

THE OXFORD COLLEGE DIVISION OF PHYSICAL EDUCATION AND DANCE
PE 128 Yoga
Syllabus – Fall 2005

Instructor: Ms. Gayle Doherty
Class Time: MWF– 10:40 – 11:30 (by the Seney clock)

Office: Gym 103
Phone: 4-8352

Office Hours
Monday/Wednesday/Friday – 12:45 – 1:45
Tuesday/Thursday - 10:30 – 11:30

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

TEXT: Yoga for Fitness and Wellness – Ravi Dykema

DRESS: Dress for comfort and function (no pajamas). Be aware that loose shirts may fall in front of your face and interfere with your breathing. If needed secure your hair out of your face and remove large dangling jewelry. No chewing gum.

It is recommended that you eat lightly before practicing yoga. It is best to drink water before or after, not during class.

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%	Journal	A written reflection on the ways you are practicing yoga outside of class each week.			
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			
15%	Practical 1	Sun Salutations			
15%	Practical 2	Selected Asanas			
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 each student's own work.

COURSE OBJECTIVES: Written objectives will be provided in advance of each written and practical test.

ATTENDANCE POLICY - You are responsible for what is covered in every class. Three 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 may result in a reduction of points from a student's final grade.

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 want to know how you have used each of the 3 absences (1 week of classes) you have been given. 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 will be a consideration in my decision. If you have a physical situation that requires an adapted syllabus it is essential that you provide specific information from a medical professional immediately 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.

ATTENDANCE 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.

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