

THE OXFORD COLLEGE DIVISION OF PHYSICAL EDUCATION AND DANCE
PE 128 - Yoga – Fall 2009

Professor Gayle Doherty
MWF 8:30 – 9:20 and 9:35 – 10:25

Office: Gym 103
Phone: 770 784-8352

Office Hours
Monday, Wednesday, Friday 10:30–11:30
Tuesday 10:00–12:00
By Appointment

COURSE DESCRIPTION: 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.

INSTRUCTIONAL OBJECTIVES: Specific written instructional objectives will be provided in advance of each written and practical test.

COURSE GOALS: It is my hope that after each session of yoga practice, you will feel better, physically, mentally and emotionally.

It is also my hope that at the end of the semester you will:

- **feel confident (and hopefully interested) in continuing to study and practice yoga for a lifetime.**
- **possess an increased positive awareness of and respect for your body.**
- **have acquired a basic understanding of the history, philosophy, spirituality and traditional practices of yoga.**
- **have an understanding of some of the modern schools of yoga and how yoga is evolving today.**

COURSE REQUIREMENTS AND GRADING SYSTEM:

A = 90–100	B = 80-89	C = 70–79	D = 60-69	F = Below 60
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		
20%	Practical 1	A & C Series Salutations (this will be videotaped)		
25%	Practical 2	Your Yoga Practice (this will be videotaped)		
25%	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 your own work.

TEXT: Yoga for Fitness and Wellness – Ravi Dykema

Some test materials will be given in the form of handouts and class instruction. The course syllabus, calendar and all other handouts for this course are posted on the class conference on LearnLink. You are responsible for reading announcements made on this conference. If you have trouble accessing any of this information please let me know.

DRESS: Wear exercise clothes (no pajamas or extremely short shorts). If needed secure your hair out of your face and remove large dangling jewelry. Don't chew gum when we practice yoga. 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. Street shoes are not permitted on the dance floor.

ATTENDANCE POLICY: Oxford College does not offer distance learning classes. Your physical presence is an expectation. You are responsible for what is covered in every class. Three absences are permitted without penalty. In 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 you will arrive for class on time. Late absences will be recorded as such and, if excessive, will result in a grade penalty.

CLASS DISRUPTIONS: Common courtesy is an expectation. Anyone who disrupts class in any way may be asked to leave and will subsequently be counted absent.

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 (25%), 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 expect you to provide a complete record of **all** of your absences (**dates and reasons**). **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 and your ability to present your attendance record will be a consideration in my decision to offer make-up work or not.

ADAPTED SYLLABUS: If you have a physical situation that requires an adapted syllabus, it is essential that you immediately provide specific information from a medical professional 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. All faxed information goes to the office of our administrative assistant. If your information is confidential have your health care provider attach a cover sheet that states that is confidential.

PARTICIPATION GRADE: 25% of your grade will be based on participation. Students who do not miss more than 3 classes will receive the full 25 points for attendance. Those who miss more than 3 classes will receive grade penalties based on the following:

4 absences	5 point penalty	25 – 5 = 20 out of 25 pts (can make an A)
5 absences	15 point penalty	25 – 15 = 10 out of 25 pts (can make a B)
6 absences	25 point penalty	25 - 25 = 0 out of 25 pts (can make a C)
7 or more absences		Will make a D or F in the course

