

Oakwood Collegiate Institute

Course Code: IDC30/IDC4U

Course Name: Yoga for Teens: Exploring Paths to Wellness

Level: 11, Open/12, University Preparation

Instructor: Michael Alex

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Room Number: Studio (230)

Course Overview:

This Interdisciplinary Studies course explores wellness with a specific focus on the eight limbs of yoga practice. Students will regularly participate in led yoga classes and work independently and collaboratively to develop a personal yoga practice. This will include *asana* (physical postures) and mindfulness training including meditation, breathing techniques and a variety of topics related to personal health. To facilitate this, students will learn about and apply knowledge of human anatomy and physiology, as well as more holistic approaches to health and wellness (e.g. diet, positive self-image, components of productive membership in a community, etc.). Utilizing a variety of research and reporting methods, students will examine selected philosophical precepts (i.e. inter- and intra-personal ethics) associated with yogic tradition(s). They will also assess the historical development of yoga in the context of spirituality and belief systems, and its many variations in the contemporary world.

Prerequisite: None.

Course Breakdown

Unit 1: *Asana* Practice: Exploring Wellness Through Physical Practice of Yoga

Unit 2: Human Anatomy, Biomechanics and Human Performance

Unit 3: Exploring Wellness: Personal Approaches (Meditation and Concentration/*Dhyana*)

Unit 4: Breathing/*Pranayama* and Internal Mindfulness/*Pratyahara*)

Unit 5: Exploring Wellness in the Social Context: Yoga Philosophy and Ethics: The *Yamas* and *Niyamas*

Unit 6: Yoga History and Contemporary Understandings and Applications of Yoga

* Note: these units are not discrete. That is, they will be taught and learned concurrently rather than as stand alone units.

Evaluation Structure:

Knowledge/Understanding 25%

Thinking/Inquiry 25%

Communication 25%

Application 25%

The above is reflected both in the Term work (worth 70% of the final mark) and the Final Course Evaluation (worth 30% of the final mark). Term work will be evaluated based on: physical practice and participation (application of

concepts), a personal yoga reflection journal, online exams, small projects (a book talk, presentation on a researched topic, etc.).
The final evaluation will consist of a larger project to be shared with the group and a summation of the reflection journal.

Evaluations:

Term Work (70%):

- 1. Fall Assignment (15%) (Due: October 29, 2018)** [Book/Research Project: “How to Be Miserable” (11O & 12U)/Buddha’s Brain (11O)/Why Buddhism is True (12U)]
- 2. Term I Practice Log & Written Review (15%) (Due: December 17, 2018)** [In-Class Evaluation: Yoga History, Bodies 101/Mindful Brains 101/Breathing 101]
- 3. Winter Assignment (15%) (Due: January 15, 2018)**
- 4. Term II Practice Log and Written Review (15%) (Due: May 28, 2019)** [In-Class Evaluation: Meditation 101, Yamas/Wellness, Niyamas/Karma Connection, Yoga Life Hacks for Wellness]
- 5. Personal Practice (20%)** [Conference: Teacher Observation + Self-Assessment + Practice Log & “3 Special Things” Check - Ongoing/Cumulative: Check-Ins - October 29, 2018, January 15, 2019, March 25, 2019, May 28, 2019)].

Final Evaluation Project (30%):

Two Components:

- 1. Yoga Learning Log/“3 Special Things” Journal Reflection (15%) Due: MAY 28, 2019**
- 2. Personal Wellness Project (15%) Due: JUNE 3, 2019**

Evaluation Policies:

Assignments which have been contracted for extension will not be penalized. All requests for extension must be submitted, in writing (email), to the course instructor with reasonable notice. Students under the age of majority are obligated to cc a parent/guardian to all extension requests. **Please indicate the course & assignment/evaluation in the email subject line!**

Assignments which are submitted late will receive a maximum of 75% of the grade that would have otherwise been earned (Example: 75% of 80/100 = 60%). This applied to major assignments and evaluations only. However, class/online work which is consistently late (i.e. the student is unprepared for class learning and activities) will result in a grade < Level 3 in this category. Work which is significantly late may, at the discretion of the course instructor, be submitted for 50% credit, maximum.

All term one work must be submitted prior to March Break. Except for in extreme and limited circumstances, work will not be accepted after this deadline, irrespective of

extensions. All term two work must be submitted by the May long weekend. Final Evaluation Projects cannot be extended beyond the final day of class in June.

Students who wish to receive feedback on major assignments prior to due dates can request this, provided drafts are provided with sufficient time for the course instructor to give feedback. All work (submitted by deadline or contracted deadline) may be revised and resubmitted for additional (but not full) credit.

All major assignments MUST have in-text citations and a works cited list to be graded. No exceptions. Failure to provide these with the assignment will result in a grade of zero.

Day-to-day/online assignments do not require citations, strictly speaking. Students are encouraged, however, to provide evidence of source material for all work (even if informally).

Students are strongly encouraged to complete all assignments on the GAFE (Google Apps For Education Platform). This ensures that work will be saved and cannot be lost. Work submitted in other formats will not be graded.

Academic Dishonesty will be treated seriously. Inadvertent plagiarism (i.e. due to student misunderstanding rather than intentional cheating) will be treated as a learning opportunity, with the student responsible for addressing the problem(s) promptly, and resubmitting work for grading. Intentional cases of academic dishonesty will result in a grade of zero for the assignment/evaluation in question, for ALL student(s) involved.

Students are expected to demonstrate their learning of course content (themes, concepts, theories, etc.) and learning skills in a variety of formats (e.g. research, ability to frame effective questions, research and argumentative essays, presentations, debates, etc.). However, wherever/whenever possible, students are encouraged to negotiate/communicate a learning plan for major assignments which reflects their own interests as they relate to course curriculum, and to complete their academic work in formats which meet their own learning strengths, while developing other areas as well.

NOTE: Yoga4Teens is a participatory course. If you are not present and/or completing alternative practice assignments for extended absences, it will be difficult to complete this course. You are strongly encouraged to keep your Yoga Journal/ “3 Special Things” Learning Log up to date on a weekly basis.

Student work regarding practice will be evaluated using the Yoga Practice Rubric. Students are expected to prepare a self-assessment according to the dates above (see #5 under term work), and to conference with the course instructor about this assessment and their yoga journal.

