

## Fitness and Recreational Activity

Yoga, Summer I 2016

FRA164 001

June 6, 2016 – July 7, 2016

Class Meeting Time: Tuesday & Thursday 11:00 am – 12:50 pm

Class Meeting Place: MRC activity room (You need your ID to enter.)

Instructor: Lauren Rhodes

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Office: Field House 214

Office Phone: 903-468-8618

Office hours: by appointment

**Textbook (required): No text required. However, you will need a folder to keep your handouts in.**

**Attire:** You must wear athletic attire suitable for fitness activities. Attire should permit for a full range of motion. You will be lying on the floor for some exercises. Be sure your clothing is modest. Students not dressed appropriately will be considered absent.

**Class Description:** FRA 164 is designed to introduce basic yoga terms, practices, and breathing techniques to improve their level of fitness. It will further the development of each students flexibility, endurance, and overall wellness.

### OBJECTIVES:

1. Demonstrate a basic knowledge of yoga terms.
2. Demonstrate the ability to develop an individual yoga program.
3. Participate in physical activity in each class to increase daily physical activity.
4. Have fun while learning more about fitness.

### Evaluation:

Knowledge	
Test	20%
Skills	
Sun Salutation Demonstration	20%
Safety Quiz	20%
Sanskrit Vocabulary	20%
Personalized Yoga Journal	20%

### My grading policy:

At the end of the semester, I will assign your earned letter grade according to the schedule below:

**A= 90 and above**

**B= 80-89.9**

**C= 70-79.9**

**D= 60-69.9**

**F= 59.9 and below**

NOTHING can be done to change your final grade once it is assigned. (no extra credit, extra assignments, retaking tests, etc). Multiple opportunities are given to students to earn their course grade, and I suggest that YOU take advantage of

every opportunity to make the highest grade possible. In other words, attend class EVERY DAY and do the EXTRA CREDIT!

### **Extra Credit**

Bonus points will be awarded for the following events:

- a. One point may be earned for each Rec Center aerobic/workout class you attend. You must have the instructor sign a sheet of paper with your name, the date, the name of the class, etc. at the end of class. Show it to me immediately. You will only get credit one time for each *different* class you attend. (For one of them, you may attend the same class you attended for the outside-of class experience.) You MAY attend classes at another facility, but the same rules apply. To earn the extra credit, you must provide a piece of paper ( 8.5" x11") with your name, the date, time, name, and location of the class, the instructor's name, the phone number of the facility, and the instructor's signature. No exceptions.
- b. One point may be earned for 5K fun run/walk in which you participate. You must show me your race number, your t-shirt, and your time as posted on the internet. The 5K must be done during the semester
- c. A maximum of 5 points extra credit may be earned.
- d. The LAST day to turn in any extra credit is July 7<sup>th</sup> at the beginning of class. NO EXCEPTIONS! You may turn in extra credit at any time before the due date, but not after.
- e. I may provide more extra credit options during the semester.

### **WRITTEN TEST**

Your written test will be multiple-choice, true-false, and matching. It will have about 40 questions. You will need a (green) scantron 882-ES and a pencil. If you cannot take the exam due to illness, injury, or family emergency, **the instructor must be notified prior to the exam.** Students will be required to present appropriate documentation for missing a scheduled exam. All make-up exams will be scheduled as the need arises.

### **SAFETY QUIZ**

For the safety quiz, you will watch me perform several movements and stretches. You will be asked to identify what I am doing that is unsafe or demonstrates bad technique. You will need to bring paper and a pencil to class on this day.

### **SUN SALUTATION DEMO**

For the Sun Salutation demo the class will perform the Sun Salutation sequence as described in previous practices. Students should be able to perform the asanas in the appropriate sequence utilizing proper technique.

### **SANSKRIT VOCABULARY QUIZ**

Students will be asked to match Sanskrit & yoga terms to their definition. You will need to bring a pencil to class on this day.

### **PERSONALIZED YOGA JOURNAL**

The yoga journal is an opportunity for the student to reflect on his/her yoga practice and focus on observation made during his/her practice. This paper should be a minimum of 1 ½ page. More specific criteria will be outlined in a handout provided and discussed in class.

**Class attendance is expected.** For each unexcused absence, 6 points will be deducted from the final grade. Students that are late to class and arrive after attendance has been taken will be considered absent. It is imperative that students are on time to class, as instructions are given for the days activity at the start of each class. If the class has already begun, you are considered late and will not be permitted into the classroom. *Please do not knock on the door and disrupt class in an attempt to come in late.* Class assignments will not be accepted after the due date. Excused absences are defined by university policy (see below) and must be documented appropriately WITHIN ONE WEEK of the absence (I need a copy of the documentation that I can keep).

This schedule is tentative and is subject to change. I will let you know if the schedule changes!!

<b>Day</b>	<b>Date</b>	<b>In-class activity</b>	<b>Due today/graded activity</b>
T	June 7	Syllabus, intro to class, vocabulary	
R	June 9	Basic Yoga & Vocabulary Quiz	<b>Vocabulary Quiz</b>
T	June 14	Foundational Practice	
R	June 16	Sun Salutation	
T	June 21	Power Yoga	<b>Sun Salutation</b>
R	June 23	Lunar Yoga	<b>Safety Quiz</b>
T	June 28	Yoga	
R	June 30	Power Yoga	<b>Yoga Journal</b>
T	July 5	Yoga, Review for Final	
R	July 7	Final Exam	<b>Final Exam &amp; Extra Credit</b>

This schedule may change. If you miss class, be sure you talk to someone in the class to find out about any announcement or changes.

**Statement on Student Behavior**

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment (see Student’s Guide Handbook).

**Nondiscriminatory Statement**

A&M-Commerce will comply in the classroom, and in online courses, with all federal and state laws prohibiting discrimination and related retaliation on the basis of race, color, religion, sex, national origin, disability, age, genetic information or veteran status. Further, an environment free from discrimination on the basis of sexual orientation, gender identity, or gender expression will be maintained.

**ADA statement**

Students requesting accommodations for disabilities must go through the Academic Support Committee. For more information, please contact the Director of Disability Resources and Services, James Gee Library, Room 132, (903) 886-5150.

### **Course Policies**

- 1 Students are expected to be in class, ready to participate, on time.
- 2 An "excused absence" is defined as a documented university approved activity. The instructor reserves the right to change the content or format of all make-up work. The student is responsible for making up missed work.

If the absence is for one of the reasons listed below, you will be able to make up the work. To reserve this right, you **MUST** provide written documentation on the day of your return to class (a copy that I can keep). Please notify me ahead of time if you know you will be absent.

  - Participation in an activity appearing on the University's authorized activity list.
  - Death or major illness in a student's immediate family.
  - Illness of a dependent family member
  - Participation in legal proceedings or administrative procedures that require a student's presence.
  - Religious Holy Day
  - Illness that is too severe or contagious for the student to attend class (to be determined by Health Center or off campus physician)
  - Required participation in military duty
- 3 Any student missing an exam or assignment without prior arrangement will receive a score of zero.
- 4 You **MUST** check your e-mail regularly in case I need to communicate with you. I will not e-mail you junk, and I request that you do the same for me. (your leo account)
- 5 While you are in class, I expect you to participate. Do not come to class and expect to sit to the side. Workouts are designed so that everyone can participate. You must be on time. When you are late, it disrupts the flow of the class. While in class, you must refrain from anything that is not class-related. **CELL PHONES AND ALL OTHER ELECTRONIC DEVICES MUST BE TURNED OFF AND OUT OF SIGHT.** This is a zero-tolerance policy. (Thanks!) . If you use a cell phone, iPod, etc. in class (or if your phone rings), you will lose 1 point per incident (off your final grade). Turn it off!
- 6 **DUE DATES:** The due dates listed for assignments are the **LAST** chance to submit them. I **DO NOT** accept late assignments.
- 7 If you have a question or concern, **TALK** to me. I am here to help. If you need to reach me and I am not in my office, e-mail me.

**Personal Yoga Journal Criteria**  
**FRA 164, June 30**  
**At the beginning of class**

*Discuss* at least two of your favorite postures/poses from class. Be sure to mention *why* these poses are significant to you. You will be responsible for demonstrating knowledge of poses by properly identifying the asanas in the assignment.

What are some of the personal goals you wish to achieve through your yoga practice? Be specific.

Describe any observations made during one of the recent classes concerning your breath and breathing pattern. For example, is your breath quick and shallow or long and deep?

Describe how you feel after your daily practice. Do you leave feeling relaxed, or energized. Maybe you are able to think a little more clearly.

Also include a description of a sequence we have gone through in class or maybe a sequence you have developed through your own personal practice. (Using proper terminology/names of asanas when appropriate).

Your journal should be a **minimum** of 1 ½ pages long typed with 12 times new roman font, double spaced and should include the above mentioned criteria. Margins should be set to 1". The heading should include name and date only. Points will be deducted for grammatical errors. Please proof read before submitting the assignment.

Any student that plagiarizes any portion of this assignment will receive a zero on the assignment and fail the course. If you are uncertain or unclear about what plagiarism is please read the definition below and/or feel free to ask the instructor.

plagiarism  
**noun**

**1.**an act or instance of using or closely imitating the language and thoughts of another author without authorization and the representation of that author's work as one's own, as by not crediting the original author.

**Synonyms:** appropriation, infringement, piracy, counterfeiting; theft, borrowing, cribbing, passing off.