**Auburn University**

**Department of Kinesiology**

**PHED 1640-001: Performance Activity: Yoga**

**Fall 2012**

**Course Syllabus**

**Instructor:** Jennifer Carignan

**Office:**  Coliseum 2075

**Email:** JRC0049@tigermail.auburn.edu

**Office Hours**: Wednesday, Friday 10:00am-12:00pm

**Course meets:** Monday, Wednesday, and Friday; 8:00am-8:50am

**Additional Contact:** Dr. Jared Russell - [russej3@auburn.edu](mailto:russej3@auburn.edu)

**Texts or Major Resources:**

This PHED course will utilize an on-line e-textbook *(McGraw-Hill Tracking Portal)*. You must purchase a code from the bookstore or on-line, if you prefer.

Once you purchase the code, follow the directions provided below and register for class by 08.31.12

Instructions for logging into the Tracking Portal

1. Log onto http://mhlearningsolutions.com/Auburn\_health/login.php

2. Click on student registration

3. Complete registration information.

a. The card code will be on the card you purchased from the bookstore.

4. Click on PHED 1640 Performance Activity: Yoga

5. On the left tool bar are 7 modules: Exercise Vocabulary, Health Benefits, The FITT principle, behavior change, preparing and recovering from exercise, my activity profile and conceptual core: Team Sports Volleyball. Each module has an assessment at the end (with the exception of my activity profile) that will count towards your grade this semester.

6. The “My Activity Profile” tab allows you to set goals, log your exercise program and track your progress.

7. At the top of the page you will see section list, grades, add new course, profile and logout. Click on the grades tab to view your grades for the assessment. The profile contains your registration information. Please logout after each use.

8. Please log onto and register by August 31st, 2012

\*Please note that failure to complete Portal assignments by December 2nd, 2012 will result in “No Grade” for the course.\*

Course Description:

The three specific objectives of this yoga class are (1) this course is designed to teach the students proper skills and techniques necessary to safely perform yoga (2) develop an understanding of the fitness components of yoga (3) enjoyment. The objectives are reached through the instructional and practice of activity during the course. Achieving these goals allows students to participate safely and with satisfaction in the activity.

**Student Expectations:**

Students are expected to demonstrate the responsibilities and maturity associated with Auburn University students. That is, students are expected to attend classes on time, wear proper clothing (shorts/sweats, t-shirts/athletic attire), and participate. Students will not be allowed to participate in class if they are wearing improper clothing (i.e. sandals, boots, jeans or pants, improperly fitting shirts or tank top, etc.), or if they arrive to class more than 20 minutes following the start of class. Students are expected to use caution at all times while practicing yoga.

**Evaluations (4):**

Students will be evaluated using four specific criteria: (1) attendance, (2) participation (performance during the whole class), (3) assessment (quizzes), and two exams. Students will earn 5 point daily for attendance and 5 point daily for participation. Participation means sustained activity throughout the duration of class. That is, students are expected to use the allotted time to engage in class-related activity. An absence will result in a zero in attendance and participation for the day. A documentary medical excuse is required to reason the absence.

**Evaluation:**

|  |  |
| --- | --- |
| Portal | 40% |
| Final Assessment | 20% |
| Attendance | 40% |
| Total Points | 100% |

90 ≤ A

80 ≤ B < 90

70 ≤ C < 80

60 ≤ D < 70

60 > F

**Physical Activity and Wellness Program (PAWP) Attendance Policy:**

The material and experiences in this class are important and if you are not in class, you cannot take an active role as a student. Class attendance and appropriate participation is paramount to your success as a student. At the discretion of the instructor, students arriving tardy to class will lose 1% of their final grade per offense. Unexcused absences cannot be made up and will result in a 3% deduction from the student’s final grade per absence. Once a student has accrued five (5) or more unexcused absences he/she will not be permitted to take the final examination and will receive a grade of FA (as stipulated by the Physical Activity and Wellness Program guidelines). Moreover, students who accrue eight (8) or more excused absences will not be permitted to take the final examination and will receive a grade of FA. Excused absences will be treated as follows:

1. Students must provide the instructor with a valid excuse upon returning to class (refer to Auburn University’s policy concerning class attendance and excused/unexcused absences): and
2. Make-up work developed and assigned at the discretion of the instructor must be completed within a week of the student returning to class.

If the student fails to follow these instructions the excused absence in question will be calculated as an unexcused absence. There are times when unforeseen circumstances will not allow you to attend class. Exceptions to this policy due to extreme circumstances are only permitted with the professor’s timely knowledge and approval. Arrangements to make up missed assignments and examinations due to properly authorized excused absences shall be initiated by the student within a week of the excused absence as mandated by Auburn University. Again, the format of any make-up work/assignments will be at the instructor’s discretion. Finally, the instructor will address all issues concerning absences at his/her discretion. Students are encouraged to refer to Auburn University’s policies concerning attendance, absences, academic honesty, and make-up work as found in the Auburn University Student Policy Handbook. [www.auburn.edu/studentpolicies](http://www.auburn.edu/studentpolicies)

D. Academic Honesty Policy: All portions of the Auburn University student academic honesty code (Title XII) found in the *Auburn University Student Policy Handbook (*[www.auburn.edu/studentpolicies](http://www.auburn.edu/studentpolicies).) will apply to university courses. All academic honesty violations or alleged violations of the SGA Code of Laws will be reported to the Office of the Provost, which will then refer the case to the Academic Honesty Committee.

E. Disability Accommodations:

Students who need accommodations are asked to electronically submit their approved accommodations through AU Access and to arrange a meeting during office hours the first week of classes, or as soon as possible if accommodations are needed immediately. If you have a conflict with my office hours, an alternate time can be arranged. To set up this meeting, please contact me by e-mail. If you have not established accommodations through the Office of Accessibility, but need accommodations, make an appointment with the Office of Accessibility, 1228 Haley Center, 844-2096 (V/TT)." <https://fp.auburn.edu/disability/syllabus.asp>

F. Course contingency: If normal class and/or lab activities are disrupted due to illness, emergency, or crisis situation, the syllabus and other course plans and assignments may be modified to allow completion of the course. If this occurs, and addendum to your syllabus and/or course assignments will replace the original materials.

H. Course evaluations: AU eValuate’s Fall semester evaluation dates are:

* Open: November 29th, 2012 (8am)
* Close: December 2nd, 2012 (11:59pm

**Tentative Class Schedule**

|  |  |
| --- | --- |
| **Date** | **Subject** |
| Week 1 (August 17) | Introduction |
| Week 2 (August 20-24) | Yoga Participation |
| Week 3 (August 27-31) | Yoga Participation |
| Week 4 (September 3-7)  ***No class on Monday, September 3*** | Yoga Participation |
| Week 5 (September 10-14) | Yoga Participation |
| Week 6 (September 17- 21) | Yoga Participation |
| Week 7 (September 24-28 ) | Yoga Participation |
| Week 8 (October 1-5) | Yoga Participation |
| Week 9 (October 8-12) | Yoga Participation |
| Week 10 (October 15-19) | Yoga Participation |
| Week 11 (October 22-26) | Yoga Participation |
| Week 12 (October 29- November 2) | Yoga Participation |
| Week 14 (November 5-9) | Yoga Participation |
| Week 15 (November 12-16) | Yoga Participation |
| **Week 16 (November 19-23)** | **Thanksgiving break** |
| Week 17 (November 26-30) | Yoga Participation |
| Week 18 (December 3)  **December 5** | Review for Final Exam  **Exam 2** |