



# Department of Kinesiology

PED 1012: Yoga

Spring 2019

**1.0 Units**

## Course Information:

**Course Title:** PED 1012- Yoga (section 2)

**Units:** 1.0

**Class Meets:** M/W 12:15-1:10pm

**Meeting Location:** McCullough Park

## Instructor Information:

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

**E-mail:** [jmatthew@pointloma.edu](mailto:jmatthew@pointloma.edu)

**Phone:** 619-849-3003

**Office Location & Hours:** Taylor 102; [Schedule an office hours appointment online \(Links to an external site.\)](#)

## **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.

## 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 15 weeks. Specific details about how the class meets the credit hour requirement can be provided upon request.

### **Course Format:**

This lab-based class offers a yoga focus through group-led practices. Regular attendance and active participation are imperative to success in the course. Students must arrive to each class meeting on-time, dressed appropriately and with the necessary equipment needed to participate in this movement-oriented class.

### **Class Attire and Equipment:**

For this activity-based course, students are expected to wear appropriate athletic attire to each class meeting. The clothing worn should allow for the safe performance of physical movements without restriction. Students may choose to wear athletic clothing such as, but not limited to, shorts, capris, pants, tank tops, t-shirts or long-sleeved shirts, however all attire should be school appropriate and non-offense to others in the course. Students may also choose to layer athletic attire to ensure comfort throughout the entire class experience, particularly given that the class meets outdoors.

Being that yoga is traditionally practiced barefoot, students will be encouraged to remove their athletic shoes and socks at the start of each class meeting. Students who feel more comfortable wearing footwear and/or socks during the class should discuss this directly with the professor to receive recommendations regarding appropriate yoga-specific options that ensure student safety.

Each student is required to provide their own **yoga “sticky” mat, a beach towel (or blanket) and two yoga blocks**, which should be brought to each class meeting. 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 be purchased online or through any major retailer (e.g., Walmart, Ross, TJ Maxx, Target, etc.). If securing the necessary materials for this course presents a financial burden, please email the professor directly to discuss options for accommodation.

Students are also strongly encouraged to bring a water bottle and towel with them to every class meeting and may wish to purchase a mat cover (i.e., YogiToes) should they find that sweat causes their hands and feet to slip while on the mat.

**Evaluation:**

The total number of points accumulated based on active participation/skill development and final assessment determine your final grade in this course. You may earn up to 300 points for active participation and skill development and 25 points for final assessment.

		<b>Grades</b>	
Skill Development and Active Participation (10 points per class)	300 pts.		
Pre Assessment	10 pts.	A=93-100	C=73-76
Final Assessment	25 pts.	A-=92-90	C-=70-72
		B+=87-89	D+=67-69
		B=83-86	D=63-66
		B-=80-82	D-=60-62
<b>Total Points</b>	335 pts.	C+=77-79	F=0-59

**Class Attendance and Participation:**

Regular and punctual attendance at all classes is considered essential to optimum academic achievement. If the student is absent from more than 10 percent of class meetings, the faculty member has the option of filing a written report which may result in de-enrollment. If the absences exceed 20 percent, the student may be de-enrolled without notice. If the date of de-

enrollment is past the last date to withdraw from a class, the student will be assigned a grade of W or WF consistent with university policy in the grading section of the catalog. See Academic Policies in the undergraduate section of the academic catalog.

### **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.

### **Final Examination**

Successful completion of this class requires taking the final examination on its scheduled day. The final examination schedule is posted on the [Class SchedulesLinks to an external site.](#) site. No requests for early examinations or alternative days will be approved.

### **Email Etiquette:**

When sending an email to the professor, students are expected to construct well-written, complete correspondence in which the ***student's name and course number are noted in the subject line.*** In addition, the body of the email should include an appropriate salutation as well as detailed information regarding the nature of the question or concern. The professor will respond to all emails ***within 48 hours of receipt.***

### **PLNU Academic Accommodations Policy**

If you have a diagnosed disability, please contact PLNU's Disability Resource Center (DRC) within the first two weeks of class to demonstrate need and to register for accommodation by phone at 619-849-2486 or by e-mail at [DRC@pointloma.edu](mailto:DRC@pointloma.edu). See [Disability Resource CenterLinks to an external site.](#) for additional information.

### **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. See [Academic PoliciesLinks to an external site.](#) for definitions of kinds of academic dishonesty and for further policy information.

### **PLNU Copyright Policy**

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