

# Research Concepts & Practice

## D.E.E.P. Learning

(How You Are Going to Produce 2500 Words!)

Define your answer to each research question

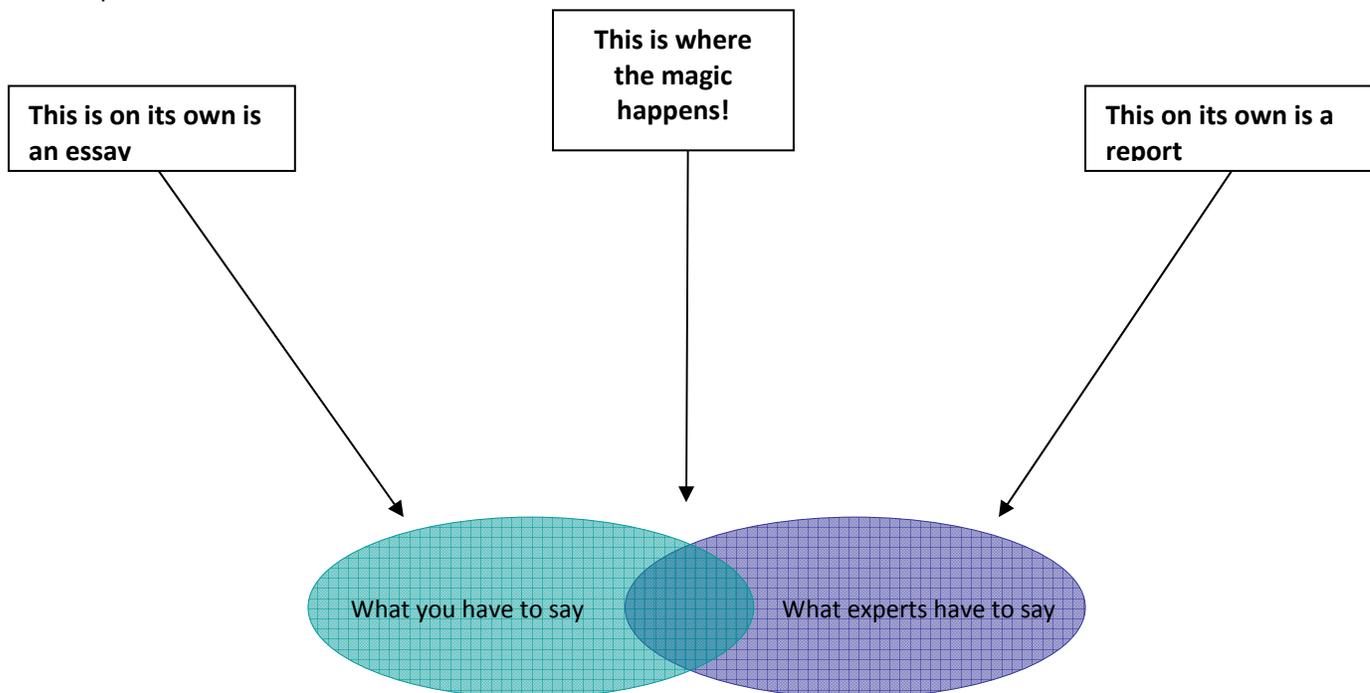
Elaborate/Expand/Extrapolate on that definition by providing more details, statistics, background information, etc.

Examples help your reader understand your topic more thoroughly

Points of view surrounding your topic can also help promote understanding

The concept of DEEP Learning involves getting away from a “cramming” mentality and moving toward actually knowing something. Remember the difference between information and knowledge? There is a lot of “information” out there on your topic, that information that you actually **acquire, hold over time, and use** is the knowledge part.

Think about something you already know. This could be something you know about, such as band, a sports team, or a place. This could be something you know how to do, like playing a video game, cooking a favorite dish, executing a move on a skateboard, on a soccer field or in a yoga class. If you were to sit down and tell me everything you know about that topic you could do it effortlessly. If I had questions, you could answer them. If I needed you to explain it in a different way so that I could understand, you could likely do it. Why? Because you KNOW it. This is where we want to get with our topics.



## Example of Deep Learning at Work: From 18 to 353 in Under an Hour

Research Question: What is Bikram Yoga?

Defined: Bikram yoga is a style of yoga practiced in a room heated to 105 degrees with 40% humidity.

Elaborated: Named after its founder, Bikram Choudry, Bikram yoga belongs to the hatha family of yoga practice. The Bikram yoga series consists of 26 postures –also called asanas – plus two breathing exercises completed in a ninety minute session. Unlike many other yoga practices, Bikram adheres strictly to the 26 asanas. Meaning, every session consists of the same 26 postures done in the exact same order. Additionally, the same dialogue is used by every Bikram instructor, ensuring a uniform experience for practitioners.

Examples: The Bikram series starts and finishes with two different deep-breathing exercises, and also includes an extended set of standing/balancing postures, and a rigorous series of floor poses.

Points of View: Critics claim the extreme heat is dangerous, and cite the monotony of having to perform the same poses day after day, fans of Bikram extol the virtues of the heat, especially in terms of the added flexibility of well-warmed muscles. And rather than finding the strict adherence to the 26 postures monotonous, Bikram practitioners believe true mastery only comes after years of dedicated practice.

Kathleen's answer put together: 191 words

Bikram yoga, is a style of yoga practiced in a room heated to 105 degrees with 40% humidity. Named after its founder, Bikram Choudry, Bikram yoga belongs to the hatha family of yoga practice. The Bikram yoga series consists of 26 postures –also called asanas – plus two breathing exercises completed in a ninety minute session. Unlike many other yoga practices, Bikram adheres strictly to the 26 asanas. Meaning, every session consists of the same 26 postures done in the exact same order. Additionally, the same dialogue is used by every Bikram instructor, ensuring a uniform experience for practitioners. The Bikram series starts and finishes with two different deep-breathing exercises, and also includes an extended set of standing/balancing postures, and a rigorous series of floor poses. Critics claim the extreme heat is dangerous. Others complain about the monotony of having to perform the same poses day after day. Fans of Bikram, however, extol the virtues of the heat, especially in terms of the added flexibility of well-warmed muscles. And rather than finding the strict adherence to the 26 postures monotonous, Bikram practitioners believe true mastery only comes after years of dedicated practice.

Kathleen's answer enhanced by new ideas & transitions, outside sources, and a working thesis: 353 words

Bikram yoga, is a style of yoga practiced in a room heated to 105 degrees with 40% humidity. Named after its founder, Bikram Choudry, Bikram yoga belongs to the hatha family of yoga practice. The Bikram yoga series consists of 26 postures –also called asanas – plus two breathing exercises completed in a ninety minute session. Unlike many other yoga practices, Bikram adheres strictly to the 26 asanas. Meaning, every session consists of the same 26 postures done in the exact same order. Additionally, the same dialogue is used by every Bikram instructor, ensuring a uniform experience for practitioners. The Bikram series starts and finishes with two different deep-breathing exercises, and also includes an extended set of standing/balancing postures, and a rigorous series of floor poses.

Bikram yoga is rife with controversy within the yoga community. Critics claim the extreme heat is dangerous, with some going so far as to call Bikram a “deviation from proper application of spiritual and traditional concept of yoga (Doddoli, et al 12). Others complain about the monotony of having to perform the same poses day after day. Fans of Bikram, however, extol the virtues of the heat, especially in terms of the added flexibility of well-warmed muscles. Studio owner John McFeely cites the heat as a reason why many professional athletes are drawn to Bikram: “I work with NFL teams, boxers, golfers, you name it. They come for the work out, to lose weight and improve their athletic ability without the risk of injury” (qtd. in Ferraro). And rather than finding the strict adherence to the 26 postures monotonous, Bikram practitioners believe true mastery only comes after years of dedicated practice. By performing the same poses class after class, Bikram students are aware of – and can celebrate – even small, incremental improvements in their practice.

While Bikram may not be the universal panacea that more zealous practitioners claim it to be, there are definitely elements of a regular Bikram practice that contribute significantly to a healthy physical and mental well-being. This is especially true for individuals who combine Bikram with a regular program of cardio-vascular exercise and resistance training.