

THE OXFORD COLLEGE DIVISION OF PHYSICAL EDUCATION AND DANCE
PE 138 Yoga and Ballet

Professor Gayle Doherty
MWF 8:30 – 9:20

Office: Gym Office Suite
Phone: 770 784-8352

Office Hours
Monday, Wednesday, Friday 10:30–11:30
Tuesday and Thursday 4:00 – 5:00
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 the course is an introduction to basic ballet technique. Major ballet choreographers will be discussed.

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
30% Yoga Practical – A & C Series Sun Salutations (Surya Namaskar)
10% Ballet Quiz #1
10% Ballet Quiz #2
30% Yoga Practical – Cecchetti's 8 positions of the body

*****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.

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. For ballet you may choose to wear ballet shoes but a pair of socks will be adequate for what we will be doing in this class. Don't chew gum when we are practicing. Turn all electronic devices off and put them away when we begin class.

Williams Hall: Food and drinks, other than water, are not permitted in Williams Hall.

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

3 absences = 5% reduction; 4 absences = 10% reduction; 5 absences = 15% reduction; 6 absences = 20% reduction; 7 absences = 25% reduction; 8 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.

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.