COURSE: LFA 1480 -- YOGA,

COURSE CREDIT: 02 Credit Hours

TERM/YEAR: 

LOCATION: Matthaei Building

TIME/DAY: 

INSTRUCTOR: 

E-MAIL: By appointment

OFFICE HOURS: (313) 577-4249 (KHS Secretary)

DESCRIPTION: Yoga physical exercises shape and strengthen the human body. Psychosomatic influences are used to develop resistance against stress and to train the body and mind to relax. Autosuggestion will be utilized to influence lifestyle.

PURPOSE: The purpose of this course is to introduce students to the basic principles of yoga (breathing, poses, routines), the benefits of yoga, and to encourage the student to create his/her yoga practice.

OUTCOMES: Upon completion of the semester, students will be able to:

1. Define what yoga is by own experience and be able to discuss general historical and philosophical contexts in which yoga originates and is practiced.
2. Demonstrate a basic understanding of basic asanas, or postures, which include sitting, standing, forward/backward bending, inverted and restorative, balance and be able to name and identify the different asanas
3. Demonstrate asanas with variations and observe alignment to reduce risk of injury.
4. Develop inner focus and have an understanding of the kinesiology of the body.
5. Describe asana progression following the methods presented and utilize within personal sequence.
6. Discuss different asana variations and benefits of each posture and how
to create a personalized sequence.
7. Write three different practices in order to continue and develop a
personal practice in this art form.
8. Become familiar with beneficial health habits and create a positive
attitude for an active lifestyle.

TEXT: None required. Suggested readings will be made by the instructor and will be posted
on blackboard.

REQUIRED: YOGA KIT (mat, belt block, firm blanket) and NOTEBOOK. Students will not be
allowed in the class without a yoga mat. No points will be earned if student does not
bring yoga mat to class. It is recommended that after each yoga class students practice
once at least, what they learn in class on their own. To help remember and learn
the postures and names, sometimes after class write down the sequence of
postures you remember from class and then practice at home. Bring to class
next time with any questions. Taking notes and practicing on your own will
help with your personal practice assignments.

ASSIGNMENTS:
1. Class Attendance & Participation: 4 points per meeting
   (27 X 4 = 108 points-one free day)
   a. Four points earned for each class student attends and participates.
   b. Three points earned for each class student participates, but arrives late or
      leaves early.
   c. Two points earned for each class student attends but does NOT
      participate.
   d. Zero points will be earned when the student is absent from class.
      No excuses accepted.

2. Development and Supervision of 3 Personal Practice: 9 points each
   (3 X 9 = 27 points)

EVALUATION:
Evaluation will be based on students' demonstrated knowledge of the subject, NOT on
their physical performance of the subject. Students are expected to attend all classes
and to participation. Participation is defined as on-time arrival, and actively
performing the movements of each class. The students' grades will be based on the
following criteria:

1. 3 Practices – 9 points each; 27 Points Maximum
   One point will be deducted from each practice for each missed day prior to each
   practice! We will go over this info in class on the first day.

2. Attendance and Participation - Most Important!!
   Note: One of the reasons for this strict attendance policy reflects the fact that classes
   of this type are largely participatory--the outcomes are essentially equivalent to the
   process. Given the nature of the subject, successful completion of activity courses of
   this kind require regular attendance and full participation. Four points earned for each
class student attends and participates. Due to the nature of the subject, the learning is
based on the experience of participating in the class and not by observation. Most
important is the safety of the student so if a student is late they will not be allowed in
class. Plan to stay for the entire class time, see **CLASS FORMAT**. **Zero** points will be earned when the student is absent from class. **No excuses accepted!**

**108 Points Maximum**

(27+108 = 135 Total Points for the Semester)

This attendance point system accounts for 27 of the 28 semester class periods. You will be allowed one absence without penalty. This point system begins on the first day of class regardless of when student registers for the class.

**Grading:**

<table>
<thead>
<tr>
<th>Points Range</th>
<th>Percentage</th>
<th>Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>126 - 135</td>
<td>93-100%</td>
<td>A</td>
</tr>
<tr>
<td>122 - 125</td>
<td>90-92%</td>
<td>A-</td>
</tr>
<tr>
<td>119 - 121</td>
<td>88-89%</td>
<td>B+</td>
</tr>
<tr>
<td>112 - 118</td>
<td>83-87%</td>
<td>B</td>
</tr>
<tr>
<td>108 - 111</td>
<td>80-82%</td>
<td>B-</td>
</tr>
<tr>
<td>105 - 107</td>
<td>78-79%</td>
<td>C+</td>
</tr>
<tr>
<td>99 - 104</td>
<td>73-77%</td>
<td>C</td>
</tr>
<tr>
<td>95 - 98</td>
<td>70-72%</td>
<td>C-</td>
</tr>
</tbody>
</table>

**Academic Dishonesty/Plagiarism:**

The College of Education has a “zero tolerance” approach to plagiarism and other forms of academic dishonesty. (See Student Code of Conduct [http://doso.wayne.edu/assets/student-code-of-conduct-brochure.pdf](http://doso.wayne.edu/assets/student-code-of-conduct-brochure.pdf)). Plagiarism includes copying material (any more than 5 consecutive words) from outside texts or presenting outside information as if it were your own by not crediting authors through citations. It can be deliberate or unintended. Specific examples of academic dishonesty, including what constitutes plagiarism, can be found in the University’s Undergraduate Bulletin ([http://bulletins.wayne.edu/ubk-output/index.html](http://bulletins.wayne.edu/ubk-output/index.html)) and Graduate Catalog ([http://www.bulletins.wayne.edu/gbk-output/index.html](http://www.bulletins.wayne.edu/gbk-output/index.html)) under the heading “Student Ethics.” These university policies are also included as a link on Blackboard within each course in which students are enrolled. It is every student’s responsibility to read these documents to be aware which actions are defined as plagiarism and academic dishonesty. Sanctions could include failure in the course involved, probation and expulsion, so students are advised to think carefully and thoroughly, ask for help from instructors if it is needed, and make smart decisions about their academic work.

**Withdrawal Policy:**

It is the student’s responsibility to request withdrawal from class. After the fifth week students may make their request on Pipeline, and their instructor will need to approve it.

There are three options:

- **WP** - Withdrawal with a passing grade earned to date.
- **WF** - Withdrawal with a failing grade earned to date
- **WN** - Withdrawal never attended or no graded work to date.

**Medical Withdrawal:**

A student who sustains, during the course of the semester, an injury or illness that prevents student from further participation in this class may apply for a “(partial) medical withdrawal” and may receive complete or partial reimbursement of tuition paid for this class. A physician’s statement is required. Forms to use to apply for “medical withdrawal” may be obtained from the Registrar, or from [www.wayne.edu](http://www.wayne.edu) (type in “forms and instructions” in the search box).
RELIGIOUS OBSERVANCE HOLIDAY:
Because of the extraordinary variety affiliations represented in the university student body and staff, the Wayne State University calendar makes no provision for religious holidays. It is university policy, however, to respect the faith and religious obligations of the individual. Students who find that their classes or examinations involve conflicts with their religious observances are expected to notify their instructors well in advance so that alternative arrangements as suitable as possible may be worked out.

In the LFA program, each class allows for a certain number of make-up classes. Since attendance and participation are a substantial part of the evaluation, students will have to take this into account with the total number of make-ups allowed for that particular LFA class.

STUDENTS WITH DISABILITIES:
Wayne State University is committed to providing students with disabilities an equal opportunity to benefit from its programs, services, and activities. All printed materials are available in alternative formats. Please request alternative format materials from the instructor of the course. If the limitations imposed by your disability interfere with your ability to fulfill the requirements for the successful completion of this course, you are strongly encouraged to contact Student Disability Services (SDS) in room 5155 Gullen Mall/1600 UGL to request an accommodation.

Website: [www.studentdisability.wayne.edu](http://www.studentdisability.wayne.edu)
SDS Telephone Numbers: VOICE 313-577-1851 or TDD 313-577-3365.

LFA ADD POLICY:
The university permits students to add (provided the classes are not filled) and drop classes the first week of the semester without instructor or departmental signatures. The KHS division will permit students to enroll in the LFA courses through the second week of the semester with the permission and signature of the instructor as well as completion of the Registrar's form titled Add/Drop Class After Deadline Date. Overrides will be made through the KHS division office, room 2152 Faculty Administration Bldg. (FAB), once the official form has been completed. There will be no students admitted to LFA classes AFTER the second week of the semester!

CLASS POLICIES:

1. **Four Make-up days are allowed.** Plan to attend one of the available yoga, pilates or zumba classes offered (LFA classes) within two weeks of missed scheduled class. Please check with instructors prior to attending classes for approval. These make ups cannot be made up outside of Wayne State or in another registered LFA class. There will be no make-ups allowed during the last week of class, final submission of all work is listed on the schedule. More information to be provided on the first day of class.

2. There will be no grades of “I” (Incomplete) given.

3. Clothing -- Clothing should not restrict muscle movement. Non-restrictive clothing (T-shirts, gym shorts, spandex pants, etc.) is required. Please be modest in your choice of clothing. It is most important to arrive on time due to the proper sequencing of yoga practice. Wear loose and comfortable clothing and be prepared So practice in bare feet. After class all equipment will be neatly put away. NO JEANS ALLOWED!!!!

4. The division of Kinesiology, Health and Sport Studies is NOT responsible for accident or illness which results from participation in class and requires that no student be allowed to participate in an activity before signing the Statement of Informed Consent and Release of Claims form.
5. Lockers: Available at a small charge per day/semester.

6. Eating & gum chewing are prohibited during class! Do not eat a large meal 2-hours before practice. A cup of tea, a yogurt, a piece of fruit is ok.

7. Please do not wear strong perfumes as some people might be allergic.

8. Please remember to turn off your cell phones.

9. Students are responsible to access Blackboard/Pipeline at least once at the end of each week to review info covered in class, check for announcements, deadlines, resources info, personal practice info.

10. STUDENTS ARE RESPONSIBLE TO KEEP ACCURATE RECORD OF THEIR OWN ABSENCES. KEEP A RECORD IN THE NOTEBOOK TO COMPARE WITH TEACHERS ROLL IF NECESSARY.

11. Please talk with me any time during the semester regarding your progress or anything pertaining to the class. Have Fun!

CLASS FORMAT:

The format for each class session will not vary throughout the semester. Roll will be taken in the first 5 minutes of class time. It is the student’s responsibility to check in with instructor if arriving late. Practice session will follow immediately.

Each practice session consists of three parts. It will begin with centering as a group (1st part). It is important to be present for this as it is a very essential part of yoga practice to sit quietly for a few moments to clear the mind and prepare for the learning that follows. The centering part is also a time to honor the tradition of yoga and show respect for the practice.

Then the instructor will introduce various postures by name and demonstrate them for the students. Students will observe the demonstration first and then practice the postures. (2nd part).

The practice will always end with a short final relaxation. The most important part of the practice, final relaxation is a time to integrate the work done during the practice and it should not be omitted from the practice (3rd part).

Again, it is most important to come on time and plan to stay for the entire class time. ARRIVING LATE OR LEAVING EARLY IS DISRUPTIVE AND COUNTERPRODUCTIVE.

CLASS SCHEDULE: