Syllabus MIND BODY MOVEMENT: Yoga and Pilates U31 221
Monday/Wednesday 8:15 pm – 9:30 pm MUDD Multipurpose Room
Instructor: Susan Volkan
Instructor contact: svolkan@wustl.edu

DESCRIPTION
This course combines Hatha Yoga and Pilates Method mat exercises with the goal of improving postural alignment, balance, strength and range of motion as well as motor respiratory coordination and psychological well being.

Students will be guided through beginning level yoga breathing practices (Pranayama), yoga postures (Asanas) and Pilates Method mat exercises. Intermediate level postures and exercises will be added as the class progresses.

An emphasis will be placed on practicing safely with optimal postural alignment, joint stabilization and breathing technique. The instructor will offer modifications that address specific issues relating to posture, range of motion, weakness and injury.

Reading material will address topics in yoga and Pilates, as well as related topics in exercise science and functional anatomy. Coursework will include a short written assignment on a yoga or Pilates related research topic.

MATERIALS
Required Props: Yoga Mat
A thicker yoga mat will offer more comfort during Pilates exercises, some people might even prefer to layer two mats. A spongy Pilates mat is not appropriate for this class, as it will not provide support and traction during standing yoga postures.

Optional Props – yoga block, yoga strap, Pilates inner thigh prop, blanket
Attire: Footless dancewear or fitted athletic-wear is preferred; please avoid overly baggy styles that obscure body alignment. Our exercises will be performed in bare feet.

RESEARCH PAPER
Write a short research paper (2 – 3 pages) and prepare a 5-minute oral presentation on a Pilates or yoga related topic of your choice. Pick a topic that you find interesting and make it specific; this is too short a paper for broad topics like “Pilates and Postural Imbalances”, “The Health Effects of Yoga”, or “The Ancient Roots of Modern Yoga” however, more focused topics such as “Pilates for Scoliosis” or “The Effect of Yoga Inversions on Blood Pressure”, or “The Yoga Principle of Ahimsa” would be fine. If you pick a topic that addresses a topic in medicine or exercise science, please be aware that there is an abundance of both junk science and quality, peer reviewed studies related to mind-body exercise, please pick your sources carefully. The instructor can assist you in finding a topic.

GRADING:
This class is offered as “Pass/Fail” or “Credit Only”. You must receive a grade of “C” or above to receive “PASS” or “CREDIT.”

Students admitted to the Certificate in Somatics Certificate students must take this class for a letter grade.

If you must take this class for a letter grade because of a university requirement, please inform the instructor of your circumstance; grade option changes must be made through WEBSTAC.

Research Paper 25 points
Throughout the semester, your practice will be evaluated with an eye toward individual progress, attention to alignment, breath coordination and demonstration of body awareness (most importantly, this includes an awareness of your own abilities and limitations, when to modify and when to increase the challenge).

**ATTENDANCE POLICY AND CLASSROOM PROTOCOL:**
You are allowed 2 free absences throughout the semester; I suggest you reserve them for real illness or emergency. Each absence beyond the initial two will reduce your grade by 5 points. A total of 6 absences (4 beyond your 2 free absences) will result in failure of the course. You may make up for a maximum of 3 absences by attending my Introduction to Pilates class (MW 7 pm – 8:15 in MUDD MP) or, if necessary, one of my off campus classes. Keep track of your absences; valuable class time is lost when the instructor has to tally them for you. If you have a serious illness or injury or an unexpected major life event I will work with you to make up for absences. Please be on your mat and ready to practice at the appointed start time. University College classes begin promptly at the scheduled time; there is no 10-minute passing period as there is for day classes. Late entrances and disruptive behaviors will negatively affect the classroom participation portion of your grade. Eating is not allowed in class, water is fine. **Deactivate cell phones and other devices before class.**

**INSTRUCTOR’S NOTE**
Certain postures and exercises may not be appropriate for individuals with chronic physical conditions or injuries – please alert the instructor if you have such a condition or if you become injured.

**INSTRUCTOR OFFICE HOURS**
The instructor is available by appointment from 9:30 – 9:45 pm on class days.

**Accommodations based upon sexual assault:**
The University is committed to offering reasonable academic accommodations to students who are victims of sexual assault. Students are eligible for accommodation regardless of whether they seek criminal or disciplinary action. Depending on the specific nature of the allegation, such measures may include but are not limited to: implementation of a no-contact order, course/classroom assignment changes, and other academic support services and accommodations. If you need to request such accommodations, please direct your request to Kim Webb (kim_webb@wustl.edu), Director of the Relationship and Sexual Violence Prevention Center. Ms. Webb is a confidential resource; however, requests for accommodations will be shared with the appropriate University administration and faculty. The University will maintain as confidential any accommodations or protective measures provided to an individual student so long as it does not impair the ability to provide such measures.

If a student comes to me to discuss or disclose an instance of sexual assault, sex discrimination, sexual harassment, dating violence, domestic violence or stalking, or if I otherwise observe or become aware of such an allegation, I will keep the information as private as I can, but as a faculty member of Washington University, I am required to immediately report it to my Department Chair or Dean or directly to Ms. Jessica Kennedy, the University’s Title IX Coordinator. If you would like to speak with the Title IX Coordinator directly, Ms. Kennedy can be reached at (314) 935-3118, jwkennedy@wustl.edu, or by visiting her office in the Women’s Building. Additionally, you can report incidents or complaints to Tamara King, Associate Dean for Students and Director of Student Conduct, or by contacting WUPD at (314) 935-5555 or your local law enforcement agency.

You can also speak confidentially and learn more about available resources at the Relationship
and Sexual Violence Prevention Center by calling (314) 935-8761 or visiting the 4th floor of Seigle Hall.

Bias Reporting:
The University has a process through which students, faculty, staff and community members who have experienced or witnessed incidents of bias, prejudice or discrimination against a student can report their experiences to the University’s Bias Report and Support System (BRSS) team. See: brss.wustl.edu

Mental Health:
Mental Health Services’ professional staff members work with students to resolve personal and interpersonal difficulties, many of which can affect the academic experience. These include conflicts with or worry about friends or family, concerns about eating or drinking patterns, and feelings of anxiety and depression. See: shs.wustl.edu/MentalHealth