# http://www.ric.edu/webcommunications/images/SealWithText_Small_Black.pngUNDERGRADUATE CURRICULUM COMMITTEE (UCC)PROPOSAL FORM

## Cover page scroll over blue text to see further important [instructions](#instructions): please read.

**N.B. DO NOT USE HIGHLIGHT, please DELETE THE WORDS THAT DO NOT APPLY TO YOUR PROPOSAL**

**ALL numbers in section (A) need to be completed, including the impact ones.**

|  |  |  |
| --- | --- | --- |
| A.1. [Course or program](#Proposal) | **HPE 121 - Restorative Yoga** |  |
| [Replacing](#Ifapplicable)  | **HPE 180 – Workshop: Restorative Yoga** |
| A.2. [Proposal type](#type) | **Course: creation**  |
| A.3. [Originator](#Originator) | **Karen Castagno** | [Home department](#home_dept) | **Health & Physical Education** |
| A.4. [Context and Rationale](#Rationale)  | **This course has been offered five times since Spring 2017 as a 180: Workshop. Enrollment has met the course limit each time it has been offered. Course evaluations have been extremely positive (averages range from 4.8-5 out of 5) each semester it has been offered.****This course will provide the general student body with another yoga based one-credit course; in addition to HPE 110 Mind Body Stress Reduction and HPE 120 Beginning Yoga.** |
| A.5. [Student impact](#student_impact) | **Positively impacts students with an additional for-credit physical activity course option.** |
| A.6. [Impact on other programs](#impact)  | **None** |
| A.7. [Resource impact](#Resource) | [*Faculty PT & FT*](#faculty):  | **Adjunct faculty have consistently taught the course as a workshop.** |
| [*Library*:](#library) | **None.** |
| [*Technology*](#technology) | **None.** |
| [*Facilities*](#facilities): | **This course has been offered five times since Spring 2017 as a 180: Workshop. The course is offered at the Recreation Center.** |
| A.8. [Semester effective](#Semester_effective) | **Fall 2019** | A.9. [Rationale if sooner than next Fall](#Semester_effective) |  |
| A.10. INSTRUCTIONS FOR CATALOG COPY: This single file copy must include ALL relevant pages from the college catalog, and show how the catalog will be revised. (1) Go to the “Forms and Information” page on the UCC website. Scroll down until you see the Word files for the current catalog. (2) Download ALL catalog sections relevant for this proposal, including course descriptions and/or other affected programs. (3) Place ALL relevant catalog copy into a single file. Put page breaks between sections and delete any catalog pages not relevant for this proposal. (4) Using the track changes function, revise the catalog pages to demonstrate what the information should look like in next year’s catalog. (5) Check the revised catalog pages against the proposal form, especially making sure that program totals are correct if adding/deleting course credits. If new copy, indicate where it should go in the catalog. If making related proposals a single catalog copy that includes all is acceptable. Send as a separate file along with this form. |

B. [NEW OR REVISED COURSES](#delete_if)  **DO NOT use highlight. Delete this whole page if the proposal does not include a new or revised course.**

|  | Old ([for revisions only](#Revisions))Only include information that is being revised, otherwise leave blank (delete provided examples that do not apply) | NewExamples are provided for guidance, delete the ones that do not apply |
| --- | --- | --- |
| B.1. [Course prefix and number](#cours_title)  | **HPE 180 Workshop: Restorative Yoga** | **HPE 121 Restorative Yoga** |
| B.2. Cross listing number if any |  |  |
| B.3. [Course title](#title)  |  | **Restorative Yoga** |
| B.4. [Course description](#description)  |  | Students are brought into a state of deep relaxation with the intention of healing and restoring the physical body. |
| B.5. [Prerequisite(s)](#prereqs) |  | **None** |
| B.6. [Offered](#Offered) |  | **Fall | Spring |**  |
| B.7. [Contact hours](#contacthours)  |  | **This is an 8-week course, 4 contact hours** |
| B.8. [Credit hours](#credits) |  | **1** |
| B.9. [Justify differences if any](#differences) | **This course includes work in the gymnasium along with lecture in the classroom.** |
| B.10. [Grading system](#grading)  |  | **Letter grade**  |
| B.11. [Instructional methods](#instr_methods) |  | **Activity and Lecture** |
| B.12.[Categories](#required) |  | **Free elective**  |
| B.13. Is this an Honors course? |  | **NO** |
| B.14. [General Education](#ge)N.B. Connections must include at least 50% Standard Classroom instruction. |  | **NO**  |
| B.15. [How will student performance be evaluated?](#performance) |  | **Attendance | Class participation | Presentations | Papers |** **Class Work |**  |
| B.16. [Redundancy statement](#competing) |  |  |

| B.18**.** [**Course learning outcomes**](#outcomes)**: List each one in a separate row** | [**Professional Org.Standard(s)**](#standards)**, if relevant** | [**How will each outcome be measured**](#measured)**?** |
| --- | --- | --- |
| 1) Students will develop a firm understanding of restorative yoga poses and the many benefits and learn how to use them for their personal (physical, mental, spiritual and emotional) uses and needs. |  | Participation, Group Presentation |
| 2) Students will explore the Yamas and Niyamas, the ten living yoga principles, through reading and blogging. Students will discover ways of making choices to create more peaceful and fuller lives. |  | Participation, Blogging Assignment |
| 3) Students will use breath and meditation to help reduce stress and anxiety and to improve focus and concentration. |  | Participation |

| B.19. [**Topical outline**](#outline)**: Do NOT insert whole syllabus, we just need a two-tier outline** |
| --- |
| **Introduction to Restorative Yoga**-ICE BREAKER TO MEET PARTICIPANTS AND DISCUSS THE MANY BENEFITS OF RESTORATIVE YOGA, AS WELL AS YOGA IN GENERAL-OVERVIEW OF THE YAMAS AND NIYAMAS, THE FIRST TWO BRANCHES OF YOGA**Restorative Yoga**-FOCUS ON POSES, ALIGNMENT AND MODIFICATIONS TO REACH A VARIETY OF PRACTIONERS**Introduction to Pranayama**-DEFINING BREATH OR LIFE FORCE -A VARIETY OF BREATHS WILL BE PRACTICED, ALONG WITH THE BENEFITS OF PRANAYAMA. -DISCUSSION OF SAUCHA (PURITY) WILL BE LEAD BY INSTRUTOR**Introduction to Dayana**-DEFINING MEDITATON-BENEFITS AND VARIATIONS OF MEDITATION WILL BE DISCUSSED, ALONG WITH TIMED PRACTICES -DISCUSSION ON SANTOSHA (CONTENTMENT) WILL BE LED BY STUDENTS**Different Types of Yoga**-MANY DIFFERENT STYLES OF YOGA TO MEET A VARIETY OF PRACTIONERS. -TAPAS (SELF-DISCIPLINE) DISCUSSON WILL BE LED BY STUDENTS**Prathyahara**-THE FORGOTTEN LIMB OF YOGA THAT CUTS ONESELF OFF FROM THE SENSES AND EXTERNAL INFLUENCES -DISCUSSION ABOUT SVADYAYA LED BY THE STUDENTS **Incorporating a Daily Yoga Practice Into Your Life**-INCORPORATING THESE SUPPORTS TO CREATE A SOLID FOUNDATION FOR YOUR PRACTICE-HAS OUR THINKING AND PERCEPTIONS ABOUT OUR PERSONAL OBSERVANCES CHANGED AS AN EFFECT OF READING THE NIYAMAS? -DISCUSSION ABOUT ISHVARA PRANIDHANA LED BY THE STUDENTS |

## D. Signatures

* Changes that affect General Education in any way MUST be approved by ALL Deans and COGE Chair.
* Changes that directly impact more than one department/program MUST have the signatures of all relevant department chairs, program directors, and relevant dean (e.g. when creating/revising a program using courses from other departments/programs). Check UCC manual 4.2 for further guidelines on whether the signatures need to be approval or acknowledgement.
* Proposals that do not have appropriate approval signatures will not be considered.
* Type in name of person signing and their position/affiliation.
* Send electronic files of this proposal and accompanying catalog copy to curriculum@ric.edu and a printed or electronic signature copy of this form to the current Chair of UCC. Check UCC website for due dates.

##### D.1. Approvals: required from programs/departments/deans who originate the proposal. may include multiple departments, e.g., for joint/interdisciplinary proposals.

| Name | Position/affiliation | [Signature](#_Signature" \o "Insert electronic signature, if available, in this column) | Date |
| --- | --- | --- | --- |
| Robin Kirkwood Auld | Chair of HPE  |  |  |
| Gerri August/Julie Horwitz | Dean of FSEHD |  |  |
|  |  |  | Tab to add rows |

##### D.2. [Acknowledgements](#acknowledge): REQUIRED from OTHER PROGRAMS/DEPARTMENTS IMPACTED BY THE PROPOSAL. SIGNATURE DOES NOT INDICATE APPROVAL, ONLY AWARENESS THAT THE PROPOSAL IS BEING SUBMITTED. CONCERNS SHOULD BE BROUGHT TO THE UCC COMMITTEE MEETING FOR DISCUSSION

| Name | Position/affiliation | [Signature](#Signature_2) | Date |
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