# Yoga

# KINE 1106.05

# Fall 2020

**Instructor’s Contact Information**

E-MAIL: dodorizzi@southplainscollege.edu Phone:716-2236

**Text:** None

**Grading Policy:**

We will use a points system. There are approximately 1190 possible points available.

Total Points available may change; however grades will always be based a percentage of available points. EX: A= 90-100 % of total available points.

Attendance/ participation: 290

Quizzes/ Assignments: 700

Final Exam 200 If you NEVER miss the **face to face** class, you will be exempt from the final.

**Grading Scale**

A= 1190-1071

B= 952-1070

C= 833-951

D= 714-832

F= 713 or less

**The Big NOs**

* No cell phones in class… not even on vibrate.
* I will not allow quizzes to be made up unless you notify me ahead of time that you will be absent.
* **I do not accept late assignments**. If you cannot attend class, you may email me your assignment. I will not print it for you, but I will grade it.

**BEWARE**: Failure to turn in even simple assignments will negatively affect your grade.

# **Attendance Policies**

You may earn up to 10 points per day (total of 290) for appropriate dress, and participation. You may lose points for the following reasons

* Absence= awarded 0 points for the day
* If your cell phone rings= -10 points
* Non-participation= -5 points (max number of NPs allowed is 2)
* Improper dress or poor participation= -5 points
* Tardy/ leaving early: -3 points (Three instances= one absence. If you come in after I’ve checked roll, you must notify me; otherwise you may be counted absent)

# Regular attendance is mandatory for successful completion of this course. The first few weeks will be intensive, so missing class will cause you to get behind. I will be teaching every day and I hope you choose to be here. Regardless, you will owe me 28 workouts.

# I will offer several workouts online that you may complete at home. You may complete up to **a maximum** of 5 workouts on your own. At the end of the semester, missing workouts will affect your grade as follows:

3 missing workouts: Loss of 1 letter grade

4 missing workouts: Loss of 2 letter grades

5 missing workouts: Failing grade (F).

If you have a medical reason which prevents you from participating for more than 2 weeks, you need to communicate with me and we will discuss options. Considering this is an activity class, if you are unable to exercise for an extended period of time, it may be best to drop the course or take an incomplete.

**Expected Learning Outcomes Evaluation**

**Each Student will…**

|  |  |
| --- | --- |
| Demonstrate appropriate level of competence in the following skills: 1. • Standing Poses
2. • Sitting Poses
3. • Supine or lying down Poses
* Strengthening poses
1. • Balancing poses

 • Sun salutation | Instructor feedback & all exams |
| Experience mental & physical benefits of yoga.  | Student FeedbackFlexibility / goals assessment |
| Differentiate the difference between each of the ancient yoga paths and their relationship to daily living. | Quiz #1 |
| Explore stress management and meditative exercises.  | Daily practiceMeditation assignment |
| Categorize the principles and application of Yogic eating. | Quiz #2 |
| Appraise and report natural healing experiences vs. modern medicine experiences. | Quiz #3 |
| Experience the value of meditation practice | Meditation Assignment |
| Identify beginning and intermediate yoga asanas | All quizzes & final exam |
|  Increase flexibility | Flexibility/ goals post semester assessment |

**Phed 1106.005 Tentative Schedule**

***\*This schedule is subject to change at my discretion***

New poses will be added daily

**Week 1:** Course introduction, syllabus, participant safety questionnaire, Flexibility pre-assessment, goal setting, and learn sun salutation.

**Week 2:** Continue Sun Salutation, intro to Warrior Asanas, and basic (Pranayama) breathing techniques.

**Week 3**: What is Yoga? (Lecture) and Power Vinyasa workout

**Week 4**: Quiz #1, intro to yoga props, and alternate nostril breathing

**Week 5:** Power Vinyasa workout: hip openers

**Week 6**: Nutrition lecture and discussion

**Week 7:** Power Vinyasa workout: Abdominals and hamstrings

**Week 8**: Quiz #2 and Stress Management and natural highs lecture and discussion: Natural highs assignment.

**Week 9:** Restorative Yoga and mobility exercises

**Week 10:** Power Vinyasa workout: Back bends and partners yoga

**Week 11:** Quiz #3 and Power Vinyasa workout: Balancing Poses

**Week 12**: Introduction to foam rollers / workout

**Week 13:** Natural Healing lecture and discussion

**Week 14:** Power Vinyasa workout: Inverted poses

**Week 15:** Quiz #4

**Week 16:** Post- flexibility assessment, and goals review, and review for final exam.

**Week 17: Final Exam**