AUBURN UNIVERSITY

SYLLABUS

SPRING 2022

# Course Details:

Course Number: PHED 1640-001

Course Title: Performance Activities – Yoga

Day/Time: T/R 8:00-9:15 am

Location: Kinesiology Building 136

Credit Hours: 2 credit hours

Prerequisites: None

# Contact Information:

Instructor: McKenna Tharpe

Office Address: 301 Wire Road, Kinesiology Research Facility

Email: [mat0061@auburn.edu](mailto:mat0061@auburn.edu)

Office Hours: by appointment only (via email)

Secondary Contact: Robin Thornburg-Brock; [thornr1@auburn.edu](mailto:thornr1@auburn.edu)

# Texts or Major Resources:

This PHED course will utilize an e-book version of the textbook that will be made available to you in the Canvas site associated with your course. Since you use an e-book in your class, there are a few important things to know up-front:

* **DO NOT BUY OR ORDER A TEXTBOOK FOR THIS CLASS.** It will be provided to you in Canvas.
* You will be charged $ 37.50 for the e-book by the AU Bookstore. The charge will be made to your AU e-bill on **February 3rd, 2022** and will appear as "Bookstore Charges" on the e-bill issued following that date.
* No charge will be made to your account if you drop the class before the 15th class

Day **February 2nd, 2022**.

* You will be able to view the course text in Canvas and will also be able to view it using the Canvas mobile application.
* For billing questions/concerns, contact Rusty Weldon, Assistant Director of the AU Bookstore, [weldora@auburn.edu](mailto:weldora@auburn.edu).
* Please note if you “opt out” of eBook charges, you will not have access to the materials you need to complete the course.
* **Please note: the course content featured in the e-text has been recently updated and is in the process of being replaced. Please be patient if you receive an email delaying a due date of a Canvas module quiz/assessment. All students will be given ample time to complete these assignments.**

# Course Description:

Basic concepts and physical activities associated with health, yoga philosophy, yoga postures and breathing techniques, chakras, and self-care.

# Course Objectives:

After taking this course you will have a working knowledge of skill and techniques used in yoga.

# Course Content: (assignment due dates/exams are in bold highlighted)

* **Week 1:** Classes Begin – **1/12/22**
* **Week 2:** Syllabus Quiz – **1/21/22**
* **Week 3:** Journal Entries #1 – **1/27/22**
* **Week 4:** Canvas Module #1- Exercise Vocabulary – **2/4/22**
* ***15th Class Day: Last day to drop a course with no grade assignment – 2/2/22***
* **Week 5:**
* **Week 6:** Canvas Module #2- Health Benefits of Physical Activity – **2/18/22**
* **Week 7:** Journal Entries #2 – **2/24/22**
* **Week 8:** Canvas Module #3 - FITT Principles – **3/4/22**
* **Week 9: NO CLASS**
* ***Spring Break: 3/7/22 – 3/11/22***
* **Week 10:** Canvas Module #4 – Active for Life Assessment– **3/18/22**
* **Week 11:** Journal Entries #3 – **3/24/22**

* **Week 12:** Canvas Module #5 - Preparing and Recovering from Exercise – **4/1/22**

* **Week 13:** Canvas Module #6 – Conceptual Core of Yoga – **4/8/22**
* **Week 14:**
* **Week 15:** Final Exam (Canvas Survey) – **4/22/22**

Skills Test #1 – **4/26/22**

* **Last day to withdraw from course with no grade penalty. “W” assigned – 4/22/22**
* **Week 16:** Journal Entries #4 – **4/26/22**

Skills Test #2 – **4/29/22**

# Course Requirements / Evaluation:

**Item:** **Percentage:**

Participation 40%

2 Skills Exams 10%

Syllabus Quiz 5%

5-6 Canvas Modules 30%

Journal Entries 10%

Final Exam (NOT AU-Evaluate) 5%

\*\*Extra Credit – College of EducationSONA (details below)

**Total** 100%

* Participation - requires students be dressed appropriately and fully take part in daily activities and exercises from beginning to the end of class. No phones are allowed during class time. Participation will be graded based on instructor observation.
* Skills Tests – See Course Content.
* Syllabus Quiz - Week 2 posted on Canvas.
* Canvas Modules – see schedule of Course Content for due dates.
* Final Exam – A comprehensive written assessment of concepts and techniques used in the course. (NOT AU-Evaluate)

## Grading Scale:

A = 100 – 90%

B = 89 – 80%

C = 79 – 70%

D = 69 – 60%

F = Below 60%

## **\*\*College of Education SONA EXTRA CREDIT OPPORTUNITY**

Your class has the opportunity to participate in the online research participation system, College of Education SONA. You will receive an email from SONA that enables you to sign up for research solicitations. If you do not receive this email by the third week of classes, please email [**sona@auburn.edu**](mailto:sona@auburn.edu). If you are under 19 years of age you must get your parents’ consent to participate in each study. Forms are available online. It is your job to make sure that your earned extra credit goes to the correct course. You can modify this in your student SONA account. If you sign up for a study that has appointments, you are expected to attend. If you need to cancel, follow the directions for cancelling an appointment for that study. Please pay attention to cancellation deadlines for that study. If you fail to do so you will be marked as a “no-show” in SONA. Two “no-show” designations will result in you being locked out of SONA for the semester and you will not be able to receive extra credit through research participation for that semester.

Your instructor is not affiliated with SONA, so participation or non-participation will not influence your status in this course, other than the extra credit points you can earn. SONA will report the number of credits you have earned to the instructor of the course you select when registering for research solicitations.

There are several SONA systems on campus. To receive credit in this course you must participate in the College of Education SONA.

The School of Kinesiology or your instructor is not responsible for the availability or lack of availability of SONA extra credit.

½ points will not be credited to final grade.

1 30-minute session = 1 credit

2 credits = 1 point added to final grade

4 credits = 2 points added to final grade

6 credits = 3 points added to final grade

8 credits = 4 points added to final grade

10 credits = 5 points added to final grade (maximum allowed)

# Course Policy Statements:

# Attendance:

Physical Activity and Wellness Program 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. Participation is defined as, but not limited to, “fully engaging in the course content and activities at a level that is deemed appropriate by the instructor.” **Once a student has accrued five 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) absences (excused, unexcused and/or combination of each type) will not be permitted to take the final examination and will receive a grade of FA.**

## Excused Absences:

Students are granted excused absences from class for the following reasons: illness of the student or serious illness of a member of the student’s immediate family, the death of a member of the student’s immediate family, trips for student organizations sponsored by an academic unit, trips for university classes, trips for participation in intercollegiate athletic events, subpoena for a court appearance, and religious holidays. Appropriate documentation for all excused absences is required. Please refer to the [Auburn University Student Policy eHandbook](http://www.auburn.edu/studentpolicies) (<https://sites.auburn.edu/admin/universitypolicies/Policies/PolicyonClassAttendance.pdf>) for more information on excused absences. **Students will have ONE WEEK from the date of the absence to provide their instructor with a university-approved excuse. Excuses WILL NOT BE ACCEPTED after the week-long grace period.**

## Make-Up Policy:

Arrangement to make up missed examinations due to properly authorized excused absences must be initiated by the student **within one week** from the end of the period of the excused absences. The format of the make-up exam will be as specified by the instructor. If the student fails to follow these instructions the excused absence in question will be calculated as an unexcused absence.

1. 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, an addendum will be made to your syllabus and/or course assignments will replace the original material.

1. Inclement Weather:

In case of inclement weather, check your Auburn email account for alternative class location and/or assignments.

# 9. Academic Honesty Policy:

All portions of the Auburn University student Academic Honesty Code (Title XII) found at <http://www.auburn.edu/student_info/student_policies/> will apply to this class. 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.

# 10. 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).

Please note that accommodations are not retroactive. Accommodations begin after: (1) a meeting with the Office of Accessibility to determine appropriate accommodations; and (2) a meeting with the Instructor arranged by the student.

**\*\*COVID-19 POLICIES\*\***

**Please click** [**here**](http://auburn.edu/covid-resource-center/) **for the latest information regarding COVID-19 protocols on Auburn’s campus**

**Face Covering Policy**

Auburn requires everyone to wear face coverings when inside university buildings. The policy applies to all students, faculty, staff and campus visitors, regardless of vaccination status. Face coverings do not have to be worn when alone in private offices, when eating inside campus dining facilities, in residence hall rooms with a roommate, in open-air athletics venues or when exercising in the Recreation and Wellness Center. [The complete policy can be found here](https://sites.auburn.edu/admin/universitypolicies/Policies/UsageOfFaceCoveringsPolicy.pdf).

**Instructional Contingency Plan**

If normal class and/or lab activities are disrupted due to illness, emergency, or crisis situation (such as a COVID-19 outbreak), the syllabus and other course plans and assignments may be modified to allow completion of the course. If this occurs, an addendum to your syllabus and/or course assignments will replace the original materials. If the method of delivery should need to be changed throughout the course of the semester, please look to your Canvas page for announcements.

***This syllabus is a working document; the instructor reserves the right to modify or alter the syllabus throughout the semester.***