UNIVERSITY OF WEST GEORGIA

PWLA 1690
YOGA

Semester/Year:	Summer 2007
Credit:	1 semester hour
Instructor:	Deborah Fields, M. S. ED
Class Location:	CMP CTR AEROBIC ROOM 2
Class Time:	M/T/W/R 10:00-11:45
Office Location:	Row Hall #231 upstairs
Office Hours:	Monday: 9:00-10:00 Tuesday: 9:00-10:00 Wednesday: 9:00-10:00 Thursday: 9:00-10:00
Telephone:	678 839-6189
E-mail:	dfields@westga.edu
Fax:	678 839-6195

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.

TEXT

No text is required, but articles and internet reading assignments will be required.

RECOMMENDED TEXT

Bachman, Nicolai (2005). The Language of Yoga. Sounds True, Inc. Boulder, CO.

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.

ASSIGNMENTS

PARTICIPATION

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 and sign in for 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 (no cell phones, pagers, etc.),
- 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.).

Each unexcused absence will result in a deduction from student's participation grade. Each incidence of tardiness or leaving early will result in a grade deduction. Evaluation of effort and conduct are based on instructor's judgment.

As per university policy, the official communication method with students will be through campus e-mail (MyUWG).

ARTICLE SUMMARY

Students will complete one article summary that pertains to the health benefits of yoga, or to health problems and the benefits of practicing yoga for the treatment of illnesses or diseases. Each student will write a 1-1/2 page, double spaced summary of the article selected. A copy of the article should be attached to the summary. The packet should be clipped or stapled. The article can be from a website source, or from a yoga or physical education/ health magazine or journal.

WRITTEN EXAM

One written exam 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, true/false, and short answer.

SKILLS TEST
The skills test is based on the student's understanding and performance of the basic mechanics of the following skills: breathing techniques and basic yoga poses (Mountain Pose, Warrior I, Warrior II, Triangle, and Pyramid). The test will be individually administered and each skill will be scored using a three-level rubric (emerging, adequate, mastery). Students who fail to attend class during skill testing days will earn a *zero* for this portion of their grade. *No Exceptions.*

EVALUATION

Participation	40%
Article Summary	20%
Written Exam	30%
Skills Test	10%
TOTAL	100%

Per university policy, no material prepared to meet requirements in one course may be used to fulfill the requirements in another course without permission of the instructor.

GRADING POLICY
Grades will be assigned based on points earned, in line with the university policy:

90 – 100 %	A
80 – 89 %	B
70 – 79 %	C
60 – 69 %	D
0 – 59 %	F

CLASS POLICIES

ATTENDANCE
ONE ABSENCE PERMITTED DURING THIS SESSION
Students are permitted, though not encouraged, to be absent from class based on the number of times the class meets each week. If the class meets once a week, one absence is permitted for the semester. If the class meets two times per week, two absences are permitted. All other absences will be considered unexcused and will result in a grade reduction (see Participation Grade). Students are fully responsible for all work missed because of absence, including handouts, videos, and presentations. Students must be aware that the content of the lectures may include materials not in the text. If material in class is missed, it is the student's responsibility to obtain missed material and information. Further, students must complete any scheduled exams or assignments in advance of the class session missed.

SIGN-IN ATTENDANCE
Each student is required to sign in on the attendance sheet next to his/her name upon arriving at class. There will be a tardy attendance sheet for students who arrive 5 minutes after the designated class time. Students who are tardy should sign in after class.

TARDINESS
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. Students who arrive late (5 minutes or more) must sign the tardy attendance sheet after class. Tardiness to class will result in a grade reduction (see Participation Grade).

LEAVING EARLY
Leaving early is only accepted and excused when pre-arranged with the professor. Pre-arranged means the student notifies the professor at least one class period in advance. Other incidences of leaving early will result in a grade reduction (see Participation Grade).

MAKE-UPS
There will be no make-ups allowed for unexcused absences or the skills tests. The written exam may only be made up when the absence is excused. Make-up dates must be arranged with the professor *before* the absence. Arrangements should be made as soon as possible.

TURNING IN ASSIGNMENTS/HOMEWORK
All assignments and work must be turned in at the beginning of the class session when it is due. Students must hand the assignment or paper in to the professor in person. If you are sick, you must pre-arrange with the professor in order to have an alternative person submit your paper. Assignments/papers and homework are *not* accepted in the professor's department mailbox, post office mailbox, or under the office door. Late homework assignments are not accepted.

DISRUPTIONS
All pagers, cell phones, watches, etc. must be silenced and remain in book bags during class. The instructor reserves the right to ask students to leave class for any disruption or inappropriate behavior, including but not limited to excessive interruptions, voluntary lack of participation, excessive horseplay, and talking during lecture.

ATTIRE
Students are required to dress in light, comfortable clothing and shoes that are appropriate for an activity class and aerobic/anaerobic exercise. Students will not be allowed to participate without appropriate footwear. Improper attire will result in a reduction in the participation grade, even if the student is present.

HEALTH PROBLEMS/DISABILITY NEEDS
There is a physical activity component to this course. Students with any physical problems, which may affect their ability to fully participate, should notify the professor within the first week of the semester. If you need special accommodations for a disability, please bring your student disability report from Disability Services to the instructor to discuss your needs.

ACADEMIC HONESTY

In meeting any academic requirement in part or in full, presenting the work, ideas or writing of another as one's own is subject to disciplinary action, including the possibility of dismissal from the course. Copying or downloading information from the Internet is plagiarism unless credit is given – this includes abstracts.

Academic dishonesty includes but is not limited to:

1. Copying answers from another student's test
2. Using the work of other students
3. Taking and presenting as one's own ideas the writing of another person without appropriate documentation
4. Cutting and pasting information from the internet

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 the ideas of 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 *Undergraduate Catalog* and/or the *Graduate Catalog.*

WEEK #	**TOPICS/ACTIVITIES**
1. July 2- July 5th **JULY 4TH-** **SCHOOL CLOSED**	Syllabus; Outline; Introduction to Yoga History and Terminology; Proper equipment, clothing and practice. Lecture on history of yoga, terminology and practice discuss modifications, transition poses, sequencing, and class formatting; teaching Mountain I-warm up; Mountain II-Work; Mountain III-cool down
2.July 9- July 12th	Breathing technique using poses; warm up routine that connect poses with breath; partner pose check
3. July 16th- 19th	Yoga Practice July 16th and July 17th Article summary due
July 23rd July 24th	**Skill evaluation** **Last day of class and Final**