

THE OXFORD COLLEGE DIVISION OF PHYSICAL EDUCATION AND DANCE
PE 140 Yoga and Folk Dance (#4613)

Professor Gayle Doherty
MWF 12:00 – 12:50 (#4613)

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 a survey of selected folk dances related to motor skill development, with acknowledgement of the cultural context of social dance and of dance as a social activity. The second half of 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 = 90–100 B = 80-89 C = 70–79 D = 60-69 F = Below 59

20% Folk Dance Quiz
25% Folk Dance Practical
10% Yoga Quiz #1
10% Yoga Quiz #2
25% Yoga Practical – A & C Series Sun Salutations (Surya Namaskar)
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). Shoes are not permitted on the dance floor but socks may be worn.

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 140 - Folk Dance and Yoga

W 8/29	Introduction to the Course
F 8/31	Dances for Fun
M 9/3	<u>LABOR DAY</u>
W 9/5	Paperwork – Folk Dance Handout
F 9/7	<u>JURY DUTY – NO CLASS</u> – See handout for assignment 1
M 9/10	The Beginning, - Dance Forms - Learn Alunelul
W 9/12	Religion - Education - Health - Fertility - Learn Bele Kawe
F 9/14	Learn Mayim – Review
M 9/17	Learn Debka Kurdit – Review
W 9/19	India - Learn Mexican Mixer – Review
F 9/21	Japan – Learn Korobushka - Review
M 9/24	African-Americans - Learn Road to the Isles - Review
W 9/26	American Perspective - Melting Pot vs. Ethnic/Cultural Identity - Learn Jessie Polka - Review
F 9/28	Geography and Climate - Practical 1 Handout – Review
M 10/1	Review
W 10/3	Contra Dance
F 10/5	<u>JURY DUTY – NO CLASS</u> - See handout for assignment 2
M 10/8	Review – Help Session
W 10/10	<u>FOLK DANCE QUIZ</u> - Help Session
F 10/12	Videos
M 10/15	<u>FALL BREAK</u>
W 10/17	Practice Practical
F 10/19	<u>FOLK DANCE PRACTICAL</u>
M 10/22	Video “Short Cut to Nirvana”
W 10/24	History and Philosophy of Yoga
F 10/26	Practice
M 10/29	Practice
W 10/31	The Koshas and the Chakras
F 11/2	<u>JURY DUTY – NO CLASS</u> - See handout for assignment 3
M 11/5	Practice
W 11/7	<u>YOGA QUIZ #1</u> - History and Philosophy of Yoga - The Koshas and the Chakras
F 11/9	Practice
M 11/12	Practice
W 11/14	Pranayama – Asana
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	Yoga is for You - Schools of Yoga
F 11/30	Practice
M 12/3	Video – “Ashtanga New York”
W 12/5	<u>YOGA QUIZ #2</u> - Pranayama – Asana - Yoga is for You - Schools of Yoga
F 12/7	<u>JURY DUTY – NO CLASS</u> – Practice for the Practical
M 12/10	<u>YOGA PRACTICAL</u> – A and C Series