

## GENERAL COURSE SYLLABUS

Department: Physical Education

Course No.: PHED 1106

Course Title: Yoga

Course Credit Hours: 1    Lecture Hours: 0    Lab Hours: 3

Prerequisites: None

Available Formats: Conventional

Campuses: Levelland Campus

Supplies: Yoga mat, water, towel and/or blanket, clothing appropriate for a variety of exercises—may include t-shirts, shorts, and/or sweats. No blue jeans or khakis. Improper attire may result in the student not being permitted to participate as movement may be hindered.

Course Specific Instructions: None

Course Description: This course covers the basic principles, philosophies, and practices of yoga and developing and modifying an individual program. This course includes flexibility, strength, and balance activities for men and women.

Course Purpose: To encourage students to incorporate yoga into their lives as a part of their overall fitness and stress management regimens.

Course Requirements: To maximize the potential to complete this course, a student should attend all class meetings, complete all outside assignments and examinations.

Course Evaluation: Please see the instructor's course information sheet for specific items used in evaluating student performance.

Attendance Policy: Whenever absences become excessive, and, in the instructor's opinion, minimum course outcomes cannot be met due to absences, the student will be withdrawn from the course. Please see the instructor's course information sheet for specific attendance policies.

### Additional information

- A. Lockers are available for the semester.
- B. Do not eat a heavy meal prior to class.
- C. No food or drinks in the classroom except water w/ a lid.
- D. *No cell phones allowed!*

## Student Learning Outcomes:

Each student will:

1. Demonstrate appropriate level of competence in the following skills:
  - Standing Poses
  - Sitting Poses
  - Supine or lying down Poses
  - Strengthening poses
  - Balancing poses
  - Sun salutation
2. Improve personal flexibility.
3. Experience the mental and physical benefits of yoga.
4. Differentiate the difference between each of the ancient yoga paths and their relationship to daily living.
5. Explore stress management and meditative postures.
6. Categorize the principles and application of yogic eating.
7. Compare and report natural healing experiences vs. modern medicine experiences.
8. Compare and contrast a variety of yoga styles.

### **Diversity Statement**

In this class, the teacher will establish and support an environment that values and nurtures individual and group differences and encourages engagement and interaction. Understanding and respecting multiple experiences and perspectives will serve to challenge and stimulate all of us to learn about others, about the larger world and about ourselves. By promoting diversity and intellectual exchange, we will not only mirror society as it is, but also model society as it should and can be.

### **Disabilities Statement**

Students with disabilities, including but not limited to physical, psychiatric, or learning disabilities, who wish to request accommodations in this class should notify the Disability Services Office early in the semester so that the appropriate arrangements may be made. In accordance with federal law, a student requesting accommodations must provide acceptable documentation of his/her disability to the Disability Services Office. For more information, call or visit the Disability Services Office at Levelland (Student Health & Wellness Office) 806-716-2577, Reese Center (Building 8) 806-716-4675, or Plainview Center (Main Office) 806-716-4302 or 806-296-9611.

### **Campus Concealed Carry**

Campus Concealed Carry - Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in South Plains College buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and South Plains College policy, license holders may not carry a concealed handgun in restricted locations. For a list of locations, please refer to the SPC policy at:

([http://www.southplainscollege.edu/human\\_resources/policy\\_procedure/hhc.php](http://www.southplainscollege.edu/human_resources/policy_procedure/hhc.php))

Pursuant to PC 46.035, the open carrying of handguns is prohibited on all South Plains College campuses. Report violations to the College Police Department at 806-716-2396 or 9-1-1.



## SYLLABUS – PHED 1106 – YOGA

### Instructor's Information:

Name: Vanessa Moffett

Office: PE 109

Office Hours: TBA

Contact Information: 806-716-2235

[vmoffett@southplainscollege.edu](mailto:vmoffett@southplainscollege.edu)

**Materials:** Yoga mat, 101 Essential Tips for Yoga (*text is available in SPC bookstore*), water, towel, blanket, small journal/spiral notebook, and clothing appropriate for a variety of exercises. (No jeans or khakis.) Improper attire may result in the student not being permitted to participate as movement may be hindered.

**Objectives:** (1) Demonstrate competence in basic yoga skills and poses, (2) improve flexibility, balance, and strength, (3) experience mental and physical benefits of yoga, (4) explore stress management and meditative postures, and (5) compare a variety of yoga styles.

**Course Evaluation:** Your grade in this course will directly reflect your effort and daily class participation. Simply showing up does not guarantee an “A” in the class. A positive attitude and a willingness to participate will ensure a good grade as well as a rewarding class experience. Student Learning Outcomes listed in General Course Syllabus will be evaluated as follows:

Attendance, Attitude, Skill Mastery, and Participation (3 pts/day)	60 points
5 Assignments/Journal entries	15 points
3 Quizzes	15 points
<u>Final Exam</u> (All attendance points, 0 tardies, good attitude, & A average = final exam exemption)	<u>10 points</u>
TOTAL	100 points

### Attendance Policy:

1. There are NO excused absences! All absences are equal.
2. 3 absences = one-letter grade penalty will be subtracted from your final grade
3. 5 absences = student will be dropped from class
4. If the fifth absence occurs after the drop date, you will receive an “F” for the course.
5. Non-participating notation—NP—will be recorded if a student is unable to participate, but does attend class. However, 2 NPs = 1 ABSENCE. There is a LIMIT of 2 NPs per semester. NPs are for illness only. (If you have any reason that prevents you from participating for an extended period of time, you need to withdraw from the course.)
6. Be on time to class! Class begins at the exact time listed on your schedule.
7. 3 TARDIES = 1 ABSENCE. Depending on the amount of time you are late, I will determine if it will be recorded as a tardy or absence. Same rules apply when a student LEAVES CLASS EARLY.
8. In certain situations, classes may be made-up to avoid grade penalties outlined above. (See me if this occurs.) A MAXIMUM OF 2 CLASSES MAY BE MADE UP.

### General Guidelines:

- Cell phones must be turned **OFF!** (*If your phone rings, buzzes, or flashes you will lose 1 letter grade!*)
- No foul language
- No inappropriate clothing
- No food or drink except water (*Do not eat a heavy meal or consume energy drinks before class!*)
- No headphones
- No hats/caps – Tie long hair back
- No whining!

**\*\*\* Remember: You will get out of this class what you put into it!\*\*\***

Please note: This syllabus is subject to change at my discretion.

**PHED 1106 – Yoga  
Course Calendar**

Week 1 – Syllabus, Student Info, Yoga Handouts & Pre-Assessment Flexibility and Body Measurements & Learn Sun Salutation

Week 2 – Sun Salutation, Basic Yoga poses, & Relaxation

Week 3 – **Journal 1** (benefits of yoga) & Beginning Yoga

Week 4 – Yoga series & Relaxation

Week 5 – **Quiz 1** & Yoga series & Relaxation

Week 6 – **Journal 2** (personal stress and coping) & Yoga series & Relaxation

Week 7 – Power Yoga & Relaxation & Lecture on Stress Handouts

Week 8 – **Journal 3** (evaluation of class) & Yoga Abs

Week 9 – Slow Burn Yoga & **Quiz 2**

Week 10 – Yoga series & Relaxation

Week 11 – **Journal 4** (differences in stress due to yoga) & Yoga Dance Fusion

Week 12 – Yoga series & Relaxation & Lecture on Alternative Healing Handouts

Week 13 – **Quiz 3** & Power Yoga & Relaxation

Week 14 – Yoga series & Relaxation

Week 15 – Post Assessment Measures/Body Measurements & **Journal 5** (drawings of poses)

**Week 16 – Final Exam**

\*\*\*New poses and techniques will be incorporated into each class.

Please note: This syllabus and course calendar are subject to change at my discretion.