



SYLLABUS – KINE 1106 – YOGA

Instructor's Information:

Name: Vanessa Reales

Office: KINE 109 (Levelland Campus)

Office Hours: TBA

Contact Information: 806-716-2235

[Use Remind App](#)

vreales@southplainscollege.edu

Materials: Yoga mat, 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. Yoga blocks and straps are provided, but feel free to bring your own. Use <https://www.pocketyoga.com/pose/> for additional help learning poses.

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:

Participation/Attendance, Attitude, & Skill Mastery (3 pts/day)	60 points
3 Assignments/Journal entries (<i>cannot be made up</i>)	15 points
3 Quizzes	15 points
<u>Final Exam</u> (All participation 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. (Absence = 0 participation points)
2. 3 absences = one-letter grade penalty will be subtracted from final grade
3. 5 absences = student is subject to being dropped with an “F” in the course
4. 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.)
5. Be on time to class! Class begins at the exact time listed on your schedule.
6. 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.
7. 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! (Yoga is non-competitive. Use any of the modifications you need while continuing to push yourself to new limits. Always remember to listen to your body and respond accordingly.)

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

Please note: This syllabus is subject to change at the instructor's discretion at any point during the semester.

KINE 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 – Yoga series & Relaxation

Week 4 – **Journal 1** (benefits of yoga) & **Quiz 1**

Week 5 –Yoga series & Relaxation

Week 6 – Yoga Abs

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

Week 8 – **Journal 2** (stress and coping) & **Quiz 2**

Week 9 – Slow Burn Yoga

Week 10 – Yoga series & Relaxation

Week 11 – Yoga series & Relaxation & Lecture on Alternative Healing Handouts

Week 12 – **Journal 3 & Quiz 3** (changes in stress due to yoga & class eval)

Week 13 – Power Yoga & Relaxation

Week 14 – Yoga series & Relaxation

Week 15 – Post Assessment/Body Measurements

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.

COMMON COURSE SYLLABUS

Department: Kinesiology

Course No.: KINE 1106

Course Title: Yoga

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

Prerequisites: None

Available Formats: Conventional, Online

Campuses: Levelland, Reese

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.

Academic Integrity:

Plagiarism and Cheating: Students are expected to do their own work on all projects, quizzes, assignments, examinations, and papers. Failure to comply with this policy will result in an F for the assignment and can result in an F for the course if circumstances warrant.

Plagiarism violations include, but are not limited to, the following:

1. Turning in a paper that has been purchased, borrowed, or downloaded from another student, an online term paper site, or a mail order term paper mill;
2. Cutting and pasting together information from books, articles, other papers, or online sites without providing proper documentation;
3. Using direct quotations (three or more words) from a source without showing them to be direct quotations and citing them; or
4. Missing in-text citations.

Cheating violations include, but are not limited to, the following:

1. Obtaining an examination by stealing or collusion;
2. Discovering the content of an examination before it is given;
3. Using an unauthorized source of information (notes, textbook, text messaging, internet, apps) during an examination, quiz, or homework assignment;
4. Entering an office or building to obtain unfair advantage;
5. Taking an examination for another;
6. Altering grade records;
7. Copying another's work during an examination or on a homework assignment;
8. Rewriting another student's work in Peer Editing so that the writing is no longer the original student's;
9. Taking pictures of a test, test answers, or someone else's paper.

Student Code of Conduct Policy: Any successful learning experience requires mutual respect on the part of the student and the instructor. Neither instructor nor student should be subject to others' behavior that is rude, disruptive, intimidating, aggressive, or demeaning. Student conduct that disrupts the learning process or is deemed disrespectful or threatening shall not be tolerated and may lead to disciplinary action and/or removal from class.

Course/Instructor Evaluation: You will be given the opportunity to evaluate this course and its instructor on a frequent basis. I will actively solicit your written feedback, be it positive or negative, throughout this semester, and I will use it to make needed changes regarding the course content, delivery, and evaluative procedures. You will also complete a more comprehensive evaluation at the time of the final examination.

For all SPC statements regarding disabilities, non-discrimination, etc. please click here:
<https://www.southplainscollege.edu/syllabusstatements/>