Instructor: Cyndra Krogen-Morton
Email: mortonca1@sfasu.edu
Department of Kinesiology and Health Science
Office: Shelton Gym Lobby

Course Time & Location: TR 11:00-12:15 PM
Office Hours: TR 10:30-11:00

Course Description:

Topics course that changes according to student need and interest.
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 Contact Hours and Study Hours:

This is a two-credit hour activity course intended to expose students to basic principles of movement for flexibility, strength, and psychological enhancement. There will be 3 hours/week of direct instructional time and a final paper at the end of the course.

Intended Learning Outcomes/Goals/Objectives (Program/Student Learning Outcomes):

At the completion of the course students will have acquired the foundational knowledge upon which to base an independent home yoga practice, will have an understanding and awareness of how stress and other emotions can physically impact the body, and will understand how yoga can bring about greater emotional well-being and thus greater physical health. Students will be able to perform a variety of yoga movements for the purpose of stress management, greater flexibility and overall physical fitness, including cardiovascular health.

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.

Student Learning Outcomes:

Students will demonstrate an understanding of the health benefits and contraindications of the yoga postures and breathing exercises learned in class.

Students will perform a variety of yoga postures demonstrating knowledge of proper alignment.

Students will be able to develop a short sequence of yoga postures that pertain to a subject discussed in class (i.e. flexibility of the spine, core strength, balancing techniques).
Students will demonstrate a basic understanding of the spiritual development aspects of yoga by exploring how the yogic and niyamas present themselves in their daily living and practice.

**Text and Materials**
yoga mat, notebook, pen, access to D2L

**Course Requirements:**

Each class will generally begin with a brief discussion about an aspect of yoga theory, history or philosophy, to be followed by practicing yoga postures and breathing techniques. Some classes will also include a meditation component. Occasionally students may work with partners.

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 and any props you may need (e.g. towel, block, strap)

The discussion portions of the class will include time for questions and answers, but during the instruction and activities portion of the class, the instructor should be the only one speaking as the students focus on their movement and breath. Points will be deducted from the attendance/participation portion of the grade if students do not follow these guidelines.

**Attendance (140 points/80% 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 (12:30 pm). 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 per tardy deducted from their attendance grade. Please see “Class Attendance and Excused Absence: Policy 6.7” for information about excused absences.

**Midterm Check-in Paper (10 points/5% of final grade):**
Students will write a minimum 250 word paper expressing what how they are benefitting from their yoga class so far, challenges they have faced, and how the class could be improved for them. See D2L for specific instructions.

**Final Project (25 points/15% of final grade):**
Students will write a 500-750 word paper explaining yoga philosophy, its application to modern-day health, and what they have learned and gained from the course. See D2L for specific instructions.

**Tentative Course Outline/Calendar:**

*Dates and topics may be revised if necessary.*

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 1</td>
<td>Course Introduction</td>
</tr>
<tr>
<td>8/28</td>
<td>Syllabus overview and class expectations</td>
</tr>
<tr>
<td></td>
<td>Asana Practice</td>
</tr>
<tr>
<td>Week 2</td>
<td>Asana Practice</td>
</tr>
<tr>
<td>9/4</td>
<td></td>
</tr>
</tbody>
</table>
Required Readings:

Reading needed to complete final paper.

Grading Policy:

<table>
<thead>
<tr>
<th>Assignment</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Attendance</td>
<td>140 points/5 points per class (80% of final grade)</td>
</tr>
<tr>
<td>Midterm Check-In</td>
<td>10 points (5% of final grade)</td>
</tr>
<tr>
<td>Final project</td>
<td>25 points (15% of final grade)</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>175 points</strong></td>
</tr>
</tbody>
</table>

Grading Scale

A: 155-175 points
B: 138-154 points
C: 120-137 points
Attendance Policy:

KINE 2100 is an activity-based, experiential class. Therefore attendance and participation are a vast majority (85%) of a student's grade. Students must regularly attend and participate in class. Students arriving late for class will have 2 points deducted from their daily attendance points. Students are expected to be dressed for and ready to practice at the start of class each day. **Students must sign in on the attendance sheet at each class in order to be counted as present for class.**

Excused absences (per SFA policy) cannot be made up and will instead not be counted toward the total points of the class for the purposes of final grading.

Academic Integrity (4.1)

The **Code of Student Conduct and Academic Integrity** outlines the prohibited conduct by any student enrolled in a course at SFA. It is the responsibility of all members of all faculty, staff, and students to adhere to and uphold this policy.

Articles IV, VI, and VII of the new Code of Student Conduct and Academic Integrity outline the violations and procedures concerning academic conduct, including cheating, plagiarism, collusion, and misrepresentation. Cheating includes, but is not limited to: (1) Copying from the test paper (or other assignment) of another student, (2) Possession and/or use during a test of materials that are not authorized by the test giver, (3) Using, obtaining, or attempting to obtain by any means the whole or any part of a non-administered test, test key, homework solution, or computer program, or using a test that has been administered in prior classes or semesters without permission of the Faculty member, (4) Substituting for another person, or permitting another person to substitute for one's self, to take a test, (5) Falsifying research data, laboratory reports, and/or other records or academic work offered for credit, (6) Using any sort of unauthorized resources or technology in completion of educational activities.

Plagiarism is the appropriation of material that is attributable in whole or in part to another source or the use of one's own previous work in another context without citing that it was used previously, without any indication of the original source, including words, ideas, illustrations, structure, computer code, and other expression or media, and presenting that material as one's own academic work being offered for credit or in conjunction with a program course or degree requirements.

Collusion is the unauthorized collaboration with another person in preparing academic assignments offered for credit or collaboration with another person to commit a violation of any provision of the rules on academic dishonesty, including disclosing and/or distributing the contents of an exam.

Misrepresentation is providing false grades or résumés; providing false or misleading information in an effort to receive a postponement or an extension on a test, quiz, or other assignment for the purpose of obtaining an academic or financial benefit for oneself or another individual or to injure another student academically or financially.

**Withheld Grades Semester Grades Policy (5.5)**

Ordinarily, at the discretion of the instructor of record and with the approval of the academic chair/director, a grade of WH will be assigned only if the student cannot complete the coursework 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. If students register for the same course in future terms the WH will automatically become an F and will be counted as a repeated course to compute the grade point average. For additional information, go to https://www.sfasu.edu/policies/course-grades-5.5.pdf.
Students with Disabilities

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, 468-3004 / 468-1004 (TDD) 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 promptly may delay your accommodations. For additional information, go to http://www.sfasu.edu/disabilityservices/.

Student Wellness and Well-Being

SFA values students’ overall well-being, mental health and the role it plays in academic and overall student success. Students may experience stressors that can impact both their academic experience and their personal well-being. These may include academic pressure and challenges associated with relationships, emotional well-being, alcohol and other drugs, identities, finances, etc.

If you are experiencing concerns, seeking help, 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:
The Dean of Students Office (Rusk Building, 3rd floor lobby)
www.sfasu.edu/deanofstudents
936.468.7249
dos@sfasu.edu

SFA Human Services Counseling Clinic Human Services, Room 202
www.sfasu.edu/humanservices/139.asp
936.468.1041

The Health and Wellness Hub “The Hub”
Location: corner of E. College and Raguet St.

To support the health and well-being of every Lumberjack, the Health and Wellness Hub offers comprehensive services that treat the whole person – mind, body and spirit. Services include:
- Health Services
- Counseling Services
- Student Outreach and Support
- Food Pantry
- Wellness Coaching
- Alcohol and Other Drug Education

www.sfasu.edu/thehub
936.468.4008
thehub@sfasu.edu

Crisis Resources:
- Burke 24-hour crisis line: 1.800.392.8343
- National Suicide Crisis Prevention: 9-8-8
- Suicide Prevention Lifeline: 1.800.273.TALK (8255)
- johCrisis Text Line: Text HELLO to 741-741