**AUBURN UNIVERSITY**

**SYLLABUS**

1. Course Details:

Course Number: PHED 1640-001

Course Title: YOGA

Term: **Fall 2025**

Day/Time: **T/R 9:30 am – 10:45 am**

Location: STACT 142

Credit Hours: 2 credit hours

Prerequisites: None

1. Contact Information:

Instructor: **Mary Grayson Nix Caden**

Office Address: 301 Wire Road, Student Activities Center

Contact Information**: mgn0013@auburn.edu**

Office Hours: T/TH 8-9 AM - STACT 147 Teri Nix Lab if available or zoom!

**PHED Coordinator** (secondary contact): Robin Thornburg-Brock, M.Ed. (thornr1@auburn.edu)

1. Texts or Major Resources:

The major resources for this course are the **e-book**, tennis shoes, and appropriate attire.

This course will use the bookstore’s all-access program, which converts previously physical course materials into digital content. This material is ready and waiting for you on the first day of class and is free until the add/drop day (for the fall and spring semesters, that’s two weeks free). The major resource for this course is this **e-book** accessed through this program**.**

The cost of all-access materials has been negotiated to offer you the best price available. The all-access program also eliminates the stress of finding the exact course materials for your class and the strain of carrying bulky, physical textbooks, all while saving you money. It’s all of the text without the book.

For more information on the bookstore’s all-access program please click the link below or scan the QR code.

<http://aub.ie/allaccess>



**ALL-ACCESS TIPS:**

* **DO NOT BUY OR ORDER A TEXTBOOK FOR THIS CLASS**. It will be provided to you in Canvas.
* For the first week of class, everyone gets this content for free.  All students in this course start as opted in to pay for the content for the course.
* The discounted price you will be billed is **$40.95** for the e-book by the AU Bookstore. If you are still opted in on **September 1st, 2025**, a charge will be made to your AU e-bill and will appear as "Bookstore Charges" on the next e-bill issued. You’ll get a reminder email regarding the deadline.
* No charge will be made to your account if you drop the class on or before **September 1st, 2025**.
* **Please note if you “opt out” of eBook charges, you will not have access to the materials you need to complete the course.**
1. Course Description:

This class will explore various forms of Yoga. Introduction to meditation, breathing techniques, or pranayama, will be emphasized along with spinal alignment. In addition, increase muscle strength and flexibility, understanding of basic anatomy and nutritional perspectives. Each class will end with a short meditation and relaxation segment.

1. Course Objectives:

To introduce the student to the fundamentals of a Yoga practice in a safe, supportive and academic environment.
• To learn proper body alignment and increase strength and flexibility.
• To learn the basics of breathing techniques (pranayama)
• To understand the basics of anatomy and nutritional guidelines
• To understand various forms of yoga mediation

1. Course Content: (assignment due dates/exams are in bold and highlighted)

Week 1: Classes Begin – **8/19/25 (Tuesday)**

* + - * Introduction/Review of syllabus
			* Use of props/modifications
			* Practice: fundamentals of postures/alignment/breathing

Week 2: **Syllabus Quiz – 8/30/25** by **8:00pm**

* Overview of Yogic Philosophy
	+ - * Practice: fundamentals of postures/alignment/breathing

Week 3: **Canvas Module #1 – Exercise Vocabulary - 9/6/25 by 8:00pm**

**Skills Test I (flexible)**

* ***Labor Day Holiday: 9/1/25***
* ***Last day to withdraw from course with no grade assigned – 9/1/25***
	+ - * The Eight Limbed Path
			* Practice: fundamentals of postures/alignment/breathing

Week 4: **Canvas Module #2 –Health Benefits of Engaging in Regular physical Activity- 9/13/25** by 8:00pm

* + - * 1st limb of Yoga – Yama: Behavior and Social Conduct
			* Practice: fundamental postures, alignment

Week 5: **Canvas Module #3 – FITT Principles – 9/20/25 by 8:00pm**

* + - * 2nd limb of Yoga– Niyama: Personal discipline
			* Practice: fundamental postures, alignment
			* Assignment Part 1: Dietary journal – discovering habits

Week 6: **Canvas Module #4 – Preparing and Recovering from Exercise – 9/27/25 by 8pm**

* + - * 3rd limb of yoga – Asana: Physical Disciplines
			* Anatomy & Physiology

Week 7: **No Canvas Module**

 **Skills Test II (flexible)**

* + - * Introduction to Pranayama/Breathing Techniques
			* Restorative Yoga

Week 8: **No Canvas Module**

* ***MID-TERM GRADES DUE: 10/7/25***
* ***FALL BREAK: 10/9/25 & 10/10/25***
	+ - * Vinyasa

Week 9: **Canvas Module #5 – Active for Live – 10/18/25 by 8:00pm**

* 4th limb of yoga – Pranayama: Breathing control
* ***Last day to drop a course with no grade assignment; “W” assigned: 10/17/25***

Week 10: **Canvas Module #6 – Overcoming barriers to exercise – 10/25/25 by 8pm**

* 5th limb of yoga – Pratyahara: Control of Sensory Perception

Week 11: **Canvas Module #7 – Places, Spaces and Opportunities Graded Survey – 11/1/25 by 8:00pm**

* VinYin

Week 12: **Skills Test II (flexible)**

* 6-8th limbs of yoga – Dharana, Dhyana, and Samadhi (Meditation)

Week 13: **Canvas Module #8 – Maintaining an Active and Healthy Lifestyle –**

 **11/15/25 by 8:00pm**

* The Yoga Sutras

Week 14: **Yoga Conceptual Core– 11/22/25 by 8:00pm**

* The Gunas
* Chakras
* VinYin

Week 15: **\**THANKSGIVING BREAK: NO CLASSES\****

Week 16: **Final/Final Skills Exam**

***\*CLASSES END 12/5/25***

1. Course Requirements / Evaluation:

**Item** **Percentage**

Attendance/Participation 40%

Skills Tests/Assignments 20%

Syllabus Quiz 5%

8 Canvas Modules/Conceptual Core 30%

Final Exam 5%

**Total 100%**

\*\*Extra Credit – SONA

Attendance/Participation - 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 will result in a deduction of points from a student’s overall course grade. Unexcused absences cannot be made up and will result in a 3-point deduction from the student’s final grade per absence. Once a student has accrued *five unexcused absences*, they 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*.

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. 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)

1. Course Policy Statements:

## A. 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.” Failure to appropriately participate in the course content and activities will result in a deduction of points from a student’s overall course grade. Unexcused absences cannot be made up and will result in a 3-point deduction from the student’s final grade per absence. Once a student has accrued five unexcused absences, they 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.

## B. 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) www.auburn.edu/studentpolicies for more information on excused absences.

## C. 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.

Course Contingency: If normal class and/or lab activities are disrupted due to illness, emergency, or crisis, 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.

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

1. Academic Honesty Policy:

All portions of the Auburn University student academic honesty code (Title XII) found in the [Auburn University Student Policy eHandbook](http://www.auburn.edu/studentpolicies) at the following link www.auburn.edu/studentpolicies 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.

1. 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.

**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.

## **Bias:**

Auburn University values freedom of expression and the open exchange of ideas. While openness protects the expression of controversial ideas, there are times when actions or expression can negatively affect individuals or groups. A bias-related incident involves conduct (acts, behaviors, or communications) against a person, motivated by the offender’s biases regarding age, disability, ethnicity, gender, gender identity/expression, nation origin/nationality, race, religion, sex, sexual orientation, veteran status or other identity. These acts, behaviors, conduct or communications may produce an unwelcoming environment. A bias incident may involve behavior which does not rise to the level of a violation of Auburn University policy, including legally protected free speech.

The Bias Education and Response Team (BERT) consists of a cross-disciplinary group of staff and faculty who will ensure that students, faculty, and staff have the means to report bias incidents. This group of professionals share information about incidents reported to the BERT, and advocate for prevention and awareness programs. BERT members will also connect those impacted by bias-related incidents with immediate and ongoing support resources. Students can report a bias incident at [https://studentaffairs.auburn.edu/bert/](https://nam11.safelinks.protection.outlook.com/?url=https://studentaffairs.auburn.edu/bert/&data=05%257C01%257Cthornr1@auburn.edu%257Cb042414f061244c3d6d108db982b4727%257Cccb6deedbd294b388979d72780f62d3b%257C1%257C0%257C638271083862327283%257CUnknown%257CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0=%257C3000%257C%257C%257C&sdata=Iyz4qcoyUF125d9B67fiTy2y2vuB/tqIOltBH2STzQg=&reserved=0).

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