

THE OXFORD COLLEGE DIVISION OF PHYSICAL EDUCATION AND DANCE

PE 128 - Yoga

Professor Gayle Doherty

MWF (#4606) 8:15 – 9:05 (#4607) 9:30 – 10:20

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: This course is an introduction to some of the basic physical practices of yoga. Students will also study yoga history and philosophy and some of the major yoga lineages.

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

COURSE REQUIREMENTS AND GRADING SYSTEM:

A= 89-100

B= 80-89

C= 70-79

D= 60-69

F= Below 59

10%	Quiz #1	History and Philosophy - The Eight Limbs of Ashtanga and Moksha
10%	Quiz #2	Pranayama and Asana - The Koshas and the Chakra System
10%	Quiz #3	Meditation and Relaxation - Yoga is for You
10%	Participation	Arrive on time, dress properly, be attentive
30%	Practical 1	A&C Series Salutations
30%	Practical 2	Your Yoga Practice

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: Wear exercise clothes (no pajamas or extremely short shorts). If needed secure your hair out of your face and remove large dangling jewelry. Don't chew gum when we practice yoga. Turn all electronic devices off and put them away when we begin class.

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 points will be deducted from your participation grade.

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 128 Yoga - Fall 2012 - Doherty

W 8/29	Introduction to the Course
F 8/31	Video - "Short Cut to Nirvana" - The Kumbh Mela
M 9/3	<u>LABOR DAY</u>
W 9/5	Practice
F 9/7	<u>JURY DUTY – NO CLASS</u> – See handout for assignment 1
M 9/10	Practice
W 9/12	History and Philosophy of Yoga
F 9/14	Practice
M 9/17	Practice
W 9/19	The 8 Limbs of Ashtanga and Moksha
F 9/21	Practice
M 9/24	Practice
W 9/26	<u>QUIZ #1</u> – History and Philosophy of Yoga - The 8 Limbs of Ashtanga and Moksha
F 9/28	Practice
M 10/1	Practice
W 10/3	Pranayama and Asana
F 10/5	<u>JURY DUTY – NO CLASS</u> - See handout for assignment 2
M 10/8	Practice
W 10/10	The Koshas and the Chakras
F 10/12	Practice
M 10/15	<u>FALL BREAK</u>
W 10/17	<u>QUIZ #2</u> – Pranayama and Asana - The Koshas and the Chakras
F 10/19	Practice
M 10/22	Practice for Practical
W 10/24	<u>PRACTICAL 1 – A and C Series</u>
F 10/26	Practice
M 10/29	Practice
W 10/31	Video – "Ashtanga New York"
F 11/2	<u>JURY DUTY – NO CLASS</u> - See handout for assignment 3
M 11/5	Practice
W 11/7	Meditation, Concentration and Relaxation
F 11/9	Practice
M 11/12	Practice
W 11/14	Yoga is for You - Schools of Yoga
F 11/16	Practice
M 11/19	Practice
W 11/21	<u>THANKSGIVING BREAK</u>
F 11/23	<u>THANKSGIVING BREAK</u>
M 11/26	Practice
W 11/28	<u>QUIZ #3</u> - Meditation, Concentration and Relaxation - Yoga is for You - Schools of Yoga
F 11/30	Practice
M 12/3	Practice – your yoga practice
W 12/5	Practice – your yoga practice
F 12/7	<u>JURY DUTY – NO CLASS</u> – work on your practice
M 12/10	<u>PRACTICAL 2 – Your Yoga Practice</u>