



Yoga-17305

KINE-1103

RT 2022 Section 9872 1 Credits 08/23/2021 to 12/12/2021 Modified 08/08/2021

Course Meetings

Meeting Modality/Location/Time

Online on a Schedule (WS): Online on a schedule classes are online courses with traditional meeting components; coursework is online, and there are specific times to log in for scheduled class meetings. **Tuesday/Thursday 9:30 - 10:50 AM** - meet in our Canvas classroom through Media Gallery (Kaltura).

Welcome and Instructor Information

Professor: Lisa Chaisson

Email: lisa.chaisson@hccs.edu

Phone: 713-718-6074

What's Exciting About This Course

How often do you take time for yourself and just rest, recharge, stretch, and breath? This course, Yoga, will provide you with these skills and health practices. In today's busy world, it is important to take time for yourself. This class allows you the opportunity to learn more about your mind, body, and spirit through the practice of Yoga.

My Personal Welcome

Welcome to Yoga. — I'm so excited you chose my class! You are now embarking on a journey to enhance your mind, body, and spirit through the practice of Yoga. I will be your professor this semester. I am here to facilitate your learning and am looking forward to getting to know you. To be successful in this course, I encourage you to come to class. What you experience in class is important to your physical knowledge of Yoga. Be sure to stay on task as this course has assessments that are due at specific times throughout the course. By mastering the concepts of this course, you will be equipped with knowledge and skills to continue your Yoga practice. You will use what you learn!

I hope you're excited to begin on your journey toward self-care. Give yourself some quiet time, take a deep breath, exhale, and let's get started! [See you in our Canvas Classroom through Media Gallery.](#)

Be Gentle with Yourselves,

~Lisa

Preferred Method of Contact

To Contact Professor Lisa Chaisson. Use the Inbox located on the left side menu to send an email

Office Hours

Tuesday, Thursday, 8:30 AM to 9:20 AM

- Online/TBA

All office hours are held online. In an effort to meet students schedules, there are no specific office hours for this class. You may contact me via email to schedule an online appointment. I am happy to work with you and your schedule.

All online meetings are held in the **Media Gallery** (Kaltura live room) within Canvas. Meetings can also be held via [phone conversation](#).

Course Overview

KINE 1103 will acquaint the student with the history, development, branches and practices of yoga, with an emphasis on physical practice of individual postures, sets of postures, breathing, meditation and relaxation techniques.

Individuals registering for the course should be healthy enough to exercise and practice yoga several days a week.

Core Curriculum Objectives (CCOs)

KINE 1103 does not satisfy any core curriculum requirements. It may be used as part of the requirements for the AA Multidisciplinary degree in Kinesiology & Exercise Science.

KINE 1304 and KINE 1306 satisfy the optional component requirement in the HCC core curriculum. The Kinesiology & Exercise Science Program Committee has specified that these courses address the following core objectives.

- **Critical Thinking:** Students will demonstrate the ability to engage in inquiry and analysis, evaluation and synthesis of information, and creative thinking by completing written assignments and/or essays.
- **Communication Skills:** Students will demonstrate effective development, interpretation and expression of ideas through written, oral, and visual communication by completing written assignments and/or visual presentations.
- **Quantitative and Empirical Literacy:** Students will demonstrate the ability to draw conclusions based on the systematic analysis of topics using observation, experiment, and/or numerical skills by completing textbook reading assignments, completing assignments, and answering questions for this specific assignment.
- **Social Responsibility:** Students will demonstrate cultural self-awareness, intercultural competency, civil knowledge, and the ability to engage effectively in regional, national, and global communities by completing textbook reading assignments, completing assignments, and answering questions on quizzes and exams.

Student Learning Outcomes and Objectives

Program Learning Outcomes can be found at:

<https://www.hccs.edu/programs/areas-of-study/liberal-arts-humanities--education/kinesiology--exercise-science/>
(<https://www.hccs.edu/programs/areas-of-study/liberal-arts-humanities--education/kinesiology--exercise-science/>)

Course Student Learning Outcomes:

The student will:

1. Develop measurable improvement in Flexibility
2. Develop measurable improvement in Muscular Endurance
3. Develop measurable improvement in Balance

Learning Objectives:

The student will be able to:

- 1.1 Recognize the benefits of yoga in relationship to increasing flexibility.
- 2.1 Identify postures and exercises needed to gain upper body endurance.
- 3.1 Understand how breath and core aid in establishing balance.

Departmental Practices and Procedures

KINE Prerequisites:

For KINE activity based classes, expect to exercise several hours each week. All KINE activity classes are participatory classes with a requirement to exercise. These are physical workout classes with strenuous exercise. If you are not apparently healthy and cannot work out, you should not register for any activity classes where you are unable to complete the course objectives. Most of your grade is based on participation.

You cannot pass a class without regularly participating. Should you become pregnant, a doctors consent to participate will be required to continue in the class.

Major injuries will require your withdraw from the class if you are unable to participate fully. Incomplete's are reserved when a student has completed at least 85% of the course work and has an actual documented emergency. Weekly participation lessons are not subject to make-ups if missed.

Many classes may require you to purchase an item such as a yoga mat or fitness app in addition to a textbook. Be sure to check the Professors material list for any additional items that you may need for the class.

Instructional Materials and Resources

Instructional Materials

No Text Required. There is an ONLINE component to this class. All work will be found there. I also need to SEE you when we practice our Yoga postures!! It is required that you purchase your own YOGA MAT.

Course Requirements

Assignments, Exams, and Activities

Type	Weight	Topic	Notes
Attendance/Participation	40%		Every day is worth 12.5 points. Total points for full semester = 400 points.
Discussions	10%		Four discussion topics worth 25 points each. Response to at least two classmates is required for full credit.
Lifestyle Inventory/Essay	10%		Access and complete the Lifestyle Inventory; A minimum 500 word essay, reflection on the results, addressing changes to be made during the semester.
Pre/Post Skills Tests (SLO) with Health Waiver	30%		Three physical fitness skills tests and submit a Health Waiver.
Final Self-Reflective Essay	10%		Overview of what was learned and how to implement it within your life.

Grading Formula

Grade	Range	Notes
A	900-1000 points	
B	800-899 points	

Grade	Range	Notes
C	700-799 points	
D	600-699 points	
F	599 or less points	

* Instructor's Practices and Procedures

Incomplete Policy

In order to receive a grade of Incomplete ("I"), a student must have completed at least 85% of the work in the course. In all cases, the instructor reserves the right to decline a student's request to receive a grade of Incomplete.

Missed Assignments/Make-Up Policy

I Do Not Accept Late Assignments. All WORK will be available/open the First Day of class and will close on the due dates at 11:30pm. (Note: This is why I do NOT accept any late work. I will accept work early.)

Please do not send excuses. Excuses for your computer/Internet not working is not an excuse. Excuses for not having computer access is not an excuse. This is a Online On A Schedule course. Please send assignments early to avoid last minute problems.

Once the assignment page closes, you will not be able to submit work. We all have busy lives, however; I am confident that you can complete the work on time with dedication and time management. Under an extra ordinary circumstance and at my discretion, if I accept your late work, there is a non-negotiable 50% penalty applied.

Academic Integrity

Here's the link to the HCC information about academic integrity (Scholastic Dishonesty and Violation of Academic Scholastic Dishonesty and Grievance):

<https://www.hccs.edu/about-hcc/procedures/student-rights-policies--procedures/student-procedures/>
[\(https://www.hccs.edu/about-hcc/procedures/student-rights-policies--procedures/student-procedures/\)](https://www.hccs.edu/about-hcc/procedures/student-rights-policies--procedures/student-procedures/)

Attendance Procedures

It is imperative that you log in daily during the term. Although it is your responsibility to drop a course for nonattendance, the instructor has the authority to drop you for excessive absences. In an online on a schedule class, the equivalent would be failing to participate and/or turn in assignments for two weeks (4 classes). Be aware that students can be dropped from an online on a schedule class due to nonparticipation.

Note the following statement from the HCC Online Course Requirements Webpage:

"All students are expected to attend classes regularly, thus online students must login to their course(s) on a regular basis. Online students who do not login and actively participate before the Official Day of Record may be automatically withdrawn for nonattendance. An automatic withdrawal from a course does not erase the course from your record or excuse you from paying for the courses" (<https://www.hccs.edu/online/student-support/>).

Online on a Schedule (WS): Online on a schedule classes are online courses with traditional meeting components; coursework is online, and there are specific times to log in for scheduled class meetings. **Tuesday/Thursday 9:30 - 10:50 AM** - meet in our Canvas classroom through **Media Gallery (Kaltura)**.

Student Conduct

"According to its policy on student conduct, the Houston Community College views college-level students as adults who subscribe to a basic standard of conduct... Moreover, a student's membership in the community of scholars is a privilege and carries with it obligations to participate in and contribute to the educational mission of the college and to avoid any behavior that

is contrary to that mission. Therefore, no student may disrupt or otherwise interfere with any educational activity being performed by a member of the college district. In addition, no student may interfere with his/her fellow students' right to pursue their academic goals to the fullest in an atmosphere appropriate to a community of scholars."

<https://www.hccs.edu/media/houstoncommunity-college/district/pdf/2018-2019-Student-Code-of-Conduct.pdf>

Instructor's Course-Specific Information

Messages/Emails: Students can expect a response from me within 24 hours; except on Weekends as stated in my Syllabus.

Grades: Students can expect grades to be posted within 48 hours after the due date.

Devices

Students are expected to maintain a state of technical compliance, including (but not limited to):

- Up-to-date software as required by the instructor;
- A stable Internet connection;
- Use of the Firefox or Chrome browser is highly suggested when using Canvas.

The instructor is **NOT** required to give consideration for lost/missing/unacceptable work stemming from technical noncompliance and/or end-user technical issues.

Faculty Statement about Student Success

There is no short cut for success in this course; it requires Active Participation and completing the Assignments using the course objectives as a guide. Successful completion of this course requires a combination of the following:

- Reading any supplemental materials assigned
- Attending class in person and/or online
- Completing assignments
- Participating in class activities

Faculty-Specific Information Regarding Canvas

This course section will use Canvas (<https://eagleonline.hccs.edu> (<https://eagleonline.hccs.edu>)) to supplement in-class assignments, exams, and activities.

HCCS Open Lab locations may be used to access the Internet and Canvas. For best performance, Canvas should be used on the current or first previous major release of Chrome, Firefox, Edge, or Safari. Because it's built using web standards, Canvas runs on Windows, Mac, Linux, iOS, Android, or any other device with a modern web browser.

Canvas only requires an operating system that can run the latest compatible web browsers. Your computer operating system should be kept up to date with the latest recommended security updates and upgrades.

Social Justice Statement

Houston Community College is committed to furthering the cause of social justice in our community and beyond. HCC does not discriminate on the basis of race, color, religion, sex, gender identity and expression, national origin, age, disability, sexual orientation, or veteran status. I fully support that commitment and, as such, will work to maintain a positive learning environment based upon open communication, mutual respect, and non-discrimination. In this course, we share in the creation and maintenance of a positive and safe learning environment. Part of this process includes acknowledging and embracing the differences among us in order to establish and reinforce that each one of us matters. I appreciate your suggestions about how to best maintain this environment of respect. If you experience any type of discrimination, please contact me and/or the Office of Institutional Equity at 713-718-8271.

HCC Policies and Information

HCC Grading System

HCC uses the following standard grading system:

Grade	Grade Interpretation	Grade Points
A	Excellent (90-100)	4
B	Good (80-89)	3
C	Fair (70-79)	2
D	Passing (60-69), except in developmental courses.	1
F	Failing (59 and below)	0
FX	Failing due to non-attendance	0
W	Withdrawn	0
I	Incomplete	0
AUD	Audit	0
IP	In Progress. Given only in certain developmental courses. A student must re-enroll to receive credit.	0
COM	Completed. Given in non-credit and continuing education courses.	0

Link to Policies in Student Handbook

Here's the link to the HCC Student Handbook <https://www.hccs.edu/resources-for/current-students/student-handbook/> (<https://www.hccs.edu/resources-for/current-students/student-handbook/>) In it you will find information about the following:

- Academic Information
- Academic Support
- Attendance, Repeating Courses, and Withdrawal
- Career Planning and Job Search
- Childcare
- disAbility Support Services
- Electronic Devices
- Equal Educational Opportunity
- Financial Aid TV (FATV)
- General Student Complaints
- Grade of FX
- Incomplete Grades
- International Student Services
- Health Awareness
- Libraries/Bookstore
- Police Services & Campus Safety
- Student Life at HCC
- Student Rights and Responsibilities
- Student Services

- Testing
- Transfer Planning
- Veteran Services

Link to HCC Academic Integrity Statement

<https://www.hccs.edu/resources-for/faculty/student-conduct-resources-for-faculty/> (<https://www.hccs.edu/resources-for/faculty/student-conduct-resources-for-faculty/>)

Campus Carry Link

Here's the link to the HCC information about Campus Carry:

<https://www.hccs.edu/departments/police/campus-carry/> (<https://www.hccs.edu/departments/police/campus-carry/>)

HCC Email Policy

When communicating via email, HCC requires students to communicate only through the HCC email system to protect your privacy. If you have not activated your HCC student email account, you can go [to HCC Eagle ID \(https://www.hccs.edu/resources-for/current-students/student-e-maileagle-id/\)](https://www.hccs.edu/resources-for/current-students/student-e-maileagle-id/) and activate it now. You may also use Canvas Inbox to communicate.

Office of Institutional Equity

Use the link below to access the HCC Office of Institutional Equity, Inclusion, and Engagement

[\(https://www.hccs.edu/departments/institutional-equity/\)](https://www.hccs.edu/departments/institutional-equity/) (<https://www.hccs.edu/departments/institutional-equity/>)

Ability Services

HCC strives to make all learning experiences as accessible as possible. If you anticipate or experience academic barriers based on your disability (including long and short term conditions, mental health, chronic or temporary medical conditions), please meet with a campus Abilities Counselor as soon as possible in order to establish reasonable accommodations. Reasonable accommodations are established through an interactive process between you, your instructor(s) and Ability Services. It is the policy and practice of HCC to create inclusive and accessible learning environments consistent with federal and state law. For more information, please go to <https://www.hccs.edu/support-services/ability-services/> (<https://www.hccs.edu/support-services/ability-services/>)

Title IX

Houston Community College is committed to cultivating an environment free from inappropriate conduct of a sexual or gender-based nature including sex discrimination, sexual assault, sexual harassment, and sexual violence. Sex discrimination includes all forms of sexual and gender-based misconduct and violates an individual's fundamental rights and personal dignity. Title IX prohibits discrimination on the basis of sex-including pregnancy and parental status in educational programs and activities. If you require an accommodation due to pregnancy please contact an Abilities Services Counselor. The Director of EEO/Compliance is designated as the Title IX Coordinator and Section 504 Coordinator. All inquiries concerning HCC policies, compliance with applicable laws, statutes, and regulations (such as Title VI, Title IX, and Section 504), and complaints may be directed to:

David Cross
Director EEO/Compliance
Office of Institutional Equity & Diversity
3100 Main
(713) 718-8271
Houston, TX 77266-7517 or Institutional.Equity@hccs.edu (<mailto:Institutional.Equity@hccs.edu>)

<http://www.hccs.edu/departments/institutional-equity/title-ix-know-your-rights/> (<http://www.hccs.edu/departments/institutional-equity/title-ix-know-your-rights/>)

Office of the Dean of Students

Contact the office of the Dean of Students to seek assistance in determining the correct complaint procedure to follow or to identify the appropriate academic dean or supervisor for informal resolution of complaints.

<https://www.hccs.edu/about-hcc/procedures/student-rights-policies--procedures/student-complaints/speak-with-the-dean-of-students/> (<https://www.hccs.edu/about-hcc/procedures/student-rights-policies--procedures/student-complaints/speak-with-the-dean-of-students/>)

Student Success

Expect to spend at least twice as many hours per week outside of class as you do in class studying the course content. Additional time will be required for written assignments. The assignments provided will help you use your study hours wisely. Successful completion of this course requires a combination of the following:

- Reading any supplemental materials assigned
- Attending class in person and/or online
- Completing assignments
- Participating in class activities

There is no short cut for success in this course; it requires Active Participation and completing the Assignments using the course objectives as a guide.

Canvas Learning Management System

Canvas is HCC's Learning Management System (LMS), and can be accessed at the following URL:

<https://eagleonline.hccs.edu> (<https://eagleonline.hccs.edu>)

HCCS Open Lab locations may be used to access the Internet and Canvas. For best performance, Canvas should be used on the current or first previous major release of Chrome, Firefox, Edge, or Safari. Because it's built using web standards, Canvas runs on Windows, Mac, Linux, iOS, Android, or any other device with a modern web browser.

Canvas only requires an operating system that can run the latest compatible web browsers. Your computer operating system should be kept up to date with the latest recommended security updates and upgrades.

HCC Online Information and Policies

Here is the link to information about HCC Online classes, which includes access to the required Online Information Class Preview for all fully online classes: <https://www.hccs.edu/online/> (<https://www.hccs.edu/online/>)

Scoring Rubrics, Sample Assignments, etc.

Look in Canvas for the scoring rubrics for assignments, samples of class assignments, and other information to assist you in the course. <https://eagleonline.hccs.edu/login/ldap> (<https://eagleonline.hccs.edu/login/ldap>)

Instructor and Student Responsibilities

As your Instructor, it is my responsibility to:

- Provide the grading scale and detailed grading formula explaining how student grades are to be derived
- Facilitate an effective learning environment through learner-centered instructional techniques
- Provide a description of any special projects or assignments
- Inform students of policies such as attendance, withdrawal, tardiness, and making up assignments
- Provide the course outline and class calendar that will include a description of any special projects or assignments
- Arrange to meet with individual students during office hours, and before and after class as required

As a student, it is your responsibility to:

- Attend class in person and/or online
- Participate actively by reviewing course material, interacting with classmates, and responding promptly in your communication with me
- Read and comprehend any supplemental work required
- Complete the required assignments and exams
- Ask for help when there is a question or problem
- Keep copies of all paperwork, including this syllabus, handouts, and all assignments

- Be aware of and comply with academic honesty policies in the [HCCS Student Handbook \(https://www.hccs.edu/resources-for/current-students/student-handbook/\)](https://www.hccs.edu/resources-for/current-students/student-handbook/)

Sensitive or Mature Course Content

In this college-level course, we may occasionally discuss sensitive or mature content. All members of the classroom environment, from your instructor to your fellow students, are expected to handle potentially controversial subjects with respect and consideration for one another's varied experiences and values.

EGLS3

The EGLS³ ([Evaluation for Greater Learning Student Survey System \(https://www.hccs.edu/resources-for/current-students/egls3-evaluate-your-professors/\)](https://www.hccs.edu/resources-for/current-students/egls3-evaluate-your-professors/)) will be available for most courses near the end of the term until finals start. This brief survey will give invaluable information to your faculty about their teaching. Results are anonymous and will be available to faculty and division chairs after the end of the term. EGLS³ surveys are only available for the Fall and Spring semesters. -EGLS3 surveys are not offered during the Summer semester due to logistical constraints.

<https://www.hccs.edu/resources-for/current-students/egls3-evaluate-your-professors/> (<https://www.hccs.edu/resources-for/current-students/egls3-evaluate-your-professors/>)

Housing and Food Assistance for Students

Any student who faces challenges securing their foods or housing and believes this may affect their performance in the course is urged to contact the Dean of Students at their college for support. Furthermore, please notify the professor if you are comfortable in doing so.

This will enable HCC to provide any resources that HCC may possess.

Student Resources

Tutoring

HCC provides free, confidential, and convenient academic support, including writing critiques, to HCC students in an online environment and on campus. Tutoring is provided by HCC personnel in order to ensure that it is contextual and appropriate. Visit the [HCC Tutoring Services \(https://www.hccs.edu/resources-for/current-students/tutoring/\)](https://www.hccs.edu/resources-for/current-students/tutoring/) website for services provided.

Libraries

The HCC Library System consists of 9 libraries and 6 Electronic Resource Centers (ERCs) that are inviting places to study and collaborate on projects. Librarians are available both at the libraries and online to show you how to locate and use the resources you need. The libraries maintain a large selection of electronic resources as well as collections of books, magazines, newspapers, and audiovisual materials. The portal to all libraries' resources and services is the HCCS library web page at <https://library.hccs.edu> (<https://library.hccs.edu/>).

Supplementary Instruction

Supplemental Instruction is an academic enrichment and support program that uses peer-assisted study sessions to improve student retention and success in historically difficult courses. Peer Support is provided by students who have already succeeded in completion of the specified course, and who earned a grade of A or B. Find details at <https://www.hccs.edu/resources-for/current-students/supplemental-instruction/> (<https://www.hccs.edu/resources-for/current-students/supplemental-instruction/>).

Resources for Students:

<https://www.hccs.edu/resources-for/current-students/communicable-diseases/resources-for-students/> (<https://www.hccs.edu/resources-for/current-students/communicable-diseases/resources-for-students/>)

Basic Needs Resources:

<https://www.hccs.edu/support-services/counseling/hcc-cares/basic-needs-resources/> (<https://www.hccs.edu/support-services/counseling/hcc-cares/basic-needs-resources/>)

Student Basic Needs Application:

https://hccs.co1.qualtrics.com/jfe/form/SV_25WyNx7NwMRz1FH
(https://hccs.co1.qualtrics.com/jfe/form/SV_25WyNx7NwMRz1FH)

COVID-19

Here's the link to the HCC information about COVID-19:

<https://www.hccs.edu/resources-for/current-students/communicable-diseases/> (<https://www.hccs.edu/resources-for/current-students/communicable-diseases/>)

Course Calendar

Fall 2021 - CRN# 17305

August:

24-26: Class Begins / All Assignments, DQs and Exams are now open and will close on the due dates below at **11:30 pm**. (Note: This is why I do NOT accept any late work. I will accept work early.) **Please:** Look over the Pre-SLO Physical Testing (fitness test) in Canvas – ask questions... Please!

September:

02: *Introductions-Meet & Greet Discussion – due by 11:30 pm

09: *Pre-Testing/Health Waiver - due by 11:30 pm

23: *Lifestyle Inventory and Paper – due by 11:30 pm

October:

07: *DQ/Movement Experience #1 - due by 11:30 pm

21: *DQ/Movement Experience #2 – due by 11:30 pm

November:

04: *DQ/Movement Experience #3 – due by 11:30 pm

18: *DQ/Movement Experience #4 – due by 11:30 pm

December:

02: *Final Testing (same as Pre-test...ask questions) – due by 11:30 pm

07: *Final Essay/Self-Reflection Paper – due by 11:30 pm

08: **Check your grades, they will be posted soon! GREAT JOB!

Syllabus Modifications

The instructor reserves the right to modify the syllabus at any time during the semester and will promptly notify students in writing, typically by e-mail, of any such changes.

Additional Information

Departmental/Program Information

The Kinesiology department offers an AA degree in Multidisciplinary studies with an emphasis in Kinesiology.

For additional information contact Caprice Dodson, Program Coordinator at caprice.dodson@hccs.edu for additional questions or advising.

For information regarding the degree plan with a list of required course, follow the link below.

<https://www.hccs.edu/programs/areas-of-study/liberal-arts-humanities--education/kinesiology--exercise-science/>
(<https://www.hccs.edu/programs/areas-of-study/liberal-arts-humanities--education/kinesiology--exercise-science/>)

Process for Expressing Concerns about the Course

If you have concerns about any aspect of this course, please reach out to your instructor for assistance first. If your instructor is not able to assist you, then you may wish to contact the Department Chair Saran Winters.

saran.winters@hccs.edu