



Department: Physical Education and Health

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Go to: <https://eo2.hccs.edu> to see course work and to do Exams. This class is WEB-ENHANCED.

A detailed Schedule of Assignments will be available on the Homepage once the class begins.

YOU MUST LOG-IN PRIOR TO THE OFFICIAL DATE OF RECORD OR YOU ARE SUBJECT TO AN ADMINISTRATIVE WITHDRAWAL.

<b>Yoga</b> Spring 2015 PHED 1158 CRN# 41037
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Instructor:	Lisa Chaisson
Phone/Email:	713-718-6074 / lisa.chaisson@hccs.edu
Office location and hours:	Central Campus, San Jacinto Building-Fitness Center, Room 192.1 / by appointment
Course location/Times:	Central Campus, San Jacinto Building-Fitness Center Gym / Tues. & Thurs. 10-11:30
Course semester credit hours:	1 Semester Credit hours (1 Lecture – 2 Activity)
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"><li>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.</li><li>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.</li><li>3. Students will demonstrate an understanding of basic safety/emergency procedures.</li></ol>
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Course SLO's:	1. Develop measurable improvement in Flexibility 2. Develop measurable improvement in Balance 3. Develop measurable improvement in Muscular Endurance																				
Learning Objectives:	<b>Develop measurable improvement in Flexibility</b> 1. Recognize benefits of yoga in relationship to increasing their flexibility. <b>Develop measurable improvement in Balance</b> 1. Understand how breath and core aid in establishing balance. <b>Develop measurable improvement in Muscular Endurance</b> 1. Identify postures and exercises needed to gain upper body endurance.																				
Student Assignments:	<b>Develop measurable improvement in Flexibility</b> Lab Exercises Homework Exercises Activities in class to promote increased flexibility <b>Develop measurable improvement in Balance</b> Lab Exercises Homework Exercises Activities in class to promote increased balance <b>Develop measurable improvement in Muscular Endurance</b> Lab Exercises Homework Exercises Activities in class to promote increased endurance																				
Student Assessments:	<b>Develop measurable improvement in Flexibility</b> Discipline Required SLO-Specific Standard Form Rubrics Sit and Reach Test to test flexibility. <b>Develop measurable improvement in Balance</b> Discipline Required SLO-Specific Standard Form Rubrics Stork Standard Balance Test to test balance. <b>Develop measurable improvement in Muscular Endurance</b> Discipline Required SLO-Specific Standard Form Rubrics Push up Test to test endurance.																				
HCC Grading Scale:	<table border="0"> <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> <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</p>	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
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	<p>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 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 50% of the final grade. (As a guide, each class is worth approximately 15 points towards a total of 450). 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>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 activities are not available in the PHED department.</p>
<p>Instructor's Requirements:</p>	<p>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 exercise area. Purses and school bags should not be brought into the area. Please leave them in the trunk of your car before class. This is for the safety of your belongings. <b>Please do not bring your children to class.</b></p>

	<p>Bringing your own Mat is recommended. Equipment must be used in a safe and appropriate manner. Be considerate of your classmates by returning all equipment once you have finished with it.</p>														
<p>Instructor Grading Criteria:</p>	<p><b>Grading:</b></p> <table border="0"> <tr> <td>Attendance</td> <td>400 Points</td> </tr> <tr> <td>Lifestyle Inventory</td> <td></td> </tr> <tr> <td>    -Reflection Paper</td> <td>100 Points</td> </tr> <tr> <td>Logic Analysis of Article</td> <td>100 Points</td> </tr> <tr> <td>Skills Test (SLO's)</td> <td>200 Points</td> </tr> <tr> <td>Self-Reflection Paper</td> <td>100 Points</td> </tr> <tr> <td>Discussion Assignments</td> <td>100 Points</td> </tr> </table> <p>A= 1000-900  B= 899-800  C= 799-700  D= 699-600  F= 599-0</p> <p><b>Lifestyle Inventory and Reflection Papers:</b> Students will access the Lifestyle Inventory (link will be supplied). After completing the inventory, students write a minimum 500 word essay, reflection on the results and addressing changes they can make during the semester. Taking the Lifestyle Inventory and the reflection paper are worth 100 points.  <b>Assignment closes at 11:30pm on due date.</b></p> <p><b>Logic Analysis of Article:</b> The assignment requires students to read a health/nutrition article on the Learning Web/Eagle Online, logically analyzing the content and justify their conclusions. The student will write a minimum 500 word essay.  <b>Assignment closes at 11:30pm on due date.</b></p> <p><b>Skills Test:</b> Students will demonstrate relevant learned skills towards the end of the semester pertaining to the SLO's for this class.</p> <p><b>Self-Reflection Paper:</b> Students will write a 500 word essay describing the benefits of class and changes they were able to make following the Lifestyle Inventory. A short in class oral presentation will also be presented. <b>Assignment closes at 11:30pm on due date.</b></p> <p><b>No make ups or late work accepted.</b> Failing to submit work on time will result in a "0" for the grade.</p>	Attendance	400 Points	Lifestyle Inventory		-Reflection Paper	100 Points	Logic Analysis of Article	100 Points	Skills Test (SLO's)	200 Points	Self-Reflection Paper	100 Points	Discussion Assignments	100 Points
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<p>EGLS3 -- Evaluation for Greater Learning Student Survey System</p>	<p>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.</p>														

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

Physical Education and Health Mission Statement:	<p>The mission of the Physical Education/Health Department is to provide students with the sound principles for creating and maintaining a healthy lifestyle. We find new ways to meet the diverse educational needs of our growing student population. This is accomplished by providing a variety of activity and lecture based classes. Our goals include:</p> <ul style="list-style-type: none"> <li>*Presenting scientifically based, accurate information and activities.</li> <li>*Involving students in taking responsibility for their health and well-being.</li> <li>*Instilling a sense of competence and personal power in students.</li> <li>*Providing venues for various forms of muscular and cardiovascular exercise to improve our student's health and well-being.</li> </ul>
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HCC is committed to provide a learning and working environment that is free from discrimination on the basis of sex which includes all forms of sexual misconduct. Title IX of the Education Amendments of 1972 requires that when a complaint is filed, a prompt and thorough investigation is initiated. Complaints may be filed with the HCC Title IX Coordinator available at 713 718-8271 or email at [oe@hccs.edu](mailto:oe@hccs.edu).