CENTRAL TEXAS COLLEGE
SYLLABUS FOR KINE 1147____
YOGA II

INSTRUCTOR ________________
OFFICE HOURS ________________

I. INTRODUCTION:

A. The purpose of this course is to provide students with the necessary guidelines to continue 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. Continue their practice of yoga postures to include correct breathing technique, proper body alignment, and demonstrate the different variations 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. Required Equipment: You will need one Yoga sticky mat, one Yoga block, a towel, one Yoga strap and a water bottle.

C. References: Handouts from Instructor.
IV. REQUIREMENTS FOR THE CLASS ARE AS FOLLOWS:

1. Attend and participate in class activities regularly.
2. Be on time.
3. Suit out in appropriate dress, sign-in attendance roster at front desk, set up equipment, sweat and smile.
4. Pass all written examinations.
5. Completion of all assignments, fitness assessments, skills test and written tests.
6. Demonstrate improvement in Yoga skills and technique.

V. Grade computations: (700 points max)

1. Participation/class conduct **
   200 points (66 % of your final grade)
2. Written Exams, pop quizzes, assignments
   500 points (34 % of your final grade)

VI. ** Participation/Class Conduct

A participation grade will include: **100% attendance**, suiting out in proper attire, positive contributions to class, and promptness in beginning activities, constant and maximum effort toward activity objectives, overall motivation, attitude, and demonstration of good sportsmanship. Participation also includes completion of two Fitness Assessments and any required assignments on time.

VII. WRITTEN EXAMINATIONS AND ASSIGNMENTS

There will be two assignments and two written examinations. Any assignments turned in after the due date will be accepted; however, the maximum grade will be 70 points. All students are required to take a Final Examination. An IP (incomplete) will be awarded until the student completes all the requirements for class.

VIII. ABSENCES AND TARDIES

**Absences number one (1) and two (2) – No penalty from your final grade.

**Absence number three (3) – Five (5) points will be deducted from your final grade (based on 100 point scale).

**Absence number four (4) – Ten (10) additional points for a total of 15 points (which includes the five points for absence number three) will be deducted from your final grade based on a 100 point scale).
**Should you exceed four (4) absences, YOU WILL BE withdrawn from the class.** (See “CTC absentee policy” in college catalogue). In addition, two (2) points will be deducted from your final grade for each tardy beyond two (2). There will be no make-up classes! – The student can give a courtesy call to inform that he/she will not attend class. However, for attendance purpose, this will not be considered as been excused from class. A student who registers late will be responsible for the days they have missed. Also, a doctor’s note will not excuse you from class. **SHOULD A STUDENT DECIDE TO LEAVE EARLY FOR ANY REASON, HE/SHE WILL BE COUNTED ABSENT FOR THAT DAY, NO EXCEPTIONS!** A student will also be required to provide a documented excuse when he/she misses a written examination. It will be the student’s responsibility to arrange a time to take the missed exam immediately upon returning to class. Students who fail to make immediate arrangement with the instructor will not be allowed to make-up the exam.

IX. ATTENDANCE PROCEDURES:

It is the responsibility of the student to sign the attendance sheet before class only after he/she is properly dressed and ready to participate. Class officially starts 5 minutes after the scheduled time. Failure to sign in will result in a recorded absence. Students who arrive more than 15 minutes after the scheduled class time will be counted absent. Additionally, students who leave early without consulting the instructor will be counted absent. Students who sign in and leave will be penalized and subject to administrative withdrawal.

X. CLASS ATTIRE:

The Physical Education Department requires court or athletic shoes, however given the nature of this class, it is preferred that students have bare feet for this activity. Students may not participate in street clothes or street shoes. **A plain white t-shirt and black or dark blue shorts will be sufficient and required.** Students will not be allowed to attend class unless properly suited out and will be counted absent for the day. Only water is allowed in the gym.

XI. MEDICAL:

Students who have a health problem should obtain a document from a physician explaining the problem and approval for participation. 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.
XII. ADDITIONAL NOTES:

- For liability and other reasons, please do not bring children to class, nor leave them unattended in your car.
- Please bring a water bottle and a small towel with you to class.
- Students are expected to suit out every class.
- Lockers can be checked out. See the front desk personnel if interested.
- A student I.D. card will be required to use the Physical Education facilities during non-scheduled classes.
- Forgot your clothes or shoes? Check with the front desk personnel to borrow clothes/shoes.
- No guests are allowed in the class.
- If you attend class and are injured or sick, please see the instructor before class starts.
- For students who have classes immediately following the class, consider bringing a cover up or change of clothes.
- Personal Hygiene. Be considerate to others in class.
- No chewing gum during class.
- **NO CELL PHONE USE DURING CLASS. NO TEXT MESSAGING DURING CLASS.**
- In the event of class cancellation due to inclement weather, any tests, assessment or assignment turn-in will be re-scheduled for the next day of class. Inclement Weather hotline is 501-3100.
- All students are required to take the final examination. **NO EXCEPTIONS!**
XIII. COURSE OUTLINE:

A. Lectures and Yoga Practice:

1. Objective: To discuss reading material from chapters in text and relate them to the activities in class.
   a. Fitness components
   b. Breathing techniques
   c. History of Yoga
   d. Nutrition
   e. Relaxation and Meditation
   f. Different styles of Yoga

2. Activities: To develop the health and skill related components of fitness through Yoga movements.
   a. Warm-Up
   b. Breathing
   c. Sitting Poses
   d. Twisting Poses
   e. Inverted Poses
   f. Forward bending poses
   g. Backward bending poses
   h. Reclining Poses
   i. Standing Poses
   j. Balancing Poses
   k. Relaxation Poses
   l. Meditation
   m. Restorative Poses
   n. Sun Salutation
   o. Moon Salutation
   p. Earth Salutation
   q. Cool-Down

3. Fitness Assessments:
   a. Pre-test to include components of fitness.
   b. Mid-test to evaluate fitness gains
   c. Post-test to evaluate improvement in physical condition

4. Examinations and Assignments:
   a. Assignment #1 – will cover material for Mid-term examination.
   b. Mid-term examination
   c. Assignment#2 – will cover material for Final examination.
   d. Final examination.