

**AUBURN UNIVERSITY
SYLLABUS**

Yi Sun

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Office Hour: Tues & Thurs 08:00am-09:00am

1. Course Number: PHED 1640 001

Course Title: Yoga

Credit Hours: 2

Class time: MWF 08:00am – 08:50am

2. Prerequisites: None

3. Texts & Requirements

McGraw Hill Portal

There is not a text for this course

Wear clean, comfortable clothes that allow you to move freely and bring a yoga mat to class. Socks and shoes will be removed during the practice.

4. Course Description:

Students will learn and participate in a variety of yoga techniques

5. Course Objectives:

Be able to participate in traditional yoga techniques

Demonstrate proper yoga form

6. Course Content and Schedule

Date	Content	Assignments
Week 1	Syllabus & Yoga participation	Purchase equipment
Week 2	Yoga participation	
Week 3	Yoga participation	
Week 4	Yoga participation	Register for the online portal by midnight
Week 5	Yoga participation	Complete Assessment for Exercise Vocabulary
Week 6	Yoga participation	Complete Assessment for Health Benefits.
Week 7	Yoga participation	Complete Assessment for FITT Principle
Week 8	Yoga participation	Complete Assessment for Behavior Change
Week 9	Yoga participation	Complete Assessment for

		Preparing and Recovering from exercise
Week 10	Spring Break	
Week 11	Yoga participation	Complete Assessment for Yoga
Week 12	Yoga participation	
Week 13	Yoga participation	
Week 14	Yoga participation	
Week 15	Yoga participation	
Week 16	Yoga participation	

7. Course Requirements/Evaluations

Grading System	Point Value	Description
1) Online Assessments	30 points	<p>For this course we will be piloting a new online health tracking portal. The portal is an e-learning system to supplement what you learn in class.</p> <p>The portal system is divided into modules. At the end of each module you will complete a short assessment. The score on your assessments at the end of each portal module will be used to calculate your percentage of points. (30 points)</p>
2) Attendance & Performance	70 points	<p>Attendance (40 points). Attendance is required and roll will be taken every class period. It is your responsibility to sign the roll; if you do not sign in, you are not counted as present. The 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 up to 3% deduction from the student's final grade per absence. Once a student has accrued five (5) unexcused absences he/she will receive a grade of FA (as stipulated by the Physical Activity and Wellness Program guidelines). Moreover, students who accrue eight (8) absences, (excused, unexcused or a combination of the two types) will receive a grade of FA. If an unusual condition such as a serious illness results in this situation (8 total absences) students are encouraged to consult the AU Bulletin and/or an academic advisor in their college to determine if they meet university guidelines for requesting withdrawal from the</p>

		<p>course.</p> <p>Excused absences will be treated as follows: 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). 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. 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 Bulletin.</p> <p>Assessments (30 points): There will be three assessments during the whole semester. The assessments will be over material covered during class. The assessments dates will be announced one week in advance.</p>
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Grade	Scale
A	100 – 90
B	89.99 – 80
C	79.99 – 70
D	69.99 – 60
F	Below 60

8. Class Policy Statements

You are responsible for completing all online course work on time. Late assignments will not be accepted. Excuses about lack of internet connection, not being able to access the portal, not being able to complete an assessment, or other technical problems will not be accepted.

The University is conducted on a basis of common honesty. Dishonesty, cheating, plagiarism, or knowingly furnishing false information to the University is regarded as particularly serious offenses. Any form of this type of conduct will not be tolerated.

If you are a student with a documented disability and need accommodations please arrange a meeting during my office hours or send an e-mail to schedule a meeting. Please bring a copy of your accommodation memo and an instructor verification form to

the meeting. If you do not have an accommodation memo but need accommodations, make an appointment with the Program for Students with Disabilities, 1244 Haley Center, 844-2096.

The above content is subject to minor amendments at the discretion of the instructor.

I have read and I understand the above syllabus.

Signature_____

Date_____