

Spring 2014 - PE 139 - Yoga and Ballroom Dance
MWF (#5307 - 8:15 – 9:05) (#5308 – 9:30 – 10:20) (#5309 – 10:45 – 11:35)

Professor Gayle
gdohert@emory.edu

Office: Gym Office Suite
Phone: 770 784-8352

Office Hours
Monday, Wednesday, Friday 11:50 – 12:50
By Appointment

You can also call or drop in and see if I am in my office anytime you want to meet.

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 this course is a survey of selected ballroom dances related to motor skill development, and focused on the cultural context of social dance, and the enjoyment of dance as a social activity.

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 = 59 or below

10% Yoga Quiz #1
10% Yoga Quiz #2
25% Yoga Practical – A & C Series Sun Salutations (Surya Namaskar)
20% Ballroom Dance Quiz
25% Ballroom Dance Practical
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.

TEXT: Test materials, the course syllabus, calendar and all other handouts for this course will be given to you in class. I will also mail them to you as attachments in emails.

DRESS: Clothing should be nonrestrictive and appropriate for the classroom, exercise clothes for yoga and street clothes for folk dance. Shoes are not permitted on the dance floor.

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 (be prepared to recall when you missed each class) and your justification for the absences (be prepared to explain why you missed each class). 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.