

Auburn University
Department of Kinesiology
PHED 1640: Performance Activity: Yoga
Summer 2014
Course Syllabus

Instructor: Kara Palmer
Office: KINE Building 035
Email: kkp0005@auburn.edu
Office Hours: Appointment. only
Course meets: 001: Mon-Friday, 11:30-1:00; STDNT ACT 207N
May 16- June 19
002: Mon-Friday, 8:00-9:30; STDNT ACT 207N
003: Mon-Friday, 11:30-1:00; STDNT ACT 207N
June 23-July 28
Additional Contact: Dr. Jared Russell - russej3@auburn.edu
844-1429

Course Description:

The three specific objectives of this yoga class are: (1) to teach the students proper skills and techniques necessary to safely perform yoga, (2) to 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 10 minutes following the start of class. Students are expected to use caution at all times while practicing yoga.

Equipment

Students must bring the following items to each class. Failure to be prepared will result in deductions to the student's participation grade:

1. PROPER WORK OUT ATTIRE.
 - a. For this class, I strongly recommend tight fitting shirts and pants.
2. Towel

- a. Many times, your hands will get sweaty making it difficult to hold poses. Please bring a towel to wipe off your hands or provide extra support and cushion.
- 3. Mat
 - a. It is required that all students provide their own yoga mat. For students with wrist or joint problems you may want to invest in thicker mat (Pilates mats may work well).
 - b. If you are unable to provide a mat, please let me know ASAP.
- 4. Blocks
 - a. I do not require blocks, but I highly recommend them (two is best). If you have poor flexibility, blocks will be extremely beneficial. They can be purchased at most athletic stores (I recommend looking for both mats and blocks at TJ Maxx).

Evaluations:

Students will be evaluated using four specific criteria: (1) attendance, (2) participation (performance during the whole class), (3) assessment (Portal quizzes).

Attendance and Participation

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. All students are expected to arrive to class dressed and prepared to engage in a 75 to 90 minute yoga practice. Failure to arrive prepared (i.e. not in proper workout attire or without a mat) will result in a zero in your participation score the day. Arriving to class more than 10 minutes late will result in a zero in your attendance score for the day. Furthermore, an absence will result in a zero in attendance and participation for the day. A documentary medical excuse is required to reason the absence.

Grading:

Final grades will be determined by each student's total points earned.

90 ≤ A	Attendance/Participation -	240 points (10 pts per day)
80 ≤ B < 90	Opening the Portal-	10 Points
70 ≤ C < 80	<u>Quizzes-</u>	<u>60 points</u>
60 ≤ D < 70	Possible Points	300 total points
60 > F		

Calendars:

Section 001

Dates (week #)	Days in class	Class Activities
May 16	Friday	NO CLASS. Take syllabus quiz in lieu of attendance.
May 19-23*	Monday-Friday	
May 27-30	Tuesday-Friday	
June 2-6	Monday-Friday	
June 9-13**	Monday-Friday	
June 16-19	Monday-Thursday	

*Portal must be opened by Friday at midnight

** All Portal Assignments are due.

Section 002, 003

Dates (week #)	Days in class	Class Activities
June 23-June 27	Monday-Friday	Take syllabus quiz.
June 30-July 3*	Monday-Thursday	NO CLASS FRIDAY
July 7-11	Monday-Friday	
July 14-18**	Monday-Friday	
July 21-25	Monday-Friday	

*Portal must be opened by Friday at midnight

** All Portal Assignments are due.

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 (after class roll has been taken) 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:

- 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 University Student Policy Handbook.
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.) 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, an addendum to your syllabus and/or course assignments will replace the original materials.

H. Course evaluations: AU eValue's Summer semester evaluation will be made available at the end of the course.