

**Auburn University  
Department of Kinesiology  
PHED 1640 001– Yoga  
Summer 2010**

**Instructor:** Maria Morera

**Email:** mzm0015@auburn.edu

**Class Time:** MTWRF 7:30-9 am

**Office:** 2050 Memorial Coliseum/1462 Haley  
Center

**Class Location:** 2093 Memorial Coliseum **Office Hours:** T/W 1:30-3:30 p.m.

**Credit Hours:** 2

\*\*\* Meetings with students can also be arranged by appointment

**Physical Activity Wellness Program Coordinator:**

Dr. Jared Russell; russej3@auburn.edu

**Required Text:** McGraw Hill Electronic Text.

1. Register at - [http://mhlearningsolutions.com/Auburn\\_health/login.php](http://mhlearningsolutions.com/Auburn_health/login.php).
2. Click on student registration.
3. Complete registration information. You will need two codes.
  - a. I will provide the first code to you and will be published on Blackboard by the second week of classes. Be sure to input the CORRECT code to ensure that re receive YOUR grades.
  - b. The second code is on the card you purchased from the bookstore.
4. Click on PHED 1250.001: CardioRespiratory – Water Aerobics.
5. There will be six modules on the on the left toolbar: exercise vocabulary, health benefits, the FITT principle, behavior change, preparing and recovering from exercise, and cardiorespiratory – water aerobics. Each module has an assessment at the end that will count toward your grade.
6. At the top 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.
7. Please log onto and register as soon as possible (follow the instructions guidelines)

**Required Materials:** Please bring a yoga mat to class everyday.

**Electronic devices:** Please turn off your cell phone before class. If you are expecting an important call, please let me know before class.

**Course objective:** To increase your strength and flexibility by harmonizing your body mind and spirit through a combination of poses and breathing exercises.

**Please do not wear those items to class:**

Shirts do not cover your entire torso or do not cover at a least top of 1/3 of the biceps, shorts or pants that have belt loops or that were not indented for exercise, shoes that are open toed or open heeled, necklaces, metal bracelets, and earrings extending beyond your earlobe.

**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.” Failure to appropriately participate in the course content and activities can result in a deduction of points from a student’s overall course grade at the discretion of the instructor. Moreover, 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) 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) excused 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 will be treated as follows:

- a. 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
- b. 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 Bulletin.

**AU BULLETIN EXCUSED ABSENCE POLICY**

“Arrangement to make up missed major examinations (e.g. hour exams, midterm exams) due to properly authorized excused absences (as defined by the Tiger Cub) shall be initiated by the student within one week from the end of the period of the excused absence. Normally, a make-up exam shall occur within

two weeks from the time that the student initiates arrangements for it... Instructors are expected to excuse absences for:

- a. Illness of the student or serious illness of a member of the student's immediate family. **The instructor may request appropriate verification.**
- b. The death of a member of the student's immediate family. **The instructor may request appropriate verification.**
- c. Trips for members of the student organizations sponsored by an academic unit, trips for University classes, and trips for participation in intercollegiate athletic events. When feasible, the student must notify the instructor prior to such absences, but in no case more than one week after the absence. **Instructors may request formal notification from appropriate University personnel to document the student's participation in such trips.**
- d. Religious holidays. Students are responsible for notifying the instructor in writing of anticipated absences due to their observance of such holidays.
- e. Subpoena for court appearance. **The instructor may request appropriate verification.**

#### STATEMENT OF STUDENT ACCOMMODATION

Students who need accommodations are asked 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. 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 (V/TT).

**Honesty Code:** The University Honesty Code and the Tiger Cub Rules and Regulations pertaining to Cheating will apply to this class.

**Medical Considerations:** If you have a condition that may affect your participation in this class (diabetes, epilepsy, heart murmurs, knee or back injuries, etc.) please notify the instructor promptly in private. Students will be required to complete a Health Status Form and a Health Referral Form if you have any known health problems.

#### **ALL STUDENTS ARE REQUIRED TO KEEP TRACK OF THEIR ABSENCES.**

**Punctuality:** The class starts at 7:30 am. To receive credit for attending, students must be present the entire time. If you are not in class by 7:35 am but still come to class, you will receive a tardy. If you are not in class by 7:45 am, you will be considered as absent.

**Late Work:** Assignments will be accepted only during class time. If you are in class, work must be turned in at that time. Late work associated with an excused absence will be dealt with in accordance to the above Physical Activity and Wellness Program Attendance Policy.

**Grade Revisions:** Students may respectfully question scores on exams or quizzes within one week after they are turned back in class. Please set up an individual meeting with the instructor to do this. Following the one-week period, all grades are non-negotiable.

### Grading & Evaluation Criteria:

<u>Criterion</u>	<u>Point Value</u>	<u>Grading Scale</u>	
Web Portal Assessments	30	A	$\geq 89.50$
Performance Evaluation	20	B	79.50 – 89.49
Participation/Attendance	50	C	69.50 – 79.49
		D	59.50 – 69.49
		F	$\leq 59.49$
<b>Total</b>	<b>100</b>		

1. **Assessments (30 points):** There will be 6 assessments total. Assessments will be taken through the Web Portal. Assessments will be accessible for an entire week: starting at 8:00 am on Monday and closing at 5:00 pm on Friday.

2. **Performance Evaluation (20 points):** There will be one performance per each student. The evaluation will be over material covered during class. The performance evaluation date will be announced at least one week in advance.

3. **Class Participation 50%:** Attendance and participation are vital for a successful experience of each student; i.e., if a student is not in attendance, they can not participate. To earn the participation points, students must attend class on time, dress appropriately, and take part in the activities throughout the class period (lecture, lab activities, assignments and exams).

### Summary

- **Professionalism:** As faculty, staff, and students interact in university settings, they are expected to demonstrate professional behaviors as defined in the College's conceptual framework. These professional commitments or dispositions are (a) engaged in responsible and ethical professional practices, (b) contributed to collaborative learning environments, (c) demonstrated a commitment to diversity, and (d) modeled and nurtured intellectual vitality.
- STUDENTS NEED to be ON TIME and PARTICIPATE for the ENTIRE CLASS PERIOD!!
- **If you are unable to attend for any reason or you are going to be late, please email me ([mzm0015@auburn.edu](mailto:mzm0015@auburn.edu)) as soon as possible.** This email does not excuse your absence.
- **Appropriate verification and a copy of the excused absences** must be provided to the instructor **within one week** of the absence (refer to Auburn University's policy concerning class attendance and excused/unexcused absences).
- If the student is 5 minutes late from the time the class begins, it will count as a tardy, and the result will be in a 1% deduction from student's 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 more than five (5)

unexcused absences he/she will not be permitted to take the final examination and will receive a grade of FA.

- **Missed Assessments/Evaluation:** If you miss an evaluation or assessment you will receive a 0. Students with excused absences will be allowed to make up missed evaluation or assessments within one week of their return to class.

**E-mail:** The best way to contact me will be through e-mail. I will check my e-mail regularly and I ask that you please do the same.

During this course we will attempt and practice each of the poses listed below. You will be responsible for being able to identify each of the poses by the end of the semester. Also, each of you will be assigned one of the poses. You will need to research the pose, be able to demonstrate it and give the physical benefits of the pose:

Tadasana (Mountain Pose)	Dandasana (Staff Pose)	Purvottanasana (stretch on the east side of the body)	Utthita Hasta Padangusthasana (Hand to Foot Pose)
Parsvakonasana (Side Angle Stretch)	Virasana (Hero Pose)	Anjaneyasana (Crescent moon pose)	Warrior III
Utkatasana (Mighty Pose)	Trianga Mukhaikapada Paschimottasana (Three Limbed Forward Bend)	Salabhasana (Locust Pose)	Navasana (Boat Pose)
Trikonasana (Triangle Pose)	Janu Sirsasana (Head Beyond the Knee pose)	Bhujangasana (Cobra Pose)	Adho Mukha Svanasana (Downward Facing Dog)
Prasarita Padottanasana (Wide Leg Stretch)	Ardha Baddha Padma Paschimottasana (Bound Half Lotus Forward Fold)	Ustrasana (Camel Pose)	Sarvangasana (Shoulderstand)
Uttanasana (Intense Forward Stretch)	Paschimottasana (stress on the west side of the body)	Setu Bandhasana (Bridge Pose)	Halasana (Plough Pose)
Parsvottanasana (Chest to Leg Extension)	Upavista Konasana (Seated Wide Angle Pose Sequence)	Matsyasana (Fish Pose)	Surya Namaskar (Sun Salutation)
Pavritta Trikonasana (Resolved Triangle Pose)	Baddha Konasana (Cobbler's Pose)	Pavritta Sukhasana (Crossed-leg Twist)	Sukhasana Forward Fold (Crossed-Leg)
Virabhadrasana (Warrior I)	Supta Padangustasana (Reclining Big Toe Pose)	Bharadvajasana (Sage Twist 1)	Biralsana (Cat Pose)
Warrior II	Gomukhasana (Cow Face Pose)	Garudasana (Eagle Pose)	Biralsana (Child Pose)

**Important dates:**

June 28	Classes Begin	(Mon)
<b>July 5</b>	<b>Independence Day (Holiday)</b>	<b>(Mon)</b>
Aug. 2	Classes End	(Mon)
Aug. 3-5	Final Exam Period	(Tue-Thu)

**Assignments dates:**

Exercise vocabulary	Jun 28 start date	Jul 09 end date
Health Benefits	Jun 28 start date	Jul 09 end date
The FITT principle	Jun 28 start date	Jul 09 end date
Behavior change	Jun 28 start date	Jul 09 end date
Preparing & recovering...	Jun 28 start date	Jul 09 end date
Conceptual core: yoga	Jun 28 start date	Jul 16 end date
My activity profile	Jun 28 start date	Jul 02 end date
Survey middle start	Jul 12 start date	
Survey final start	Jul 26 start date	Jul 30 end date

**\*\*\*\*\*The above content, schedule and procedures in this course are subject to change at the discretion of the instructor\*\*\*\*\***