

KINE 1106

COURSE DESCRIPTION

Students will master the skills, principles and fitness level to become proficient at yoga. This is a beginning course emphasizing muscular strength, joint flexibility, endurance, balance and mental concentration. The class will promote yoga as a lifetime activity.

COURSE OBJECTIVES

Each student will demonstrate an appropriate level of competence in the following skills:

- Breathing
- Sitting poses
- Standing poses
- Balancing poses
- Inversion poses
- Sun salutations
- Stress management
- Meditation

COURSE REQUIREMENTS

- Text: none
- Internet and phone applications will be used
- Notebook
- Workout top, bottom and sneakers
- May bring towel and water
- Positive attitude and respect or will be asked to leave class ****
- Willingness to follow instructions*****
- Participation in class activities*****
- On time*****
- No late assignments*****
- Any question or concern please come see me.

GRADING (Dates are dependent on the weather due to using the outdoors)

- | | |
|------------------------------|------|
| • Attendance & Participation | 60% |
| • Fitness Log | 10 % |
| • Nutrition Log | 10 % |
| • Community Assignment | 5 % |

- Psychomotor Test 5 %
- Written Final 10%

A 90-100%

B 80-89%

C 70-79%

D 60-69%

E 59% or below

ATTENDANCE

- If you are late to class I will determine if it is considered late or an absence depending on when you arrive.
- Excused absence: Students who participate in a documented college sanctioned event, death in the family, observing a religious holiday, too ill to participate in class (doctors note required) or an emergency (at the discretion of the instructor).
- The student is dropped after 5 unexcused absences

ADDITIONAL INFORMATION

- No cell phones out during class unless told to do so.
- No food or drink in class. Water is acceptable.
- Do eat prior to class, but not a heavy meal.
- I will use the Remind app to communicate with you throughout the semester. You are not able to text me back through this app so use the email provided to you on this syllabus if you need to contact me.