I. **Course Description:** This activity class introduces students to Hatha yoga postures (asanas), controlled breathing practices (pranayama), and meditation techniques. These activities will be complemented by a series of classroom discussions on such topics as the historical, philosophical, and theoretical foundations of yoga. We will also discuss the negative effects of stress upon the body and the way in which relaxation techniques and yoga postures can provide an antidote to the emotional and physical toxins present in today’s lifestyles.

**Course Justification:** KINE 2100 is a variable credit course of 1-2 semester hours. For each credit hour, class meets for 50-75 minutes each week for 15 weeks. The classes are physical activity based where students may be assigned a variety of outside class assignments based on the topic which may consist of readings, journaling, topic presentations, studying for exams, and practicing physical skills to achieve proficiency. These outside class assignments would require at least two hours each week for each credit hour.

The James I. Perkins College of Education is committed to proactively recruiting and retaining a diverse faculty, staff, and student population. Through open dialogue, mutual respect, and shared responsibility, faculty, staff, and students will demonstrate an understanding and sensitivity to ethnicity, race, gender, exceptionailities, culture, language/dialect, age, social class, family structure, sexual orientation, religion, and spiritual values in order to enhance the quality of life in a diverse, global community.

II. **Intended Learning Outcomes/Goals/Objectives:**
- Students will engage intellectually, physically, and emotionally with the theory and philosophy of yoga.
- Students will demonstrate an understanding of their own bodies through yoga poses and breathing exercises learned in class.
- Students will perform a variety of yoga poses showing knowledge of proper alignment.
- Students will gain the knowledge and skills required to develop a personal yoga practice.

**Program Learning Outcomes:**
This is a general education core curriculum course and no specific program learning outcomes for this major are addressed in this course.

III. **Course Assignments & Evaluation Requirements:**

Each class will encompass the practice of yoga postures and breathing techniques. Some classes will also include a brief lecture and/or meditation component. Students may work occasionally with partners.

**Attendance** (189 points/60% of final grade): Yoga is an activity-based class and, as such, attendance makes up the largest percentage of students’ grades. Students should be sitting quietly on a yoga mat ready to practice by the time class is scheduled to start. The instructor will take attendance at the start of every class. Students earn seven (7) points per class session to which they are on time, actively participate, and present for the entire class. Unexcused absences will result in deduction of seven (7) points from the total attendance grade per absence. Students that arrive after attendance has been taken/practice has begun will have 2 points deducted from their attendance grade on that day. Students must check in with the instructor after the class day they arrive late in order to earn credit for attending class that day. Please see “Class Attendance and Excused Absence: Policy 6.7” for information about excused absences.

**Participation:** Unless otherwise instructed, come to class appropriately dressed for movement and bring your own yoga mat. Students will remove shoes and socks when practicing yoga postures. Cell phones are to be turned OFF and left in backpacks or with students’ personal belongings (not with them on their mats). Points will be deducted from a student’s attendance/participation grade if they have with them or use a phone or other electronic device during class. The only thing that should be on your mat is you, water, and any props you may need (e.g. towel, block, strap). In the event a student needs accommodations, the instructor will provide appropriate modifications that will allow the student to participate as much as possible.
Presence: The class will include time for questions and answers, but during the instruction and activity portions of the class, students may only speak to the instructor to ask questions that enhance their ability to engage in the current activity. Points will be deducted from the attendance/participation portion of the grade if students engage in side conversations with others or other disruptive behaviors during class.

Journals (10 points each/100 points/32% of final grade): The class will include a weekly journal reflection based on assigned readings (provided on D2L) and topics discussed each week in class. Assignments will be submitted via D2L dropbox and will answer prompts provided by the instructor.

Final Project (25 points/8% of final grade): Each student will write a final paper in which they report the benefits of yoga and their experiences taking the class over the course of the semester. More specific information will be provided on D2L later in the semester.

IV. Evaluation and Assessment (Grading):

<table>
<thead>
<tr>
<th>Attendance/Participation</th>
<th>189 points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weekly Journals</td>
<td>100 points</td>
</tr>
<tr>
<td>Final Project</td>
<td>25 points</td>
</tr>
<tr>
<td>Total Points</td>
<td>314 points</td>
</tr>
</tbody>
</table>

Grading Scale:  
A=90% or higher (282+ points)  
B=80%-89% (251-281 points)  
C=79%-79% (219-250 points)  
D=60%-69% (188-218 points)  
F=Below 60% (187 points or less)

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
</tr>
</thead>
</table>
| August 24  | Course Introduction  
|            | Syllabus overview and class expectations  
|            | No practice  
|            | Students must have their own mat starting August 26                   |
| August 26  | Asana Practice  
|            | Students must have their own mat starting today.                       |
| August 31  | Self-Care and Yoga Lecture  
|            | Asana Practice                                                         |
| September 2| Asana Practice                                                       |
| September 7| Lecture: What is Intention? Yamas and Niyamas Introduction  
|            | Asana Practice                                                         |
| September 9| Asana Practice                                                       |
| September 14| Lecture-Ahimsa (Non violence)  
|            | Asana Practice                                                         |
| September 16| Asana Practice                                                   
|            | Journal #1 due via D2L Dropbox Sunday @ 11:59 pm                      |
| September 21| Lecture-Satya (Truthfulness)  
|            | Asana Practice                                                         |
| September 23| Asana Practice                                                  
|            | Journal #2 due via D2L Dropbox Sunday @ 11:59 pm                      |
| September 28| Lecture-Asteya (Nonstealing)  
|            | Asana Practice                                                         |
| September 30| Asana Practice                                                   
<p>|            | Journal #3 due via D2L Dropbox Sunday @ 11:59 pm                      |</p>
<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
</tr>
</thead>
</table>
| October 5  | Lecture-Brahmacharya (Nonexcess)  
Asana Practice                                              |
| October 7  | Asana Practice  
Journal #4 due via D2L dropbox Sunday @ 11:59 pm |
| October 12 | Lecture-Aparigraha (Nonpossessiveness)  
Asana Practice                                   |
| October 14 | Asana Practice  
Journal #5 due via D2L dropbox Sunday @ 11:59 pm |
| October 19 | Lecture-Saucha (Purity)  
Asana Practice                                              |
| October 21 | Asana Practice  
Journal #6 due via D2L dropbox Sunday @ 11:59 pm |
| October 26 | Lecture Santosha (Contentment)  
Asana Practice                                             |
| October 28 | Asana Practice  
Journal #7 due via D2L dropbox Sunday @ 11:59 pm |
| November 2 | Lecture-Tapas (Self-discipline)  
Asana Practice                                             |
| November 4 | Asana Practice  
Journal #8 due via D2L dropbox Sunday @ 11:59 pm |
| November 9 | Lecture-Svadhyaya (Self Study)  
Asana Practice                                              |
| November 11| Asana Practice  
Journal #9 due via D2L dropbox Sunday @ 11:59 pm |
| November 16| Lecture-Ishvara Pranidhana (Surrender)  
Asana Practice                                           |
| November 18| Asana Practice  
Journal #10 due via D2L dropbox Sunday @ 11:59 pm |
| November 21-28 | Thanksgiving Break No Class            |
| November 30| Asana Practice  
Walking Meditation at SFA Arboretum, meet at HPE 113 |
| December 2  | Asana Practice                                             |
| December 09 | FINAL PRACTICE/PROJECTS DUE                                      |
| 10:30-12:30PM |                                                                 |

VI. Required Readings and Course Materials:

1. Articles assigned by instructor and provided in the weekly course content on D2L.

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:

A. 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 (including the first 12 day attendance report) 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. Whether absences are excused or unexcused, a student is still responsible for all course content and assignments. Students with accepted excuses may be permitted to make up work for up to three weeks of absences during a semester or one week of a summer term, depending on the nature of the missed work. Make-up work must be completed as soon as possible after returning from an absence.

B. 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/

C. Student Academic Dishonesty: Policy 4.1

Abiding by university policy on academic integrity is a responsibility of all university faculty and students. Faculty members must promote the components of academic integrity in their instruction, and course syllabi are required to provide information about penalties for cheating and plagiarism, as well as the appeal process.

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;
- 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;
- 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**
Interference or disruption of students, faculty, administration, staff, the educational mission, or routine operations of the university is prohibited. Such activity includes, but is not limited to, behavior in a classroom or instructional program that interferes with the instructor or presenter's ability to conduct the class or program, or the ability of others to profit from the class or program. To remain in the vicinity of activity that is disrupting normal university functions when requested to leave by a university official is prohibited. Bystanders, if their presence incites or adds to the disruption, as well as more active participants in the disruptive activity, may be in violation of this policy as well. Engaging in physical violence of any nature against any person. This includes fighting; assaulting; battering; using a knife, gun, or other weapon; or acting in a manner that threatens or endangers the physical health or safety of any person or causes a reasonable apprehension of such harm.

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 Early Alert Program at SFA.

SFASU values students’ mental health and the role it plays in academic and overall student success. SFA provides a variety of resources to support students mental health and wellness. Many of these resources are free, and all of them are confidential.

**On-campus Resources:**
SFASU Counseling Services  
[www.sfasu.edu/counselingservices](http://www.sfasu.edu/counselingservices)  
3rd Floor Rusk Building  
936-468-2401

SFASU Human Services Counseling Clinic  
[www.sfasu.edu/humanservices/139.asp](http://www.sfasu.edu/humanservices/139.asp)  
Human Services Room 202  
936-468-1041

**Crisis Resources:**
Burke 24-hour crisis line 1(800) 392-8343  
Suicide Prevention Lifeline 1(800) 273-TALK (8255)  
Crisis Text Line: Text HELLO to 741-741