

THE OXFORD COLLEGE DIVISION OF PHYSICAL EDUCATION AND DANCE

PE 128 - Yoga – Fall 2010

Professor Gayle Doherty

MWF (8:30 – 9:20) (9:35 – 10:25) (11:45 – 12:35)

Office: Gym Office Suite

Phone: 770 784-8352

Office Hours

Monday, Wednesday, Friday 10:30–11:30

Tuesday and Thursday 11:30 – 12:30

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.
- 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 59

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: 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. 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.

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 (MWF) 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 to your instructor prior to the absence via email or voice message; if that is impossible, you must communicate with your instructor as soon as you are able. **If you miss three consecutive days it is the instructor's responsibility to report your name to the Office of Academic Services.

After the allowed absences (3), 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

You are expected to be on time for class. If you arrive after roll call, you are responsible to confirm your presence with your instructor.

At the end of the semester, MAKE UP work may be provided at the instructor's discretion. For make up work to be considered, 1) all 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.