

**Fall 2013 - PE 139 - Yoga and Ballroom Dance**  
**MWF (#5373 - 8:20 – 9:10) (#5277 – 9:35 – 10:25)**

**Professor Gayle**  
**gdohert@emory.edu**

**Office: Gym Office Suite**  
**Phone: 770 784-8352**

**Office Hours**  
**Monday, Wednesday, Friday 10:30–11:30**  
**By Appointment**

**I can also meet with you by appointment or you should feel free to call 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, a half point will be deducted from your participation grade for each time you arrive late..

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 139 - Ballroom Dance and Yoga**

W 8/28	Introduction to the Course
F 8/30	Video "Short Cut to Nirvana"
M 9/2	<b><u>LABOR DAY</u></b>
W 9/4	History and Philosophy of Yoga
F 9/6	Paperwork - Practice
M 9/9	Practice
W 9/11	The Koshas and the Chakras
F 9/13	Practice
M 9/16	Practice
W 9/18	<b><u>YOGA QUIZ #1</u></b> - History and Philosophy of Yoga - Koshas and Chakras
F 9/20	Practice
M 9/23	Practice
W 9/25	Pranayama – Asana
F 9/27	Practice
M 9/30	Practice
W 10/2	Yoga is for You - Schools of Yoga
F 10/4	<b><u>NO CLASS</u></b>
M 10/7	Video – "Ashtanga New York"
W 10/9	<b><u>YOGA QUIZ #2</u></b> - Pranayama – Asana - Yoga is for You - Schools of Yoga
F 10/11	Practice
M 10/14	<b><u>FALL BREAK</u></b>
W 10/16	Practice Practical
F 10/18	<b><u>YOGA PRACTICAL</u></b> – A and C Series
M 10/21	Ballroom Dance Videos
W 10/23	Introduction to Social Dancing – Learn Tango
F 10/25	Space Awareness, Styles of Social Dance - Learn Fox Trot
M 10/28	Review Tango and Fox Trot – Dance with Partners
W 10/30	Footwork in Social Dance, Dance Walk, - Learn Rumba
F 11/1	Closed Position, Common Errors - Learn Waltz
M 11/4	Review Rumba and Waltz - Dance with Partners
W 11/6	Review Fox Trot, Tango, Rumba and Waltz
F 11/8	Techniques of Leading - Learn Swing
M 11/11	Techniques of Following - Learn Cha Cha
W 11/13	Review Swing and Cha Cha - Dance with Partners
F 11/15	Review all Dances
M 11/18	<b><u>BALLROOM QUIZ</u></b> - Help Session
W 11/20	Dance with partners
F 11/22	Dance with partners
M 11/25	Dance alone
W 11/27	<b><u>THANKSGIVING BREAK</u></b>
F 11/29	<b><u>THANKSGIVING BREAK</u></b>
M 12/2	Dance alone
W 12/4	Dance alone
F 12/6	Practice Practical
M 12/9	<b><u>BALLROOM PRACTICAL</u></b>