**AUBURN UNIVERSITY**

**SYLLABUS**

**Yi Sun**

**Office: 2129 Memorial Coliseum**

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**Office Hour: by appointment (via email)**

**1. Course Number:** PHED 1640 001

**Course Title:** Yoga

**Credit Hours:** 2

**Class time:** MTWRF 08:00am – 09:30am

**2. Prerequisites:** None

**3. Texts & Requirements**

McGraw Hill Portal

There is not a paper textbook 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 at the beginner’s level

**5. Course Objectives:**

Be able to participate in traditional yoga techniques

**6. Course Requirements/Evaluations**

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| Grading System | Point Value | Description |
| 1) Online Assessments | 30 points | 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. 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) |
| 2) Attendance & Performance | 70 points | Attendance (40 points). 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.  |

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| Grade | Scale |
| **A** | 100 – 90 |
| **B** | 89.99 – 80 |
| **C** | 79.99 – 70 |
| **D** | 69.99 – 60 |
| **F** | Below 60 |
|  |  |

**7. Class schedule**

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| --- | --- | --- |
| Date | Class | Assignment |
| June 27-July 1 | Syllabus, poses1-15 | Purchase card, register |
| July 5-July 8 | Poses16-25, 1st pose assessment | Assignment 1 |
| July 11-July 15 | Poses 26-40 | Assignment 2 & 3 |
| July 18-July 22 | 2nd pose assessment, poses 41-50  | Assignment 4 & 5 |
| July 25-July 29 | Practice, flow yoga, 3rd pose assessment | Assignment 15 |

**8. 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 up to 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) absences, (excused, unexcused or a combination of the two types) will not be permitted to take the final examination and 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 course.

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 Bulletin.

**9. 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.**