

Yoga
PHED 1158 - CRN# 52557/55426
M/W 7:00-8:30 AM
T/TH 10:00-11:30 AM
Fall 2011

Instructor: Lisa Chaisson
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Office Hour: TBA/3412 Crawford Annex
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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.

Student Learning Outcomes:

- * Develop measurable change in Flexibility
- * Develop measurable increase in Balance
- * Develop measurable change in Strength

Course Objective:

Yoga is a body-mind complex and glandular exercise. The ultimate goal is to still the mind. Yoga is a holistic way of life. This course will introduce the students to basic asana postures, to maintain a supple and healthy body. It will also introduce the students to proper breathing techniques and meditation through which to learn to relax the body. The class will consist of brief lectures, discussions, and demonstrations. Students will then practice yoga. The ultimate goal of this course is to motivate the students to incorporate yoga and other forms of physical activity into his/her lifestyle.

Text: Handouts

Attendance Policy Physical Education Department:

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. Yoga is best learned through doing.

Number of Hours of Attendance Missed

Number of non-participation hours	0	1.5	3	4.5	6	7.5	9	10.5	12
Numeric grade	104	100	92	86	80	74	68	62	56

HCC Course Withdrawal and Attendance Policy:

Beginning Fall 2007, the State of Texas imposes penalties on students who drop courses excessively. Students are limited to no more than SIX total course withdrawals throughout their educational career at a Texas public college or university.

To help you avoid having to drop/withdraw from any class, contact your professor regarding your academic performance. You may also want to contact a counselor to learn about helpful HCC resources (e.g. online tutoring, child care, financial aid, job placement, etc.).

HOW TO DROP

- **If a student decides to drop or withdraw from a class upon careful review of other options, the student can drop online prior to the deadline through their HCC Student Center.**
- **HCC and/or instructors may drop students for excessive absences without notification** (see Class Attendance below).
- **Students should check HCC's Academic Calendar by Term for drop/withdrawal dates and deadlines.** Classes of other duration (mini-term, flex-entry, 8-weeks, etc.) may have different final withdrawal deadlines. Please contact the HCC Registrar's Office at 713.718.8500 to determine mini-term class withdrawal deadlines.

CLASS ATTENDANCE:

As stated in the HCC Catalog, all students are expected to attend classes regularly. Although it is the responsibility of the student to drop a course for non-attendance, the instructor also has the authority to drop a student for excessive absences or failure to participate regularly.

According to HCCS Policy (see catalog schedule), a student may be dropped from the course for excessive absences after the student has accumulated absences in excess of **12.5%** of the hours of instruction. (6 hours in a 48-hour course)

REPEAT POLICY:

Students who repeat a course for a third or more times may soon face significant tuition/fee increases at HCC and other Texas public colleges and universities. Please ask your instructor / counselor about opportunities for tutoring / other assistance prior to considering course withdrawal or if you are not receiving passing grades.

Grading and Evaluation:

A (90-100%): Excellent work that shows clear understanding of the course content.

B (80-89%): Above average work that shows understanding of the course content.

C (70-79%): Average work that shows understanding of the course content.

D (60-69%): Below average work that fails to respond adequately to course content.

F (0-59%): Work that fails.

Grading:

It is the policy of the PHED department to withdraw students who have excessive absences and/or cease to come to class. All letter grades are earned including a failing grade. **INTERNATIONAL STUDENTS:** International students should be extremely aware of this policy as it may affect the status of your student Visa. Once a W is given for the course, it will not be changed to an F because of the Visa consideration. Please contact the International Student Office at 713-718-8520 if you have any questions about your visa status and other transfer issues.

Policies:

Incompletes, audits and /or make up activity classes are not available in the PHED department.

Evaluation:

Attendance	40%
Final Written Exam	30%
Assignment/Discussion	15%
SLO Testing	15%

Make Up Policy:

Testing will cover 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 or take an exam will result in a "0" for the grade. This also pertains to the Discussion/Assignment Day.

Testing Policy:

There will be a written exam/paper, assignment and discussion. Failure to take these tests will result in zero points toward your final grade. No make-up exams will be given. No incompletes will be given.

Clothing:

Please wear comfortable dress 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.

Support Services:

Library: The library is located on the third floor of the Learning Hub. The Librarians are dedicated to helping you find whatever you need. Be sure to obtain an HCCS library card and a Texshare card as well for use at selected area libraries.

Open Computer Labs: Computers are available to all students in the Library. Check for hours.

Disability Policy: Any student with a documented disability (e.g. physical, learning, psychiatric, vision, hearing, etc.) who needs to arrange reasonable accommodations must contact the Disability Services Office at the respective college at the beginning of each semester. Faculty is authorized to provide only the accommodations requested by the Disability Support Services Office.

For questions, please contact Donna Price at 713.718.5165 or the Disability Counselor at your college. To visit the ADA Web site, please visit www.hccs.edu then click Future students, scroll down the page and click on the words Disability Information.

District ADA Coordinator – Donna Price – 713.718.5165

Central ADA Counselors – Jaime Torres - 713.718.6164

Martha Scribner – 713.718.6164

Northeast ADA Counselor- Kim Ingram – 713.718.8420

Northwest ADA Counselor – Mahnaz Kolaini – 713.718.5422

Southeast ADA Counselor – Jette Lott - 713.718.7218

Southwest ADA Counselor – Dr. Becky Hauri – 713.718.7910

Coleman ADA Counselor – Dr. Raj Gupta – 713.718.7631

Turn off pagers, Phones, No Cameras/Recording Devices:

Student should turn off pagers and cell phone before entering class; ringing, buzzing, and other forms of disturbances (electronic or otherwise) is not good for the class. Your full and active attention is required throughout the class period. Actually, no electrical devices should be in the pool/gym/weight room areas.

Use of recording devices, including camera phones and tape recorders, is prohibited in classrooms, laboratories, faculty offices, and other locations where instruction, tutoring, or testing occurs. Students with disabilities who need to use a recording device as a reasonable accommodation should contact the Office of Students with Disabilities for information regarding reasonable accommodations.

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 near the end of the term, 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 department 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.

Academic Honesty:

All Houston Community College System students are required to exercise academic honesty in completion of all tests and assignments. Penalties for academic dishonesty (cheating on a test, plagiarism, collusion on an assignment, etc.) may include, but are not limited to a reduced grade or a "0" on that test or assignment, a "W" in the course, or an "F" in that course.

HCCS Holidays/Crucial Dates:

Instruction begins: August 29(M) / 30(T)

Labor Day Holiday: September 5

Assignment/Discussion due: October 19(W) / 20(TH)

Last day for administrative and student withdrawals: Nov. 3

Final Exam: **Turn in to me by Nov. 14(M)/15(T) at the beginning of class.**

Thanksgiving Day Holiday: November 24

Last day of class: Dec. 7(W) / 8(TH)

Class Policies:

1. Appropriate workout/yoga attire is required. Yoga is practiced in bare feet. Pagers and cell phones are prohibited in the gym area.
2. 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.
3. No headphones or other audio equipment are allowed in the gym area. Equipment must be used in a safe and appropriate manner.
4. Be considerate of your classmates by returning all equipment once you have finished with it.
5. Loud and verbal displays, excess noise, and horse play during class will not be tolerated. **Please do not bring your children to class.**
6. A classroom environment will be maintained at all times. Maintaining your own personal space is important. If at any time you feel your personal space has been violated, please talk with me as soon as possible.

STUDENT CODE OF CONDUCT:

All students are expected to read and have an understanding of the student code of conduct as stated in the Student Handbook. The student handbook can be found on the official HCC website for students.

Yoga Class Schedule

(Note: assignments may be added or deleted with notice during the semester)

Week 1:	Class orientation, handouts, expectations, etc...
Week 2-4	Sun Salutation -Laying down postures
Week 5-7:	Sun Salutation - Standing postures
Week 8:	Lying postures / Standing Postures
Week 9:	Sun Salutation / Put it together
Week 10:	Partner posture / video
Week 11:	Meditation / video
Week 12:	Meditation / video
Week 13-15:	Bikram series
Week 16:	Final