

Experimental Course: PE197Q

Catalog Description:

A physical movement class designed to educate the non-yogi to athlete to understand how to condition for yoga based movement; learn how to work with Clubbells® in Yoga asana; learn the signature Clubbell Yoga® class format of Awaken, Condition, Practice and Flow; learn how to integrate High Intensity Interval Training timing protocols into a yoga based conditioning class; learn how to differentiate breathing techniques for yoga based movement training. Strong emphasis on preparing students understand movement patterns, categories of poses and yoga sport specific exercises for eventual Clubbell Yoga® intensive course.

Rationale for Course:

Clubbell Yoga® is a scalable way to train the body synergistically (body, fascia, mind, breath), and practitioners report gains in flexibility, a better understanding of yoga poses, and heightened proprioception. Learning Clubbell Yoga is an excellent way to create a meaningful home practice that builds both strength and flexibility. This course is also designed to prepare students to potentially become certified in this modality and offer it in a group class format.

A Clubbell Yoga® course is an opportunity for positive growth and adds diversity to the Activity Course Program.

Course Outcomes:

1. Ability to perform/demonstrate awakening drills for joint mobility.
2. Ability to demonstrate proper breathing techniques in all elements of a Clubbell Yoga® class.
3. Ability to perform all Clubbell Yoga® exercises safely at modified, intermediate and most challenging variations (levels 1, 2, 3 respectively).
4. Improvement in aerobic capacity, muscular strength, balance, endurance in yoga poses, flexibility and body composition as measured by active participation (daily grade) and Clubbell Yoga® skills evaluation.
5. Ability to work in groups with increased awareness and appreciation of the others' skills and aptitude.
6. Demonstrate understanding of how to use Clubbells safely in a Clubbell Yoga® practice, i.e. the 7 mechanics of training with Clubbells®.

Outcome Assessment:

Skill introduction and evaluation are sequenced to be progressive during the course. By the end of the quarter, students' individual skills will be assessed by their ability to identify and demonstrate proper technique and form with an improvement in yoga poses, vinyasa practice and yoga sport specific skills (balance, arm endurance, open hip leg endurance, closed hip leg endurance, core strength & hamstring flexibility).

Equipment The student is expected to dress appropriately for a yoga based workout and bring a water bottle. Yoga mats and Clubbells® provided.

Impact on Resources: N/A

Personnel: Participant course fees cover instructor costs

Space: TBA

Repeatable for credit: No

Grading: S/U

Contact Type: Lecture/Lab and Field Experience

Prerequisite: No

Course Syllabus
Beginning Clubbell Yoga®
PE197Q

Course Title: Clubbell Yoga®

Course Description:

Clubbell Yoga skills and techniques for the beginning yogi to the intermediate athlete. Clubbell Yoga® is a system developed in 2011 by WWU Kinesiology Alumni Summer Huntington, and is taught globally by certified instructors and through her online coaching programs. This course is an overview in the highly effective method that combines ancient Club techniques with classical asana, and a modern biomechanics approach to training movement patterns. Clubbell Yoga® has also been accredited as continuing education for National Sports and Conditioning Association (NSCA) and is an invaluable tool for strengthening a yoga practice regardless of experience, limitations or existing flexibility.

Instructor: Megan Percy

Email:

Office Hours:

Schedule: Winter 2016

Location: Wade King

Learning Objectives

1. Demonstrate an understanding of the three main elements of a Clubbell Yoga® class: Awaken, Condition, Practice.
2. Identify Clubbell Yoga® exercises and the related performance skill that it improves.
3. Execute form progressions in Clubbell Yoga® exercises.
4. Demonstrate proper breathing techniques for each element of a Clubbell Yoga® class.
5. Identify modified positions for holding Clubbell® in yoga asana.
6. Demonstrate an understanding of Clubbell® mechanics (shoulder pack, grip confirmation, elbow lock, crown to coccyx alignment, mid-foot balance, hip drive)
7. Demonstrate weighted and unweighted yoga asana sequences.
8. Execute an understanding of Clubbell Yoga® as a modality for lifelong strength and mobility practice.

Overall Strategies:

Prompt attendance, participation, in-class activities and discussions, the ability to demonstrate learned knowledge, skill assessment and final written exam.

Class Policies:

Class meets from five (5) minutes after the hour until fifteen (15) minutes before the hour. If a student is late 3 times (late means no more than 5 minutes past the hour), he/she will be assessed one absence. Be on time, wear proper swim attire and goggles.

Grading: Satisfactory/Unsatisfactory based on attendance and class participation (50%), skill assessment (25%) and a written test (25%).

To receive an “S” (Satisfactory) grade you must obtain an overall score of 12 points (75%) or above in the course. Students with scores below 12 (75%) points will receive a “U” (Unsatisfactory) grade for the course.

Each area is evaluated using the following scoring rubric which summarizes the assessment criteria:

Score	Attendance and Participation	Score	Written Examination	Score	Skill/Fitness Assessment
8	2 or fewer absences/non-participation	4	90% or above on written examination	4	80% or above on skill/fitness assessment
6	3 absences/non-participation	3	80% or above on written examination	3	70% or above on skill/fitness assessment
4	4 absences/non-participation	2	70% or above on written examination	2	60% or above on skill/fitness assessment
2	> 4 absences/non-participation	1	<70% on written examination	1	<60% on the skill/fitness assessment

Course evaluation

Students’ achievement as indicated above.

Students’ satisfaction toward teaching and learning of the course using questionnaires.

Tentative Course Schedule

The Instructor reserves the right to change the daily teaching schedule to facilitate learning, understanding, and critical thinking.

Class format:

Discussion (3 min)

Preliminary warm-up (7 min)

Introduce new Drill & Technique (10 min)

Practice & Drill (20 min)

Critique (5 min)

Cool Down (5 min)

Reference (s)

Notes provided by the instructor

Week 1: Class orientation, requirements, and introduction to Swimming.

- History of Clubbell Yoga®
- Safety Considerations (proper breathing, working with injuries, choosing the proper weight of Clubbell®)
- Comfortable attire and equipment for Clubbell Yoga®
- Introduction to Principles of Clubbell Yoga® practice

- Demonstrate 2 examples of each: Awaken (mobility drills), Condition (Clubbell Yoga® exercises) , Practice (weighted Asana)
- Outline the progression of the next ten weeks and the reasoning behind learning progressively from a motor control standpoint.

Week 2: Students will be able to demonstrate awakening drills and sync movement with breath.

Students will be able to demonstrate proper swimming fundamentals, as well as basic arm and leg movements.

- Demonstrate Victorious breath (Ujjayi)
- Demonstrate Awakening drills from mountain pose
- Demonstrate Awakening drills from quadruped
- Demonstrate Awakening drills from kneeling lunge
- Demonstrate Awakening drills from downward dog

Week 3: Students will learn a modified, intermediate and advanced Sun Salutation.

- Awakening sequence (4 Awakening drills, one from each parent pose)
- Introduce Sun Salutations modified and full variations
- Introduce closed hip sequence
- Introduce open hip yoga sequence

Week 4: Students will be able to understand the mechanics of Clubbells® for Conditioning

- Demonstrate Clubbell Yoga® anatomy and co-contraction of lats and pecs in shoulder pack
- Demonstrate progressions for Clubbell® switches (prayer to external rotation, modified side flag, full side flag)
- Introduce Yogi Squat
- Introduce Yogi Lunge
- Introduce Quad Press
- Introduce Tripod Vertical

Week 5: Students will be able to perform a 90/30X2 Clubbell Yoga® conditioning circuit

- Warm up with 4 Awakening Drills (closed hip day 1/ open hip day two)
- Perform a Conditioning circuit with the 90 seconds of work 30 seconds of rest X 2 HIIT protocol (closed hip day 1 + arm endurance day 1 / open hip + core endurance day 2)
- Decomensation Poses to follow

Week 6: Students will be able to perform a 90/30X2 Clubbell Yoga® conditioning circuit

- Warm up with 4 Awakening Drills (single leg balance day 1/ open hip day two)
- Perform a Conditioning circuit with the 90 seconds of work 30 seconds of rest X 2 HIIT protocol (single leg balance + arm endurance day 1 / open hip + core endurance day 2)
- Decomensation Poses to follow

Week 7: Students will learn to move through vinyasa with a Clubbell®

- Warm up with Awakening Drills
- Self Led Sun Salutations x2
- Teacher led unweighted sequence (*closed hip/ open hip)
- Teacher led weighted sequence*
- Teacher lead unweighted sequence*
- Decomensation poses to follow

Week 8: Students will learn to move through vinyasa with a Clubbell®

- Warm up with Awakening Drills
- Self Led Sun Salutations x2
- Teacher led unweighted sequence (*closed hip balance/ open hip balance)
- Teacher led weighted sequence *
- Teacher lead unweighted sequence*
- Decomensation poses to follow

Week 9: Students will present 2 Clubbell Yoga® Conditioning exercises and 2 Clubbell Yoga Poses that correlate.

- Self warm up and 2 Sun Salutations
- Students will be in groups of 2 and demonstrate 5 repetitions of each of their Clubbell Yoga exercises, and then their two Clubbell Yoga poses with Clubbell in modified and full hand position.
- Describe the alignment points in the yoga poses, from the ground up.
- Demonstrate a knowledge of form progressions in relation to assigned skill

Week 10: Skills assessment and written final exam

- Demonstrate knowledge of Awaken, Condition and Practice components of Class
- Demonstrate Clubbell switches, ability to modify Clubbell arm positions in conditioning and practice.
- Demonstrate proper form in Clubbell Yoga open and closed hip poses
- Written Final Exam