

Yoga  
KINE 1106.03  
FALL 2022

**Instructor's Contact Information**

Jonathan Jefferson

Office Hours: MW 11am-12pm TTH 6-7pm (Texan Dome)

E-MAIL: [jjefferson1992@icloud.com](mailto:jjefferson1992@icloud.com) Phone: (205) 657-4193

**Text:** None

**Grading Policy:**

We will use a points system. There are approximately 1170 possible points available.

**Total Points available may change; however grades will always be based a percentage of available points. EX: A= 90-100 % of total available points.**

Attendance/ participation: 270

Quizzes/ Assignments: 700

Final Exam 200 If you NEVER miss the **face to face** class, you will be exempt from the final.

**Grading Scale**

A= 1170-1531

B= 936-1530

C=819-935

D= 702-818

F= 701 or less

**The Big NOs**

- No cell phones in class... not even on vibrate. No flashing from smart watches either.
- I will not allow quizzes to be made up unless you notify me ahead of time that you will be absent.
- **I do not accept late assignments.** If you cannot attend class, you may email me your assignment. I will not print it for you, but I will grade it.

**BEWARE:** Failure to turn in even simple assignments will negatively affect your grade.

## **Attendance Policies**

You may earn up to 10 points per day (total of 270) for appropriate dress, and participation. You may lose points for the following reasons

- Absence= awarded 0 points for the day
- If your cell phone rings= -10 points
- Non-participation= -5 points (max number of NPs allowed is 2)
- Improper dress or poor participation= -5 points
- Tardy/ leaving early: -3 points (Three instances= one absence. If you come in after I've checked roll, you must notify me; otherwise you may be counted absent)

Regular attendance is mandatory for successful completion of this course. The first few weeks will be intensive, so missing class will cause you to get behind. I will be teaching every day and I hope you choose to be here. You will owe me 27 workouts.

I will offer a few workouts online that you may complete at home and there will be also face to face opportunities to make-up missed classes. You may complete **a maximum** of 3 make-ups which are due by the last class day. At the end of the semester, missing workouts will affect your grade as follows:

4 missing workouts: Loss of 1 letter grade

5 missing workouts: Loss of 2 letter grades

6 missing workouts: Failing grade (F).

If you have a medical reason which prevents you from participating for more than 2 weeks, you need to communicate with me and we will discuss options. Considering this is an activity class, if you are unable to exercise for an extended period of time, it may be best to drop the course or take an incomplete.

SPC COVID Policy: Anyone with a known exposure should wear a mask for 10 days and should seek a COVID-19 test on day five after exposure. If you test positive or develop symptoms, you should immediately self-isolate and seek a COVID-19 test. Please immediately notify your instructor, supervisor, and DeEtte Edens, Associate Director of Health and Wellness, any time you test positive for COVID-19. Anyone who tests positive is required to self-isolate for five days. Following the five-day isolation period, if you are asymptomatic or your symptoms are resolving, you may return to work or class but should wear a mask for five additional days. If you are still symptomatic, please contact DeEtte Edens at [dedens@southplainscollege.edu](mailto:dedens@southplainscollege.edu) or 806-716-2376 prior to your return date.

## Expected Learning Outcomes

## Evaluation

### Each Student will...

Demonstrate appropriate level of competence in the following skills: <ul style="list-style-type: none"><li>• Standing Poses</li><li>• Sitting Poses</li><li>• Supine or lying down Poses</li><li>• Strengthening poses</li><li>• Balancing poses</li><li>• Sun salutation</li></ul>	Instructor feedback & all exams
Experience mental & physical benefits of yoga.	Student Feedback Flexibility / goals assessment
Differentiate the difference between each of the ancient yoga paths and their relationship to daily living.	Quiz #1
Explore stress management and meditative exercises.	Daily practice Meditation assignment
Categorize the principles and application of Yogic eating.	Quiz #2
Appraise and report natural healing experiences vs. modern medicine experiences.	Quiz #3
Experience the value of meditation practice	Meditation Assignment
Identify beginning and intermediate yoga asanas	All quizzes & final exam
Increase flexibility	Flexibility/ goals post semester assessment

## Phed 1106.003 Tentative Schedule

***\*This schedule is subject to change at my discretion***

New poses will be added daily

**Week 1:** Course introduction, syllabus, participant safety questionnaire, Flexibility pre-assessment, goal setting, and learn sun salutation.

**Week 2:** Continue Sun Salutation, intro to Warrior Asanas, and basic (Pranayama) breathing techniques.

**Week 3:** What is Yoga? (Lecture) and Power Vinyasa workout

**Week 4:** Quiz #1, intro to yoga props, and alternate nostril breathing

**Week 5:** Power Vinyasa workout: hip openers

**Week 6:** Nutrition lecture and discussion

**Week 7:** Power Vinyasa workout: Abdominals and hamstrings

**Week 8:** Quiz #2 and Stress Management and natural highs lecture and discussion: Natural highs assignment.

**Week 9:** Restorative Yoga and mobility exercises

**Week 10:** Power Vinyasa workout: Back bends and partners yoga

**Week 11:** Quiz #3 and Power Vinyasa workout: Balancing Poses

**Week 12:** Introduction to foam rollers / workout

**Week 13:** Natural Healing lecture and discussion

**Week 14:** Power Vinyasa workout: Inverted poses

**Week 15:** Quiz #4

**Week 16:** Post- flexibility assessment, and goals review, and review for final exam.

**Week 17: Final Exam**