

**Beginning Yoga
PWLA 1690**

Semester/Year	Spring 2016
Time/Location	Tuesday/Thursday 10:00-10:50 (01) 11:00-11:50 (02), Room #2117
Instructor	Mrs. Jennifer K. Heidorn <i>YogaFit Certified Instructor</i>
Office Location	Coliseum, #2038
Office Hours	<i>Monday</i> 10:00-2:00pm (Ed Annex #121) <i>Tuesday</i> 9:00-10:00am (Coliseum #2038) & 2:00-4:00pm (Ed Annex 121) <i>Wednesday</i> 1:00-2:00pm (Coliseum #2038) <i>Thursday</i> 9:00-10:00am & 12:00-1:00pm (Coliseum #2038) <i>Friday</i> By Appointment
Telephone	Direct Line: (678) 839-6182 Department Line: (678) 839-6530
Email	jheidorn@westga.edu
Online Support	D2L Home Page https://westga.view.usg.edu/ D2L UWG Online help http://uwgonline.westga.edu/students.php D2L 24 hour Help https://d2lhelp.view.usg.edu/ UWG Distance Learning http://uwgonline.westga.edu/

COURSE DESCRIPTION

This course is designed to teach the history and terminology of yoga. The focus for the course is to teach postures designed to open the many channels of the body, especially the main channel, the spine; to develop a balance of strength and flexibility in the physical body; and to connect the movement of the body and the fluctuations of the mind to the rhythm of breathing. The focus centers on connecting the mind, the body, and breathing. This course is designed to reach a total mind-body workout which features functional strength, flexibility, muscle balancing, and relaxation.

COE Vision

The College of Education at the University of West Georgia will be recognized for *Leading a New World of Learning*, with relevant and innovative programs that contribute to educational improvement and the betterment of society.

COE Mission

Locally connected and globally relevant, the Mission of the College of Education is to prepare graduates for meaningful careers in diverse settings. Spanning undergraduate through doctoral study, we are committed to depth of knowledge and excellence in teaching, professional practice, and applied research.

APPROACHES TO INSTRUCTION

Pedagogical methods for this course include small group activities, discussions, interactive technology, and active physical participation.

COURSE OBJECTIVES

Students will:

1. Describe the history, terminology, and benefits of participating in yoga;
2. Use and discuss proper equipment when practicing yoga;
3. Perform the physical exercise (Asanas or postures) to practice yoga;
4. Perform Yoga Fit breathing principles for the practice of yoga;
5. Practice connecting mind, body, and breathing by listening to the body, letting go of competition, judgment, and expectations;
6. Compare and use relaxation techniques;
7. Demonstrate techniques used in yoga through class participation and practicing yoga;

TEXTS, READINGS, INSTRUCTIONAL RESOURCES, AND REFERENCES

Required Text: Shaw, B., (2016). *YogaFit (3rd)*. Champaign, IL: Human Kinetics

ASSIGNMENTS, EVALUATION PROCEDURES, AND GRADING

Assignments

1. **CLASS PARTICIPATION 40% (80 POINTS):** In order to accomplish the objectives of this course, full participation in the class sessions and activities is essential. Participation will therefore be graded. For the participation grade, students are expected to:
 - Attend all class sessions;
 - Be on time for class and not leave early;
 - Dress appropriately for scheduled activities;
 - Engage in activities fully with effort;
 - Avoid distracting or disrupting the class ([absolutely no cell phone use during class](#));
 - Contribute to a positive climate by demonstrating good sportsmanship, including using respectful and proper communication skills (avoid interrupting others, using profanity, criticizing others, dominating conversations, etc.)

(Course Objectives: 2-7)

Evaluation of effort and conduct are based on the instructor's judgment (see Class Policies).

2. **WRITTEN EXAMS 30% (60 POINTS):** Two online exams will be given in which students will demonstrate their knowledge of yoga history and terminology, proper alignment and practice, body alignment, and techniques and poses. Exam questions will be multiple-choice and true/false and short answer.

(Course Objectives: 1, 2 & 6)
3. **SKILLS EVALUATION 30% (60 POINTS):** The skills assessment will be based on the student's understanding and demonstration of the basic principles and alignments of the breathing techniques and basic yoga poses. The assessment will be scored using a three-level rubric (emerging, adequate, mastery).

(Course Objectives: 2, 3, 4 & 7)

Evaluation Procedures

Assignment	Points	Assessment Tools	Submit via:	Due Date
Class Participation	80 pts. (40%)	Checklist, Rubrics & Instructor Observation	None	1/12-4/21
Written Exams	60 pts. (30%)	Cognitive Assessments & Rubrics	Course Den (online)	2/10-2/18 11:59pm 4/14-4/21 11:59pm
Skills Evaluation	60 pts. (30%)	Objective Assessment & Rubrics	Hard-copy (In-class)	4/21

Grading

180 – 200 points	A = (90 – 100%)
160 – 179 points	B = (80 – 89%)
140 – 159 points	C = (70 – 79%)
120 – 139	D = (60 – 69%)
0 – 119	F = (0 – 59%)

CLASS, DEPARTMENT, AND UNIVERSITY POLICIES

Please carefully review the information at [Common Language for Course Syllabi](#). It contains important information related to your rights and responsibilities in this class. Because these statements are updated as federal, state, university, and accreditation standards change, you should review the information each semester. In addition to the above information the following policies apply to this course.

Academic Honesty: All work completed in this course must be original work developed this semester. Students are expected to adhere to the highest standards of academic honesty. Plagiarism occurs when a student uses or purchases ghostwritten papers. It also occurs when a student utilizes ideas or information obtained from another person without giving credit to that person. If plagiarism or another act of academic dishonesty occurs, it will be dealt with in accordance with the academic misconduct policy as stated in the latest *Student Handbook* and the *Graduate Catalog*.

Attendance: Only **two absences** are allowed which do not require any notification or explanation to the instructor. **Three points** will be deducted from your total participation grade for each subsequent absence after two. Should you be absent for a medical procedure or appointment, a mandatory doctor's note or supporting documentation must be given to the instructor the following class meeting. Without adequate documentation, this absence will count towards the two allotted per student. Students are expected to arrive on time and to attend each meeting of the class. It is disruptive to your classmates and the instructor when you arrive late to class and you will often miss important announcements. Tardiness (after attendance is taken) to class will result in up to a *2 point deduction* from your participation grade per occurrence at the instructor's discretion. If a student is late, it is his/her responsibility to notify the instructor of their presence at the conclusion of class, not during. Failure to notify the instructor will constitute an absence. The instructor must be notified of any instance in which a student must leave class early. Two points will be deducted from a student's daily grade for every incident of early departure. The University of West Georgia allows faculty members to drop students who do not contact them or attend the first two class meetings for classes which meet daily (or the first class meeting for classes which meet less frequently). Students who do not intend to remain in a course should drop the course before the end of the official drop/add period. Depending upon an instructor's policies and the University's policies, failure to drop a course during the drop/add period will result in a grade of W, WF, or F in courses not attended.

Attire: Students are required to dress in appropriate yoga attire. No street clothes or blue jeans will be permitted. Additionally should appropriately cover torsos. Yoga will be performed bare footed or in socks. No shoes can be worn during class workout sessions. Students will not be allowed to participate if inappropriate clothing is worn. This will count as an absence, even if the student is present.

Americans with Disabilities Act: The official UWG policy is contained in the link to the Common Language for Course Syllabi located on the Provost's website. All students are provided with equal access to classes and materials, regardless of special needs, temporary or permanent disability, special needs related to pregnancy, etc. For more information, please contact Disability Services at the University of West Georgia: http://www.westga.edu/studentDev/index_8884.php.

Extra Credit: Extra credit assignments or participation will not be honored based on the cognitive, affective, and psychomotor objectives requiring students to fully utilize class time, environment, and experience.

Late Assessments: All assessments and assignments are due on the assigned date. Missed assessments (without prior consent of the instructor) **cannot be made up**. Computer failure does occur but is NOT an allowable excuse for missed or late work. It is the responsibility of the student to allow time for possible technology glitches.

Professional Conduct: Students are expected to give full effort in the daily assignment or activity. Students cannot expect to be given full credit for the day just by simply showing up. Maximum effort is expected daily. Students will have up to two points deducted from their participation grade if the instructor feels they are not putting forth 100% effort in the activity or assignment. **Point deductions will also occur when cell phone use is evident.**

Student Email Policy: The official email policy is contained in the link to the Common Language for Course Syllabi located on the Provost's website. University of West Georgia students are provided a MyUWG email account, which is the official means of communication between the University and student. However, students may also choose to communicate with the instructor through D2L email. It is the student's responsibility to check this email account for important University related information.

Course Den: Students are responsible for accessing the instructor's Course Den (D2L) site to print course materials for use in class and as outside enhancement of in-class activities. These materials include but are not limited to the course syllabus and the course content outline. D2L will also be used for on-line quizzes and any reading assignments. D2L will also be used to post any announcements, disseminate PowerPoint lectures, class cancellations and grades.

UWG Cares: If you or someone you know is in a distressing situation, support is available at <http://www.westga.edu/UWGCares/> The website contains access to helpful resources and phone numbers related to emergency or crisis situations and safety concerns, medical concerns, multicultural, psychological and personal issues and interpersonal conflict.

CLASS OUTLINE

<i>Date</i>	<i>Content/Activity</i>	<i>Assignment</i>
1/12	Introduction and Syllabus Review	Complete Health Form
1/14	Seven Principles of Yoga Fit; History; Breathing	
1/19	Complete Pose Set #1 – Small Groups/Class Demonstration/Introduce Sun Salutation Sequence	Practice poses in Set #1
1/21	Class review of Set #1 & Introduce Pose Set #2 - Small Groups/Class Demonstration – Short Practice	Practice poses in Set #2
1/26	No Class – Professional Development	
1/28	Class review of Set #2 – Short Practice	
2/2	Complete Pose Set #3 – Small Groups/Class Demonstration – Short Practice	Practice poses in Set #3
2/4	Class Review Pose Set #3 – Short Practice	
2/9	Complete Pose Set #4 – Small Groups/Class Demonstration – Short Practice	Practice poses in Set #4
2/11	No Class – Online Quiz	Quiz #1 (2/10 – 2/18 11:59pm)
2/16	Class Review Pose Set #4 – Short Practice	
2/18	<i>Full yoga practice</i>	
2/23	No Class – Professional Development	
2/25	Complete Pose Set #5 – Small Groups/Class Demonstration – Short Practice	Practice poses in Set #5
3/1	Class Review Pose Set #5 – Short Practice	
3/3	Complete Pose Set #6 – Small Groups/Class Demonstration – Short Practice	Practice poses in Set #6
3/8	Class Review Pose Set #6 – Short Practice	
3/10	Complete Pose Set #7 – Small Groups/Class Demonstration – Short Practice	Practice poses in Set #7
3/15	No Class – Spring Break	
3/17	No Class – Spring Break	
3/22	<i>Full yoga practice</i>	
3/24	<i>Full yoga practice</i>	
3/29	<i>Full yoga practice</i>	
3/31	<i>Full yoga practice</i>	
4/5	<i>Full yoga practice</i>	
4/7	<i>Full yoga practice</i>	
4/12	<i>Full yoga practice</i>	
4/14	<i>Full yoga practice</i>	Quiz #2 (4/14 – 4/21 11:59pm)
4/19	<i>Full yoga practice</i>	
4/21	Final Skill Analysis & Course Evaluations	