

WAYCROSS COLLEGE
PHED 1280 Introduction to Yoga

PHED 1280

SYLLABUS

INSTRUCTOR: Ms. Roberta S. Lacefield, Room 143 Administration Building

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COURSE DESCRIPTION: PHED 1280: Introduction to Yoga 1-0-2

This activity course develops the following areas of health-related fitness: muscular endurance, flexibility, and body awareness. This course also enhances the student's overall wellness and stress management through a combination of stretching, breathing exercises, and deep relaxation.



COURSE OBJECTIVES:

1. Explore the connections between mind, body, and spirit to enhance attitudes toward health and fitness.
2. Demonstrate body awareness by identifying and exploring personal body asymmetries.
3. Build awareness of basic anatomy while increasing muscular endurance and flexibility.
4. Learn basic yoga terminology and philosophy.
5. Practice basic asanas and vinyasas.

RECOMMENDED TEXT and EQUIPMENT:

- TBA (*your choice of book/video/audio*)
- Yoga Sticky Mat
- Block and strap (*optional*)
- Access to GaView online journal/blog

COURSE GRADE ASSIGNMENT:

1. Class Participation - 80% of the course grade will be determined by the number of days of attendance with participation. (Twenty points possible per class.)
2. Final Project – 20% of the course grade will be derived from a final project due at the end of the term.

PROCEDURES:

1. Wear comfortable clothing that allows ease of movement. Yoga is done in bare feet.
2. Do not eat 3 to 4 hours before class.
3. Turn off cell phones and other items that disturb the peace.
4. Know your current limitations. If an asana is not appropriate for you, use one of the alternative postures.
5. Enter quietly and on time. If you absolutely must leave early, do so with a minimum of disruption.
6. A physical examination is recommended for all students prior to participating in any PE course.

Complete information available at <http://www.waycross.edu/faculty/rslace/> and via WebCT.

DROPPING A COURSE WITHOUT PENALTY

In order to officially drop a course without penalty, a student must obtain and fill out a Drop/Add form from the Registrar's office, acquire appropriate signatures, and return the completed form to the Registrar's office before the designated date published in the Academic Calendar in the Waycross College Catalog.

ADA STATEMENT

"The College is committed to providing accessibility to all students in accordance to ADA/504 guidelines. Students should contact the Director of Student Life regarding accessibility." PHED 1280, with accommodations, is appropriate for nearly all disabilities and physical restrictions.

PHED1280 Final Project—Blog/Journal

For your final project grade, you will keep a weekly online (in GaView) blog or journal. A blog in GaView is open to your classmates while a journal may be read only by you and the instructor.

To be included in your blog/journal:

1. Find a yoga book/video/audio for this class—the choice is completely up to you—and answer the following questions about it:
 - a. What caused you to choose this item? Explain in a paragraph.
 - b. Write a paragraph about the author.
 - c. Summarize in a short paragraph the highlights of your choice.
2. Briefly describe what you discovered from your flexibility and symmetry inventories.
3. You will need to post something once a week for a minimum number of nine weeks. Comment on anything we do in class—both positive and negative—or any related experiences you have outside of class.
4. Sometime in the last few weeks of the term, do the following:
 - a. Go back to your yoga book/DVD/video/audio and reread what you posted. Write a paragraph or two commenting on your early impressions. Were you satisfied with your choice? Why or why not?
 - b. Go back to your flexibility and symmetry inventories. Redo them. Has anything changed?