I. INTRODUCTION:

A. The purpose of this course is to provide students with the necessary guidelines to implement a lifetime yoga practice and a healthy lifestyle program.

B. This course meets curriculum requirement for the Central Texas College programs for an Associate Degree and the transferability of courses to other institutions.

II. OVERALL OR GENERAL OBJECTIVES OF THE COURSE:

Upon successful completion of this course the student will be able to:

A. Discuss the health-related components of fitness to include cardiovascular endurance, muscle strength and endurance, flexibility and body composition.

B. Describe basic exercise prescriptions and explain how yoga contributes to mind and body health.

C. Demonstrate and discuss a variety of yoga postures to include correct breathing technique, proper body alignment, and the specific benefits of each pose.

D. Follow the recommendations for adequate nutrition.

E. Experience physical improvements in fitness components as well as improved mental, clarity, and focus.

F. Develop a lifetime personalized yoga program to improve mind/body and wellness.

III. INSTRUCTIONAL MATERIALS:

A. The instructional materials identified for this course are viewable through www.ctcd.edu/books

B. References: Handouts from instructor

IV. REQUIREMENTS FOR THE CLASS ARE AS FOLLOWS:

1. Attend class regularly
2. Be on time
3. Suit out in proper dress
4. Pass written examinations
GRADE COMPUTATION

<table>
<thead>
<tr>
<th>Participation</th>
<th>= 50%</th>
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<tbody>
<tr>
<td>Skills</td>
<td>= 25%</td>
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<tr>
<td>Written Examinations</td>
<td>= 25%</td>
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*Participation grade will include suiting out in proper attire, positive contributions to class and team efforts, promptness in beginning activities, constant and maximum effort toward activity objectives, and demonstration of good sportsmanship.

ABSENCES AND TARDIES

- **Absences numbers one (1) and two (2) - No penalty.**
- **Absence number three (3) - 5 points** will be deducted from your final grade (based on 100 point scale).
- **Absence number four (4) - 10 points** will be deducted from your final grade (based on 100 point scale).
- Should you exceed **four (4) absences**, you will be withdrawn from the class. (See “CTC Absentee Policy” in college catalogue)
- **Two (2) points** will be deducted from your final grade for each tardy.
- **There will be no make-up classes.**

ATTENDANCE PROCEDURES:

It will be the responsibility of the student to sign the attendance sheet before beginning class. Students arriving late to class must sign a tardy sheet. Students who arrive more than 15 minutes after class-time will be counted absent. Students who leave class early without consulting with the instructor will be counted absent. Students who sign in and leave class will be penalized and subject to administrative withdrawal. This action will be considered academic dishonesty.

Students will be required to provide a documented excuse when missing either written exams or skills tests. It will be his/her responsibility to arrange with the instructor the missed exam. Students who fail to make such arrangements immediately upon their return to class will not be allowed to take the test.

CLASS ATTIRE:

Court shoes or athletic shoes, blue shorts and plain white T-shirts are the accepted uniform for physical education activity classes. For outside activities when the weather is cold, blue, white or grey sweats are acceptable. Because of the special nature of the class, the instructor may make exceptions to the dress policy. Students will not be allowed to attend class unless properly suited out.

Students may not participate in street clothes or street shoes (ie.. jeans, sweaters, shirts, boat shoes, etc.).
MEDICAL:

Students who have a health problem should obtain a document from a physician explaining the program and an approval for participation in the activity in which the student is involved. A current physical exam is recommended.

Disability Support Services provides services to students who have appropriate documentation of a disability. Students requiring accommodations for class are responsible for contacting the Office of Disability Support Services (DSS) located on the central campus. This service is available to all students, regardless of location. Explore the website at [www.ctcd.edu/disability-support](http://www.ctcd.edu/disability-support) for further information. Reasonable accommodations will be given in accordance with the federal and state laws through the DSS office.

V. COURSE OUTLINE:

A. Lectures and work-outs

1. Objective: To discuss chapters in text and relate them to the activities in class.
   a. Fitness components
   b. Exercise prescription
   c. Breathing techniques
   d. History of yoga
   e. Nutrition
   f. Stress management

2. Activities: To develop the health-related components of fitness through yoga movements.
   a. Standing poses
   b. Floor poses
   c. Relaxation poses
   d. Breath enhancing postures
   e. Muscle strength exercises

B. Fitness Assessments:
   1. Pretest to include components of fitness.
   2. Post-test to evaluate improvement in physical condition.

C. Exams
   1. Mid-Term
   2. Comprehensive Final

D. Skills Tests
   1. Proper warm-up
   2. Yoga postures for work phase
   3. Cool down techniques and poses