



Department: Physical Education and Health

Yoga
 Spring 2014
 PHED 1158 CRN# 75247

Instructor:	Lisa Chaisson
Phone/Email:	713-718-6074 / lisa.chaisson@hccs.edu
Office location and hours:	San Jacinto Building – Fitness Center
Course location/Times:	San Jacinto Building – Fitness Center / 10-11:30 AM Tues. /Thurs.
Course semester credit hours:	1 Semester Credit hours
Course contact hours:	48 Contact Hours
Course length:	16 weeks
Instruction type:	In-person/face to face
Course Prerequisites:	EDUC 1300, ENGL 0310 or 0349

Course Description:

This class will acquaint the student with history, development, branches and practices of yoga with emphasis on physical practice of individual postures, sets of postures, breathing techniques, meditation and relaxation techniques.

Instructional Material: No Text Required.

Program SLO's:	<ol style="list-style-type: none"> 1. Students will perform physical skills to improve and enhance cardio-respiratory, strength, endurance, flexibility, and/or balance as measured with a departmental field exam. 2. Students will develop broad content knowledge within the discipline of health/physical education associated with good health management, health risks and/or disease prevention. 3. Students will demonstrate an understanding of basic safety/emergency procedures.
Course SLO's:	<ol style="list-style-type: none"> 1. Develop measurable change in Flexibility 2. Develop measurable change in Balance 3. Develop measurable change in Strength
Learning Objectives:	<p>Develop measurable change in Flexibility</p> <ol style="list-style-type: none"> 1. Recognize benefits of yoga in relationship to increasing their flexibility. <p>Develop measurable change in Balance</p> <ol style="list-style-type: none"> 1. Understand how breath and core aid in establishing balance. <p>Develop measurable change in Strength</p>

	1. Identify postures and exercises needed to gain upper body strength.																					
Student Assignments:	<p>Develop measurable change in Flexibility Lab Exercises Homework Exercises Activities in class to promote increased flexibility</p> <p>Develop measurable change in Balance Lab Exercises Homework Exercises Activities in class to promote increased balance</p> <p>Develop measurable change in Strength Lab Exercises Homework Exercises Activities in class to promote increased strength</p>																					
Student Assessments:	<p>Develop measurable change in Flexibility Discipline Required SLO-Specific Standard Form Rubrics Sit and Reach Test to test flexibility.</p> <p>Develop measurable change in Balance Discipline Required SLO-Specific Standard Form Rubrics Stork Standard Balance Test to test balance.</p> <p>Develop measurable change in Strength Discipline Required SLO-Specific Standard Form Rubrics Push up Test to test strength.</p>																					
HCC Grading Scale:	<table border="1"> <tr><td>A = 100- 90</td><td>4 points per semester hour</td></tr> <tr><td>B = 89 - 80:</td><td>3 points per semester hour</td></tr> <tr><td>C = 79 - 70:</td><td>2 points per semester hour</td></tr> <tr><td>D = 69 - 60:</td><td>1 point per semester hour</td></tr> <tr><td>59 and below = F</td><td>0 points per semester hour</td></tr> <tr><td>FX (Failure due to non-attendance)</td><td>0 points per semester hour</td></tr> <tr><td>IP (In Progress)</td><td>0 points per semester hour</td></tr> <tr><td>W (Withdrawn)</td><td>0 points per semester hour</td></tr> <tr><td>I (Incomplete)</td><td>0 points per semester hour</td></tr> <tr><td>AUD (Audit)</td><td>0 points per semester hour</td></tr> </table>	A = 100- 90	4 points per semester hour	B = 89 - 80:	3 points per semester hour	C = 79 - 70:	2 points per semester hour	D = 69 - 60:	1 point per semester hour	59 and below = F	0 points per semester hour	FX (Failure due to non-attendance)	0 points per semester hour	IP (In Progress)	0 points per semester hour	W (Withdrawn)	0 points per semester hour	I (Incomplete)	0 points per semester hour	AUD (Audit)	0 points per semester hour	<p>IP (In Progress) is given only in certain developmental courses. The student must re-enroll to receive credit. COM (Completed) is given in non-credit and continuing education courses.</p> <p>FINAL GRADE OF FX: Students who stop attending class and do not withdraw themselves prior to the withdrawal deadline may either be dropped by their professor for excessive absences or be assigned the final grade of "FX" at the end of the semester. Students who stop attending classes will receive a grade of "FX", compared to an earned grade of "F" which is due to poor performance. Logging into a DE course without active participation is seen as non-attending. Please note that HCC will not disperse financial aid funding for students who have never attended class.</p> <p>Students who receive financial aid but fail to attend class will be reported to the Department of Education and may have to pay back their aid. A grade of "FX" is treated exactly the same as a grade of "F" in terms of GPA, probation, suspension, and satisfactory academic</p>
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	<p>progress.</p> <p>To compute grade point average (GPA), divide the total grade points by the total number of semester hours attempted. The grades "IP," "COM" and "I" do not affect GPA.</p> <p><i>Health Sciences Programs Grading Scales may differ from the approved HCC Grading Scale. For Health Sciences Programs Grading Scales, see the "Program Discipline Requirements" section of the Program's syllabi.</i></p>																		
<p>PHED Attendance Policy:</p>	<p>Regular attendance is required for all physical education classes. There are no excused absences. In addition, active participation in class is 40% of the final grade. Students are expected to be on time. Sign in sheets will be removed at 5 minutes after the scheduled time in the schedule. Entering the class after the sign-in sheet has been removed will be considered tardy. Two tardies is one absence. No one will be admitted to the class 15 minutes after scheduled class time. To receive credit for the day, the student must participate for the entire class period. The nature of the course is such that perfect attendance is essential for mastery of a Healthy Mind and Body. A missed class can never be duplicated.</p> <p>Number of Hours of Attendance Missed</p> <p>Number of non-participation hours</p> <table data-bbox="714 1018 1331 1060"> <tr> <td>0</td> <td>1.5</td> <td>3</td> <td>4.5</td> <td>6</td> <td>7.5</td> <td>9</td> <td>10.5</td> <td>12</td> </tr> </table> <p>Numeric grade</p> <table data-bbox="714 1123 1331 1155"> <tr> <td>104</td> <td>100</td> <td>92</td> <td>86</td> <td>80</td> <td>74</td> <td>68</td> <td>62</td> <td>56</td> </tr> </table>	0	1.5	3	4.5	6	7.5	9	10.5	12	104	100	92	86	80	74	68	62	56
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<p>Program Requirements:</p>	<p>Mandatory attendance and proper attire for all activity classes is required.</p> <p>Women who are pregnant or become pregnant during the semester must notify the instructor immediately. A Doctor's release is mandatory to help aid in the decision to continue in the class.</p> <p>Incompletes, audits and /or make up activity classes are not available in the PHED department.</p>																		
<p>Instructor's Requirements:</p>	<p>Clothing: Please wear comfortable workout attire that allows for unrestricted movement at all times while participating in class activities. No street clothes allowed. You must be in workout attire to participate. We will practice yoga in bare feet.</p> <p>Pagers and cell phones are prohibited in the gym area. Purses and school bags should not be brought into the gym area. Please leave them in the trunk of your car before class. This is for the safety of your belongings. Please do not bring your children to class.</p> <p>Bringing your own Mat is recommended. Equipment must be used in a safe and appropriate manner. Be considerate of your classmates by</p>																		

	returning all equipment once you have finished with it.										
Instructor Grading Criteria:	<p>Evaluation:</p> <table> <tr> <td><i>Attendance</i></td> <td>40%</td> </tr> <tr> <td><i>Final Written Exam</i></td> <td>20%</td> </tr> <tr> <td><i>4 Discussion Days</i></td> <td>20%</td> </tr> <tr> <td><i>SLO Testing</i></td> <td>15%</td> </tr> <tr> <td><i>Eating Journal</i></td> <td>5%</td> </tr> </table> <p>Eating Journal Due – April 3 Final Paper/Exam Due – April 24</p> <p>Testing will include all material covered in the course. This includes handouts, lectures, demonstrations, and discussions. No make ups or extra credit will be given. Failing to submit work on time or take an exam will result in a "0" for the grade. This also pertains to the Discussion Days. There will be written exams/papers, assignments and discussions.</p>	<i>Attendance</i>	40%	<i>Final Written Exam</i>	20%	<i>4 Discussion Days</i>	20%	<i>SLO Testing</i>	15%	<i>Eating Journal</i>	5%
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EGLS3 -- Evaluation for Greater Learning Student Survey System	At Houston Community College, professors believe that thoughtful student feedback is necessary to improve teaching and learning. During a designated time, you will be asked to answer a short online survey of research-based questions related to instruction. The anonymous results of the survey will be made available to your professors and division chairs for continual improvement of instruction. Look for the survey as part of the Houston Community College Student System online near the end of the term.										

Access Student Services Policies on their Web site:	http://hccs.edu/student-rights
Access DE Policies on their Web site:	http://de.hccs.edu/Distance_Ed/DE_Home/faculty_resources/PDFs/DE_Syllabus.pdf
Access CE Policies on their Web site:	http://hccs.edu/CE-student-guidelines