Department of Kinesiology

KIN 1013: Yoga

Fall 2021 (Quad 1- 8/30-10/19)

Tuesday/Thursday 12:30-2:15pm

1.0 Unit

Course Information:

Course Title: KIN 1013- Yoga

Units: 1.0

Meeting Day/Time: Tuesday/Thursday 12:30-2:15pm

Final Assessment: Tuesday 10/19 (due by 11:59pm PST)

Course Dates: 8/30-10/19

Instructor Information:

Instructor: Dr. Jessica Matthews, DBH, E-RYT500

E-mail: jmatthew@pointloma.edu

Meeting Location: McCullough Park

Phone: 619-849-3003

Office Location & Hours: Schedule a virtual office hours appointment (Links to an external site.)

PLNU Mission

To Teach ~ To Shape ~ To Send

Point Loma Nazarene University exists to provide higher education in a vital Christian community where minds are engaged and challenged, character is modeled and formed, and service becomes an expression of faith. Being of Wesleyan heritage, we aspire to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life.

Foundational Explorations Mission

PLNU provides a foundational course of study in the liberal arts informed by the life, death, and resurrection of Jesus Christ. In keeping with the Wesleyan tradition, the curriculum equips students with a broad range of knowledge and skills within and across disciplines to enrich major study, lifelong learning, and vocational service as Christ-like participants in the world's diverse societies and culture.

Course Description

This course explores fundamental yoga and mindfulness practices suitable for all-levels of experience. Students will be guided through physical yoga postures from various styles of yoga practice to improve flexibility, strength and balance. Additionally, students will explore mindful breathing techniques and meditation practices to reduce stress and enhance overall health and well-being.

Department Learning Outcome

1. Students will meet or show progress towards basic/fundamental skill level.

Student Learning Outcomes (SLO)

1. Demonstrate proper alignment while performing fundamental yoga poses.
2. Explain appropriate progression and regression options for specific yoga poses relative to fitness level.
3. Demonstrate improved balance, flexibility and increased muscular endurance through the practice of yoga postures.
4. Apply fundamental techniques for stress reduction.

Course Credit Information

In the interest of providing sufficient time to accomplish the stated Course Learning Outcomes, this class meets the PLNU credit hour policy for a 1.0 unit class delivered over 8 weeks. Specific details about how the class meets the credit hour requirement can be provided upon request.

Course Format

This lab-based class offers twice weekly guided yoga and mindfulness practices delivered in an in-person format over the 8-week course. Regular participation in the practices and completion of the assessments are imperative to success in the course.

Class Attire and Equipment

For this activity-based course, students are expected to wear appropriate athletic attire to participate comfortably in the guided practices. The clothing worn should allow for the safe performance of physical movements without restriction. Being that yoga is traditionally practiced barefoot, students will be encouraged to remove their athletic shoes and socks when completing each practice.

Each student is strongly encouraged to consider investing in their own **yoga "sticky" mat, a beach towel (or blanket) and two yoga blocks,** to be utilized during each practice. Prices per yoga block range from $3-$15 depending on material (e.g., foam, cork, etc.), so students may choose whichever option is most cost effective for them. Yoga blocks can purchased online or through any major retailer (e.g., Walmart, Ross, TJ Maxx, Target, etc.). While a yoga mat and towel/blanket are required, yoga blocks are not required for the class, however they will allow for greater accessibility and progression of postures explored throughout the 8-week course and will be included in class instruction.

Assessment and Grading

The total number of points accumulated based on active participation/skill development, self-reflection and assessments determine your final grade in this course. You may earn up to 350 points for active participation and 50 points for self-assessments for a total of a maximum 400 points.

Grades

Skill Development/Active Participation (14 @ 25 pts. each)	350 pts.	A=93-100	C=73-76
Pre-Assessment	25 pts.	A-=92-90	C-=70-72
Post-Assessment	25 pts.	B+=87-89	D+=67-69
		B=83-86	D=63-66
		B-=80-82	D-=60-62
Total Points	400 pts.	C+=77-79	F=0-59

Class Attendance and Participation

Regular and punctual attendance at all class sessions is considered essential to optimum academic achievement. If the student is absent for more than 10 percent of class sessions, the faculty member will issue a written warning of de-enrollment. If the absences exceed 20 percent, the student may be de-enrolled without notice until the university drop date or, after that date, receive the appropriate grade for their work and participation

Incompletes and Late Assignments

All assignments posted in Canvas are to be completed and submitted on the specified due dates. Incompletes will only be assigned in extremely unusual circumstances.

Safety Considerations

Participation in any physical activity may involve risk or injury. Students are advised of the importance of carefully following the instructor's instructions regarding techniques and performance of postures. In addition, to further minimize risk it is essential that students adhere to the following safety standards.

1. Notify the instructor of any pre-existing condition that may affect your participation.
2. Notify the instructor of any condition that may develop during the semester that may affect your participation.
3. Perform all movements with mindful awareness and attention, employing regression options as appropriate.

Spiritual Care

Please be aware PLNU strives to be a place where you grow as whole persons. To this end, we provide resources for our students to encounter God and grow in their Christian faith.

 If students have questions, a desire to meet with the chaplain or have prayer requests you can contact the [Office of Spiritual Development Links to an external site.](#)

PLNU Academic Accommodations Policy

PLNU is committed to providing equal opportunity for participation in all its programs, services, and activities. Students with disabilities may request course-related accommodations by contacting the Educational Access Center (EAC), located in the Bond Academic Center (EAC@pointloma.edu or 619-849-2486). Once a student's eligibility for an accommodation has been determined, the EAC will issue an academic accommodation plan ("AP") to all faculty who teach courses in which the student is enrolled each semester.

PLNU highly recommends that students speak with their professors during the first two weeks of each semester/term about the implementation of their AP in that particular course and/or if they do not wish to utilize some or all of the elements of their AP in that course.

Students who need accommodations for a disability should contact the EAC as early as possible (i.e., ideally before the beginning of the semester) to assure appropriate accommodations can be provided. It is the student's responsibility to make the first contact with the EAC.

PLNU Academic Honesty Policy

Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. Academic dishonesty is the act of presenting information, ideas, and/or concepts as one's own when in reality they are the results of another person's creativity and effort. A faculty member who believes a situation involving academic dishonesty has been detected may assign a failing grade for that assignment or examination, or, depending on the seriousness of the offense, for the course. Faculty should follow and students may appeal using the procedure in the university Catalog. See Academic PoliciesLinks to an external site. for definitions of kinds of academic dishonesty and for further policy information.

PLNU Copyright Policy

Point Loma Nazarene University, as a non-profit educational institution, is entitled by law to use materials protected by the US Copyright Act for classroom education. Any use of those materials outside the class may violate the law.

Use of Technology

In order to be successful in the online or hybrid environment, you'll need to meet the minimum technology and system requirements; please refer to the *Technology and System Requirements Links to an external site.*information. Additionally, students are required to have headphone speakers, microphone, or webcams compatible with their computer available to use. Please note that any course with online proctored exams require a computer with a camera (tablets are not compatible) to complete exams online.

Problems with technology do not relieve you of the responsibility of participating, turning in your assignments, or completing your class work.

State Authorization

State authorization is a formal determination by a state that Point Loma Nazarene University is approved to conduct activities regulated by that state. In certain states outside California, Point Loma Nazarene University is not authorized to enroll online (distance education) students. If a student moves to another state after admission to the program and/or enrollment in an online course, continuation within the program and/or course will depend on whether Point Loma Nazarene University is authorized to offer distance education courses in that state. It is the student's responsibility to notify the institution of any change in his or her physical location. Refer to the map on State AuthorizationLinks to an external site. to view which states allow online (distance education) outside of California.