

PE 139 (4666) - Yoga and Ballroom Dance
Spring 2013 - MWF 9:30 – 10:20

Professor Gayle
gdohert@emory.edu

Office: Gym Office Suite
Phone: 770 784-8352

Office Hours
Monday, Wednesday, Friday 10:30–11:30
Tuesday and Thursday 10:00 – 11:00
By Appointment

COURSE DESCRIPTION: The first half of this course is an introduction to some of the basic yoga postures and breathing techniques. Students will study yoga history and philosophy and some of the major yoga lineages. The second half of this course is a survey of selected ballroom dances related to motor skill development, and focused on the cultural context of social dance, and the enjoyment of dance as a social activity.

INSTRUCTIONAL OBJECTIVES: Specific written instructional objectives will be provided in advance of each written and practical test.

COURSE REQUIREMENTS AND GRADING SYSTEM:

A = 90–100 B = 80-89 C = 70–79 D = 60-69 F = Below 59

10% Yoga Quiz #1
10% Yoga Quiz #2
25% Yoga Practical – A & C Series Sun Salutations (Surya Namaskar)
20% Ballroom Dance Quiz
25% Ballroom Dance Practical
10% - Class Participation – arriving to class on time, properly dressed and engaged in the class activity

*****See Attendance Policy Below*****

The Oxford College Honor Code applies and is respected in this class. All work must be submitted truthfully and must be your own work.

Student work submitted as part of this course may be reviewed by Oxford College and Emory College faculty and staff for the purposes of improving instruction and enhancing Emory education.

TEXT: Test materials, the course syllabus, calendar and all other handouts for this course will be posted on the class conference on LearnLink.

DRESS: Clothing should be nonrestrictive and appropriate for the classroom (no pajamas). No shoes.

Physical Education Attendance Policy

RELIGIOUS HOLIDAYS: Religious holidays approved by the college may be observed without penalty but your instructor must be informed of your intention to do so in writing and in advance of the holiday.

ATTENDANCE: You are expected to attend all classes at the scheduled time; therefore tardiness and absences affect your final grade. A maximum of three absences are allowed without penalty. There are no excused absences in this class. If you have to miss a class due to unusual circumstances (serious illness/emergencies), you must communicate your reasons prior to the absence via email or voice message; if that is impossible, you must communicate as soon as you are able.

After three absences, each following absence will result in a 5% reduction of your final grade.

4 absences = 5% reduction; 5 absences = 10% reduction; 6 absences = 15% reduction; 7 absences = 20% reduction; 8 absences = 25% reduction; 9 absences = automatic final grade of F

You are expected to be on time for class. If you arrive after roll call, you are responsible to confirm your presence. If you are late more than 3 times, a half point will be deducted from your participation grade for each time you arrive late..

At the end of the session, MAKE UP work may be provided at the instructor's discretion.

For make- up work to be considered,

- 1) all absences (INCLUDING THE 3 NON-PENALTY ABSENCES) must be valid
- 2) you must provide acceptable medical documentation or a reasonable explanation regarding an exceptional circumstance must be provided
- 3) you must schedule an appointment in a timely manner for the purpose of presenting a record of missed classes and your justification for the absences. Your instructor will decide whether make-up opportunities should be granted and will set a deadline for the completion of such work before final grades are due.

Calendar
PE 139 - Ballroom Dance and Yoga

W 1/16	Introduction to the Course
F 1/18	Video "Short Cut to Nirvana"
M 1/21	<u>MARTIN LUTHER KING HOLIDAY</u>
W 1/23	History and Philosophy of Yoga
F 1/25	Paperwork - Practice
M 1/28	Practice
W 1/30	The Koshas and the Chakras
F 2/1	Practice
M 2/4	Practice
W 2/6	<u>YOGA QUIZ #1</u> - History and Philosophy of Yoga - The Koshas and the Chakras
F 2/8	Practice
M 2/11	Practice
W 2/13	Pranayama – Asana
F 2/15	Practice
M 2/18	Practice
W 2/20	Yoga is for You - Schools of Yoga Review all Dances
F 2/22	Practice
M 2/25	Video – "Ashtanga New York"
W 2/27	<u>YOGA QUIZ #2</u> - Pranayama – Asana - Yoga is for You - Schools of Yoga
F 3/1	Practice
M 3/4	Practice Practical
W 3/6	<u>YOGA PRACTICAL</u> – A and C Series
F 3/8	Ballroom Dance Videos
M 3/11	<u>SPRING BREAK</u>
W 3/13	<u>SPRING BREAK</u>
F 3/15	<u>SPRING BREAK</u>
M 3/18	Introduction to Social Dancing – Learn Tango
W 3/20	Space Awareness, Styles of Social Dance - Learn Fox Trot
F 3/22	Review Tango and Fox Trot – Dance with Partners
M 3/25	Footwork in Social Dance, Dance Walk, - Learn Rumba
W 3/27	Closed Position, Common Errors - Learn Waltz
F 3/29	Review Rumba and Waltz - Dance with Partners
M 4/1	Review Fox Trot, Tango, Rumba and Waltz
W 4/3	Techniques of Leading - Learn Swing
F 4/5	Techniques of Following - Learn Cha Cha
M 4/8	Review Swing and Cha Cha - Dance with Partners
W 4/10	Review all Dances
F 4/12	<u>BALLROOM QUIZ</u> - Help Session
M 4/15	Dance with partners
W 4/17	Dance with partners
F 4/19	<u>No Class</u>
M 4/22	Dance alone
W 4/24	Dance alone
F 4/26	Practice Practical
M 4/29	<u>BALLROOM PRACTICAL</u>