



## SYLLABUS – KINE 1106 – YOGA (online)

### Instructor’s Information:

Name: Vanessa Moffett Reales

Office: KINE 109 (Levelland Campus)

Contact Information: **Blackboard Course Messages (use the tab in the course)**

**Materials:** Yoga mat, 2 Yoga blocks, Yoga strap, 101 Essential Tips for Yoga (*text is available in SPC bookstore and highly recommended but not required*), water, towel, blanket, small journal/spiral notebook (to keep track of ALL new poses after each yoga session), and clothing appropriate for a variety of exercises. (No jeans or khakis.) Improper attire may result in the student not earning full credit as movement may be hindered.

**Objectives:** (1) Demonstrate competence in basic yoga skills and poses, (2) improve flexibility, balance, and strength, (3) experience mental and physical benefits of yoga, (4) explore stress management and meditative postures, and (5) compare a variety of yoga styles.

**Course Evaluation:** Your grade in this course will directly reflect your effort and daily class participation. Simply submitting your workout video does not guarantee an “A” in the class. A positive attitude and a willingness to participate will ensure a good grade as well as a rewarding class experience. Student Learning Outcomes listed in General Course Syllabus will be evaluated as follows:

Participation/Attendance, Attitude, & Skill Progression (3 pts/workout)	60 points
3 Journal entries (These <i>will not be graded past the due date.</i> )	15 points
3 Quizzes (These <i>cannot be accessed past the due date. You will have 10 minutes/quiz.</i> )	15 points
<u>Final Exam</u> (All participation points, a good attitude, and an A average = final exam exemption)	<u>10 points</u>
<b>TOTAL</b>	<b>100 points</b>

### Attendance Policy:

1. Absence = missed workout. There are NO excused absences! All absences/missed workouts are equal.
2. 3 absences = one-letter grade penalty will be subtracted from final grade
3. 5 absences = student is subject to being dropped with an “F” in the course **NOTE: You may be dropped from this course without notice if you miss the due dates for any combination of any assignments totaling 5 or more.**
4. If the fifth absence occurs after the drop date, you will receive an “F” for the course. (If you have any reason that prevents you from participating for an extended period, you need to withdraw from the course.)
5. If you miss a workout, you are allowed to make up 2 classes during the semester to avoid grade penalties outlined above. A MAXIMUM OF 2 CLASSES MAY BE MADE UP. I recommend using these only if you become too sick to do the workouts. In case of illness, it may become necessary for you to use this option, so please use these make-up classes wisely. To complete a makeup class, video the workout you missed and send me the link. **All makeup classes are due by midnight April 25.**

### General Guidelines:

- Cell phones must be turned **OFF** during your workout! (*If your phone rings, buzzes, or flashes you will lose 1 letter grade!*) (*Although this is an online class, Yoga is to be done in a quiet, peaceful environment, so I want you to create that environment to the best of your ability.*)
- No inappropriate clothing
- Do not eat a heavy meal or consume energy drinks before yoga! (*may cause cramps or dizziness*)
- No hats/caps – Tie long hair back
- No whining! (Yoga is non-competitive. Use any of the modifications you need while continuing to push yourself to new limits. Always remember to listen to your body and respond accordingly.)

**Blackboard (Bb)** is the computer software used to deliver this course. It is essential that you have reliable access to the Internet, Microsoft Word, etc. and know how to save a file in PDF format. This means use a computer or other large device instead of a phone, etc. It is the student's responsibility to verify that assignments and assessments are accessible. You may move ahead at your own pace, but you will have deadlines for turning in assignments. If you wait until a few hours before assignments are due and have technical difficulties, they may not be corrected in time to get credit for the assignment. Have a backup plan in place should you encounter computer problems. There are open computer labs available to all enrolled SPC students on all campuses. It is also the student's responsibility to have the required computer skills to complete this course. You must be able to download and attach files, watch videos, post your workout videos, etc. Should you encounter technical difficulties contact the SPC technical support at (806) 716-2180 or email [blackboard@southplainscollege.edu](mailto:blackboard@southplainscollege.edu). Be sure to include course and section number information when contacting technical support. *If you are not a self-motivated student, online classes are most likely not for you!*

\*\* To do list:

- Read and become familiar with the course syllabus and expectations.
- Keep up with assignments and due dates.
- Ask for clarification about material or course expectations ASAP. (Don't wait until it is too late.)
- Turn in assignments on time. Excuses for late work, such as "The network was down," or "I could not figure out how to post or send the assignment" are not acceptable. It is always okay to turn in assignments early when possible.
- Since you signed up for an online yoga class, your workouts will be videoed (using a desktop, laptop, or other large device) and uploaded online using YouTube. These recordings need to be done in an area where you have *good lighting* and *plenty of room* to move freely and make the most of your workout. Be sure I can always see your full body during your workout video. This will allow me to make corrections in your technique if needed for safety purposes. Be sure you do the *full* workout, which means your video needs to be the same length or even longer than mine. You need to have the resources available to record yourself doing the workout (strong wifi connection, computer/iPad/etc.). Please be aware that technical difficulties are always a possibility. To avoid having to redo your assignment, I recommend always videoing with a backup device! You will most likely need 2 devices to do each video assignment. You will need 1 device to watch my video while using another device to record your workout at the same time. After videoing your workout, upload it into YouTube, give it an accurate title (i.e., Yoga 1, Yoga 2, Yoga Makeup, etc.), and send me the link via the Bb "Course Messages" tool. **(Send ALL assignments through Bb as they will not be graded anywhere else.)** (For help uploading videos into YouTube, go to the YouTube tutorial video posted in Bb under the "Yoga Videos" link.)
- Since taking an activity course online can be very challenging, you are welcome to join my face-to-face section TR 11-12:15 at the Levelland campus if you need more instructions or have questions. Just let me know ahead of time if you plan to do this.
- With the exception of week 1, you will need to complete 2 online workouts each week (the equivalent you would be in class if taking it face-to-face) as well as scheduled journals and quizzes. You will have Saturday through Sunday to record and submit the 2 videos each week along with any other assignments. Your workouts need to be completed on separate days (as part of your goal for this class should be to establish a consistent workout routine for yourself with your workouts spread throughout the week). See Course Calendar below for all due dates.

***All assignments are due by midnight on the due dates listed in the course calendar!***

**\*\*\* Remember: You will get out of this class what you put into it!\*\*\***

*Have Fun & Happy Learning! I hope you enjoy this course!*

Please note: This syllabus is subject to change at the instructor's discretion at any point during the semester.

**KINE 1106 – Yoga (online) Course Calendar**  
**(All due dates and assignment instructions are found here.)**

\*\*\* New poses and techniques will be incorporated into each class. In your yoga journal, keep track of all new poses after each session. You can draw these or write details on how to do each pose. For the most benefit in the course, always begin and end each yoga session with meditation/relaxation. Start by using the guided tracks under the “Meditations” tab. After you have tried each of these, feel free to find others through YouTube, meditation apps, etc.\*\*\*

**Week 1: Due January 21**

1. Read Syllabus & Understand Course Requirements
2. Complete & Submit Yoga Video 1 (Under the “Yoga Videos” tab) & Do Relaxation/Meditation. (Use 1 of the meditations under the “Meditations” tab.) (Since it would most likely be awkward to video your meditation time, there is no need to do so unless you want me to check your positioning. Meditation/relaxation is a very important part of yoga that you will benefit from, and you will be answering questions about your meditation time throughout the course, so be sure to do these after each yoga session.)
3. Go to “Handouts” tab:
  - Complete “Student Information” & Submit in PDF file
  - Complete “Par-Q (Medical Questionnaire)” & Submit in PDF file
  - Read “What is Yoga?” handout. (This material will be on Quiz 1.)
  - Open the Yoga Pre/Post Assessment. Warm-up on your own or use Yoga Video 1. Complete the Pre-Assessment. (See videos under Pre/Post Assessment for instructions on how to do these tests.) Submit this document in a PDF file.

**Week 2: Due January 28**

1. Complete & Submit Yoga Video 1 (yes...actually *do* it again – I want you to have a good foundation of the basic poses before moving on to other poses.) & Do Relaxation/Meditation
2. Show me what you have learned so far: Video yourself doing the Sun Salutation 3 times as well as the other poses you should have learned from Yoga Video 1 & Do Relaxation/Meditation.

**Week 3: Due February 4**

1. Complete & Submit Yoga Video 2 & Do Relaxation/Meditation
2. Complete & Submit Yoga Video 3 & Do Relaxation/Meditation

**Week 4: Due February 11**

1. Choose Yoga 2 *or* 3. Complete & Submit Video & Do Relaxation/Meditation
2. Complete & Submit Yoga Video 4 & Do Relaxation/Meditation
3. In a PDF file Submit **Journal 1 - Benefits of yoga:** (*Give good detail with complete sentences.*)
  - a. Describe any benefits you have noticed so far from doing yoga. (i.e. changes in posture, balance, flexibility, strength, how your clothes fit, sleeping/eating habits, etc.)
  - b. Describe your experiences so far doing the guided meditations/relaxations.
  - c. Describe any questions or concerns you currently have.

**Week 5: Due February 18**

1. Choose between Yoga 1-4. Complete & Submit Video & Do Relaxation/Meditation
2. Complete & Submit Yoga Video 5 & Do Relaxation/Meditation
3. Complete **Quiz 1** (Under “Assessments” tab)

**Week 6: Due February 25**

1. Choose between Yoga 3-5. Complete & Submit Video & Do Relaxation/Meditation
2. Complete & Submit Yoga Video 6 & Do Relaxation/Meditation
3. Read & Complete the “What is Stress?” handout. (This material will be on Quiz 2.)

**Week 7: Due March 3**

1. Choose between Yoga 3-6. Complete & Submit Video & Do Relaxation/Meditation
2. Complete & Submit Yoga Video 7 & Do Relaxation/Meditation

**Week 8: Due March 10**

1. Choose between Yoga 4-7. Complete & Submit Video & Do Relaxation/Meditation
2. Complete & Submit Yoga Video 8 & Do Relaxation/Meditation
3. In a PDF file Submit **Journal 2 - Stress:** (*Give good detail with complete sentences.*)
  - a. Describe the stressors you currently have in your life and how you cope with them.
  - b. Describe other constructive coping techniques you could apply that might help.
  - c. Describe what progressive muscle relaxation (PMR) is and what types of situations it can help. (Hopefully by now you have used the PMR track under the “Meditations” tab. If not, use it this week!)

**Spring Break: March 11-15**

**Week 9: Due March 24**

1. Choose between Yoga 5-8. Complete & Submit Video & Do Relaxation/Meditation
2. Complete & Submit Yoga Video 9 & Do Relaxation/Meditation
3. Complete **Quiz 2** (Under “Assessments” tab)

**Week 10: Due March 31**

1. Choose between Yoga 6-9. Complete & Submit Video & Do Relaxation/Meditation
2. Complete & Submit Yoga Video 10 & Do Relaxation/Meditation
3. Read “*Natural Healing Methods*” & “*Acupressure*” handouts. (This material will be on Quiz 3.)

**Week 11: Due April 7**

1. Choose between Yoga 7-10. Complete & Submit Video & Do Relaxation/Meditation
2. Complete & Submit Yoga Video 11 & Do Relaxation/Meditation

**Week 12: Due April 14**

1. Choose between Yoga 8-11. Complete & Submit Video & Do Relaxation/Meditation
2. Complete & Submit Yoga Video 12 & Do Relaxation/Meditation
3. In a PDF file Submit **Journal 3 - Differences in stress & class evaluation:** (*Give good detail with complete sentences.*)
  - a. Look back at your Journal 2 entry and describe any differences you’ve noticed in your stress levels due to yoga and meditation/relaxation. What techniques are you using and/or what are you doing differently compared to the beginning of the semester?
  - b. Describe your favorite thing(s) about this class as well as your least favorite. Describe why these are your favorite and least favorite.

**Week 13: Due April 21**

1. Choose between Yoga 9-12. Complete & Submit Video & Do Relaxation/Meditation
2. Complete & Submit Yoga Video 13 & Do Relaxation/Meditation
3. Complete **Quiz 3** (Under “Assessments” tab)

**Week 14: Due April 28**

1. Choose between Yoga 10-13. Complete & Submit Video & Do Relaxation/Meditation
2. Complete & Submit Yoga Video 14 & Do Relaxation/Meditation
3. Warm-up. Then complete the “post” column of your Pre/Post Assessment. (For a reminder, see videos under Pre/Post Assessment for instructions on how to do these tests.) Submit this document when both columns are completed.

**Week 15: Due May 5**

1. Choose between Yoga 11-14. Complete & Submit Video & Do Relaxation/Meditation
2. Complete & Submit Yoga Video 15 (This is your **Final Exam**.) & Do Relaxation/Meditation

Please note: This syllabus and course calendar are subject to change at my discretion.

## COMMON COURSE SYLLABUS

Department: Kinesiology

Course No.: KINE 1106

Course Title: Yoga

Course Credit Hours: 1    Lecture Hours: 0    Lab Hours: 3

Prerequisites: None

Available Formats: Conventional, Online

Campuses: Levelland, Reese

Supplies: Yoga mat, water, towel and/or blanket, clothing appropriate for a variety of exercises—may include t-shirts, shorts, and/or sweats. No blue jeans or khakis. Improper attire may result in the student not being permitted to participate as movement may be hindered.

Course Specific Instructions: None

Course Description: This course covers the basic principles, philosophies, and practices of yoga and developing and modifying an individual program. This course includes flexibility, strength, and balance activities for men and women.

Course Purpose: To encourage students to incorporate yoga into their lives as a part of their overall fitness and stress management regimens.

Course Requirements: To maximize the potential to complete this course, a student should attend all class meetings, complete all outside assignments and examinations.

Course Evaluation: Please see the instructor's course information sheet for specific items used in evaluating student performance.

Attendance Policy: Whenever absences become excessive, and, in the instructor's opinion, minimum course outcomes cannot be met due to absences, the student will be withdrawn from the course. Please see the instructor's course information sheet for specific attendance policies.

### Additional information

- A. Lockers are available for the semester.
- B. Do not eat a heavy meal prior to class.
- C. No food or drinks in the classroom except water w/ a lid.
- D. *No cell phones allowed!*

### Student Learning Outcomes:

Each student will:

1. Demonstrate appropriate level of competence in the following skills:
  - Standing Poses
  - Sitting Poses
  - Supine or lying down Poses
  - Strengthening poses

- Balancing poses
  - Sun salutation
2. Improve personal flexibility.
  3. Experience the mental and physical benefits of yoga.
  4. Differentiate the difference between each of the ancient yoga paths and their relationship to daily living.
  5. Explore stress management and meditative postures.
  6. Categorize the principles and application of yogic eating.
  7. Compare and report natural healing experiences vs. modern medicine experiences.
  8. Compare and contrast a variety of yoga styles.

### **Academic Integrity:**

**Plagiarism and Cheating:** Students are expected to do their own work on all projects, quizzes, assignments, examinations, and papers. Failure to comply with this policy will result in an F for the assignment and can result in an F for the course if circumstances warrant.

Plagiarism violations include, but are not limited to, the following:

1. Turning in a paper that has been purchased, borrowed, or downloaded from another student, an online term paper site, or a mail order term paper mill;
2. Cutting and pasting together information from books, articles, other papers, or online sites without providing proper documentation;
3. Using direct quotations (three or more words) from a source without showing them to be direct quotations and citing them; or
4. Missing in-text citations.

Cheating violations include, but are not limited to, the following:

1. Obtaining an examination by stealing or collusion;
2. Discovering the content of an examination before it is given;
3. Using an unauthorized source of information (notes, textbook, text messaging, internet, apps) during an examination, quiz, or homework assignment;
4. Entering an office or building to obtain unfair advantage;
5. Taking an examination for another;
6. Altering grade records;
7. Copying another's work during an examination or on a homework assignment;
8. Rewriting another student's work in Peer Editing so that the writing is no longer the original student's;
9. Taking pictures of a test, test answers, or someone else's paper.

**Student Code of Conduct Policy:** Any successful learning experience requires mutual respect on the part of the student and the instructor. Neither instructor nor student should be subject to others' behavior that is rude, disruptive, intimidating, aggressive, or demeaning. Student conduct that disrupts the learning process or is deemed disrespectful or threatening shall not be tolerated and may lead to disciplinary action and/or removal from class.

**Course/Instructor Evaluation:** You will be given the opportunity to evaluate this course and its instructor on a frequent basis. I will actively solicit your written feedback, be it positive or negative, throughout this semester, and I will use it to make needed changes regarding the course content, delivery, and evaluative procedures. You will also complete a more comprehensive evaluation at the time of the final examination.

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<https://www.southplainscollege.edu/syllabusstatements/>