthesis of material.

Required Class Attendance: 50%

Students shall not have more than three unexcused absences to receive a passing grade of "C." Four or more unexcused absences shall result in a "no pass." Maximum two "make-ups" allowed by going to another similar class and reporting to instructor by the last class meeting.

An "A" grade would demonstrate excellent participation and zero absences.

GRADE (FOR ROSTER)	GRADE POINTS PER UNIT	RECOMMENDED PERCENTAGE BREAKDOWN	DESCRIPTION
A+ A A-	4.0 4.0 3.7	94–100% 94–100% 90–93%	Excellent: The grade of "A+", when awarded at the instructor's discretion, represents extraordinary achievement, but does not receive grade point credit beyond that received for the grade of A.
B+ B B-	3.3 3.0 2.7	86–89% 83–85% 80–82%	Good
C+ C C-	2.3 2.0 1.7	76–79% 73–75% 70–72%	Fair: Each course in a certificate program must be completed with a grade of C or better, although some programs have higher requirements.
D+ D D-	1.3 1.0 0.7	66–69% 63–65% 60–62%	Barely passed
F	0.0	< 60%	Failed

IV. Course Requirements

Readiness for Activity:
Come to class on time and prepared to fully participate in the activity
Silence all devices and remove sound/vibrate alerts from all apps
The usage of devices in class is strictly prohibited (use outside the room if necessary)
Do not come to class if you are feeling ill (see below for "excused" absence policy)

Class Etiquette:
Practice proper hygiene and wear clean clothes and socks
Dress appropriately for the activity (shorts, t-shirts, leotards, leggings, sweatpants, exercise gear)
Do not wear street shoes on studio floors and do not wear "street clothes" such as jeans, skirts, hats
Lockers available upon request (instructor issues a locker slip then you take to Hearst Service Center)

Health and Safety:
Make sure to have eaten something before class (small is fine, please do not fast before class)
Bring extra layers of clothing as your body temperature may fluctuate during class
No food or drink in class (water is fine; if you need to eat for medical reasons alert instructor)
Bring a towel for personal use (recommended for hygiene/head support on floor)
Alert Instructor if you have an injury or physical challenge that impacts your class participation
Alert Instructor if you or someone in class gets injured or ill while participating in activity

Excused Absences and Make-Ups:
If your absence is for medical reasons it may be considered excused if you provide necessary documentation to the instructor upon returning to class participation. Absences due to a family emergency, religious observance, and University sanctioned event (with documentation) are also considered excused but you must alert instructor. Students may attend another activity section with Instructor to get additional practice in the activity if they missed class. If your absence is excused by Instructor you are not required to do a make-up class. Remember that students are only allowed two make ups for unexcused absences over the course of the semester.

Each student must abide by the university's honor code (see https://teaching.berkeley.edu/berkeley-honor-code):

"As a member of the UC Berkeley community, I act with honesty, integrity, and respect for others."

Violation of the Honor Code shall result in a grade of an "F" for the course.

V. Official Policies of the University of California at Berkeley

All students must abide by the *Berkeley Campus Code of Student Conduct* *https://sa.berkeley.edu/code-of-conduct*.

Statement of Accommodation. The University of California at Berkeley provides reasonable accommodations to students with disabilities through the Disabled Students' Program (https://dsp.berkeley.edu). For more information regarding these services, please contact the staff in the Disabled Students' Program via telephone at 510.642.0518, visit in person at 260 Cesar Chavez Student Center, or email at dsp@berkeley.edu.

Accommodation of Religious Creed. The University of California at Berkeley is compliant with Education code, Section 92640(a) and permits any student to undergo a test or examination, without penalty, at a time when that activity would not violate the student's religious creed, unless administering the examination at an alternative time would impose an undue hardship which could not reasonably have been avoided (see https://sa.berkeley.edu/uga/religion for detailed information).

Academic Integrity. "You are a member of an academic community at one of the world's leading research universities. Universities like Berkeley create knowledge that has a lasting impact in the world of ideas and on the lives of others; such knowledge can come from an undergraduate paper as well as the lab of an internationally known professor. One of the most important values of an academic community is the balance between the free flow of ideas and the respect for the intellectual property of others. Researchers don't use one another's research without permission; scholars and students always use proper citations in papers; professors may not circulate or publish student papers without the writer's permission; and students may not circulate or post materials (handouts, exams, syllabi--any class materials) from their classes without the written permission of the instructor.

Scheduling Conflicts. Please notify the instructor in writing by the second week of the term about any known or potential extracurricular conflicts (such as religious observances, graduate or medical school interviews, or team activities). The instructor shall try his or her best to help you with making accommodations, but cannot promise them in all cases. In the event there is no mutually workable solution, you may be dropped from the course. (For more information, see the *Guidelines Concerning Scheduling Conflicts with Academic Requirements* https://academic-senate.berkeley.edu/sites/default/files/guide-acad-sched-conflicts-final-2014.pdf).

VI. Safety and Emergency Preparedness. The University of California at Berkeley has numerous contacts for emergency situations. In the event of an emergency, the following information may be helpful (See http://emergency.berkeley.edu/contacts.shtml).

- Emergency Contacts http://emergency.berkeley.edu/contacts.shtml
- WarnMe/Nixie emergency alerts https://warnme.berkeley.edu
- Campus Emergency Management Areas http://emergency.berkeley.edu/emerg-mgmnt-areas.shtml
- Campus Map http://emergency.berkeley.edu/lib/img/campusmap.pdf
- Safe and Well by the American Red Cross https://safeandwell.communityos.org/cms/

Tentative Course Schedule

August
- 25 Course introduction, syllabus, equipment, Q & A

September
- 01 Intro to Mountain Brook pose, Breath Awareness, Basic Relaxation pose
- 08 Practice current poses
- 15 Intro to Supported Forward Bend and Supported Bridge pose
- 22 Practice current poses
- 29 Intro to Reclining pose and head bandage usage

October
- 06 Practice current poses
- 13 Intro to Supported Child's pose and Side-Lying pose
- 20 Practice current poses
- 27 Intro to Legs Up the Wall pose and Instant Maui pose

November
- 03 Practice current poses
- 10 Additional practice
- 17 Intro to Supported Twist pose
- 24 No class - thanksgiving holiday

December
- 01 Last class meeting
- 08 RRR Week - No class