

THE OXFORD COLLEGE DIVISION OF PHYSICAL EDUCATION AND DANCE

PE 128 Yoga

Syllabus – Spring 2007

Professor: Gayle Doherty

MWF 9:35–10:25

MWF 10:40–11:30

Office: Gym 103

Phone: 4-8352

Office Hours

Monday/Wednesday/Friday – 12:40 – 1:40

Tuesday/Thursday - 10:30 – 11:30

COURSE DESCRIPTION: This course is an introduction to the history, philosophy and practice of yoga.

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

COURSE GOALS:

- After each session of yoga practice, students should expect to feel better, physically, mentally and emotionally.
- Yoga fulfills the lifetime requirement in the Oxford College physical education requirement. At the end of the semester, students should feel confident (and hopefully interested) to continue to study and practice yoga.
- Yoga practice calls for an intense awareness of and respect for the body. After a semester of practicing yoga, students should possess an increased positive awareness of his or her body.
- At the end of the semester students should have acquired a basic understanding of the history, philosophy, spirituality and traditional practices of yoga. Students should also have an understanding of some of the modern schools of yoga and how yoga is evolving today.

COURSE REQUIREMENTS AND GRADING SYSTEM:

A = 90 - 100 B = 80 - 89.9 C = 70 - 79.9 D = 60 - 69.9 F = Below 59.9

10%	Quiz #1	A written quiz covering chapters 1 & 2
10%	Quiz # 2	A written quiz covering chapters 3, 4, & 5
10%	Quiz #3	A written quiz covering chapters 6, 7, & 8
20%	Practical 1	A & C Series Salutations
20%	Practical 2	Retake of Practical 1(if applicable)
30%	Participation	An evaluation of daily participation throughout the semester *** See attached attendance policy ***

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

TEXT: Yoga for Fitness and Wellness – Ravi Dykema

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 your cell phones off and put them away when we begin class.

ATTENDANCE POLICY: Oxford College does not offer distance learning classes. Your presence is an expectation in this class. You are responsible for what is covered in every class. Three (3) absences are permitted without penalty. In a case of a minor illness a sedentary assignment will be available for you to do in class. If this is necessary beyond one class you should make an appointment to discuss your situation with me.

LATE ARRIVALS: It is expected that students will arrive for class on time. Late absences will be recorded as such and, if excessive, will result in a grade penalty. Three (3) late arrivals will be considered excessive and will count as an absence.

CLASS DISRUPTIONS: Common courtesy is an expectation. Anyone who disrupts class in any way, including with a cell phone or another electronic device, may be asked to leave and will subsequently be counted absent.

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

EXTENUATING CIRCUMSTANCES: Regarding your attendance grade (30%), if you find yourself in an extenuating circumstance, it is your responsibility to make an appointment with me as soon as possible to discuss your situation. I will expect you to provide me with a complete record of all of your absences (dates and reasons). All absences should be for valid reasons. There are no excused absences beyond the 3 that are provided but make-up work may be offered at my discretion. The amount of time it takes for you to initiate this meeting and your ability to present your record will be a consideration in my decision to offer make-up work or not.

ADAPTED SYLLABUS: If you have a physical situation that requires an adapted syllabus, it is essential that you immediately provide specific information from a medical professional explaining what activities are prohibited and what you are still physically able to do. Information can be faxed to me (Gayle Doherty) at 770 784-4677.

PARTICIPATION GRADE:

30% of your grade will be based on participation. Students who do not miss more than 3 classes will receive the full 30 points for attendance. Those who miss more than three (3) classes will receive the following grade penalties.

4 absences	5 point penalty	$30 - 5 = 25$ out of 30 pts (can make an A)
5 absences	15 point penalty	$30 - 15 = 15$ out of 30 pts (can make a B)
6 absences	30 point penalty	$30 - 30 = 0$ out of 30 pts (can make a C)
7 or more absences		Will make a D or F in the course

