I. Course Description:
Yoga is a noncompetitive practice appropriate for all. Hatha yoga is one of the eight limbs of yoga that unites the mind, body and spirit through postures (asanas), controlled breathing (pranayama), and meditation (dhyana).

II. Intended Learning Outcomes/Goals/Objectives:
---Students will demonstrate an understanding of the benefits and contraindications of the yoga poses and breathing exercises learned in class.
---Students will perform a variety of yoga poses showing knowledge of proper alignment.
---Students will be able to put together a short sequence of yoga poses that pertain to a subject.
---Students will keep a journal that documents a regular yoga practice.

III. Course Assignments, Activities, Instructional Strategies, use of Technology:
---Journal Assignments: Regular entries will be made to collect thoughts and notes on your personal yoga practice.
---Quizzes: Quizzes on readings and videos will be taken on D2L.
---Open Practice: This will be a class period where the student will go through their own personal practice and will be graded on their understanding of poses, breathing techniques, and meditation.
IV. Evaluation and Assessments (Grading):

<table>
<thead>
<tr>
<th>Component</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Attendance and Class Participation</td>
<td>40%</td>
</tr>
<tr>
<td>Journal Assignments</td>
<td>20%</td>
</tr>
<tr>
<td>Open Practice</td>
<td>20%</td>
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<tr>
<td>Quizzes</td>
<td>20%</td>
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</tbody>
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There will not be a Final Exam.

A. Every student is expected to attend class. I will take attendance at the beginning of each class. If you are more than 10 minutes late, you will be given only half credit for participation for that day. Excused absences are for reasons such as illness with a doctor’s note, family emergency, or a University sanctioned event. 40% of your grade is participation. If you are not in class, you cannot participate and therefore will receive a zero for the day. I will drop your 2 lowest participation grades. Makes-ups will only be given for EXCUSED absences or in extreme cases (for Open Practice, Quizzes, and Journals only). Contact me ASAP.

B. Homework assignments are due the next class period unless otherwise indicated. Journals will be collected at Mid Term (March 10) and at the end of the Semester (May 3).

V. Tentative Course Outline/Calendar:
- January 19 First Day of Class
- January 21 Sankrit video on D2L
- January 26 Sankrit assignment due
- January 28 Grade taken for required materials
- February 9 Come to class having read the article “How Yoga Can Wreck Your Body”
- February 11 Video and Quiz on “Yoga Shouldn’t Hurt”
- March 10 Open Practice and Turn in Journal
- April 21 Video and Quiz on Kundalini Yoga
- May 3 Open Practice and Turn in Journal
- May 5 Last Day of Class

VI. Readings:

http://www.nytimes.com/2012/01/08/magazine/how-yoga-can-wreck-your-body.html?_r=0

VII. Course Evaluations:

Near the conclusion of each semester, students in the Perkins College of Education electronically evaluate courses taken within the PCOE. Evaluation data is used for a variety of important purposes including:

1. Course and program improvement, planning, and accreditation;
2. Instruction evaluation purposes; and
3. Making decisions on faculty tenure, promotion, pay, and retention.

As you evaluate this course, please be thoughtful, thorough, and accurate in completing the evaluation. Please know that the PCOE faculty is committed to excellence in teaching and continued improvement. Therefore, your response is critical!

In the Perkins College of Education, the course evaluation process has been simplified and is completed electronically through MySFA. Although the instructor will be able to view the names of students who complete the survey, all ratings and comments are confidential and anonymous, and will not be available to the instructor until after final grades are posted.

VIII. Student Ethics and Other Policy Information: Found at:
https://www.sfasu.edu/policies

Class Attendance and Excused Absence: Policy 6.7
Regular, punctual attendance, documented participation, and, if indicated in the syllabus, submission of completed assignments are expected at all classes, laboratories, and other activities for which the student is registered. Based on university policy, failure of students to adhere to these requirements shall influence the course grade, financial assistance, and/or enrollment status. The instructor shall maintain an accurate record of each student’s attendance and participation as well as note this information in required reports and in determining final grades. Students may be excused from attendance for reasons such as health, family emergencies, or student participation in approved university-sponsored events. However, students are responsible for notifying their instructors in advance, when possible, for excusable absences.

Academic Accommodation for Students with Disabilities: Policy 6.1 and 6.6
To obtain disability related accommodations, alternate formats and/or auxiliary aids, students with disabilities must contact the Office of Disability Services (ODS), Human Services Building, and Room 325, 936-468-3004 as early as possible in the semester. Once verified, ODS will notify the course instructor and outline the accommodation and/or auxiliary aids to be provided. Failure to request services in a timely manner may delay your accommodations. For additional information, go to http://www.sfasu.edu/disabilityservices/.

Student Academic Dishonesty: Policy 4.1
Abiding by university policy on academic integrity is a responsibility of all university faculty and students.

Definition of Academic Dishonesty
Academic dishonesty includes both cheating and plagiarism. Cheating includes, but is not limited to:
- using or attempting to use unauthorized materials on any class assignment or exam;
- falsifying or inventing of any information, including citations, on an assignment; and/or;
- helping or attempting to help another in an act of cheating or plagiarism.
Plagiarism is presenting the words or ideas of another person as if they were one’s own. Examples of plagiarism include, but are not limited to:
- submitting an assignment as one's own work when it is at least partly the work of another person;
- submitting a work that has been purchased or otherwise obtained from the Internet or another source; and/or,
- incorporating the words or ideas of an author into one's paper or presentation without giving the author credit.

Penalties for Academic Dishonesty
Penalties may include, but are not limited to reprimand, no credit for the assignment or exam, re-submission of the work, make-up exam, failure of the course, or expulsion from the university.

Student Appeals
A student who wishes to appeal decisions related to academic dishonesty should follow procedures outlined in Academic Appeals by Students (6.3).

Withheld Grades: Policy 5.5
At the discretion of the instructor of record and with the approval of the academic unit head, a grade of WH will be assigned only if the student cannot complete the course work because of unavoidable circumstances. Students must complete the work within one calendar year from the end of the semester in which they receive a WH, or the grade automatically becomes an F, except as allowed through policy [i.e., Active Military Service (6.14)]. If students register for the same course in future semesters, the WH will automatically become an F and will be counted as a repeated course for the purpose of computing the grade point average.

Student Code of Conduct: Policy 10.4
Classroom behavior should not interfere with the instructor’s ability to conduct the class or the ability of other students to learn from the instructional program. Unacceptable or disruptive behavior will not be tolerated. Students who disrupt the learning environment may be asked to leave class and may be subject to judicial, academic or other penalties. This policy applies to all instructional forums, including electronic, classroom, labs, discussion groups, field trips, etc. The instructor shall have full discretion over what behavior is appropriate/inappropriate in the classroom. Students who do not attend class regularly or who perform poorly on class projects/exams may be referred to the iCare: Early Alert Program at SFA. Information regarding the iCare program is found at [https://www.sfasu.edu/judicial/earlyalert.asp](https://www.sfasu.edu/judicial/earlyalert.asp) or call the office at 936-468-2703.