

WAYNE STATE UNIVERSITY
COLLEGE OF EDUCATION

DIVISION: Kinesiology, Health and Sport Studies

PROGRAM AREA: Lifestyle Fitness Activities

LFA WEB SITE: www.kinesiology.wayne.edu (click LFA Classes)

COURSE: [LFA 1480 – YOGA, #32989 - Section 003](#)

COURSE CREDIT: 02 Hours

TERM/YEAR: [Summer, 2017](#)

CLASS LOCATION/TIME: 109 Matthaei 08:30am – 10:10am M/W

INSTRUCTOR: [Raluca I. Metea](#)

OFFICE HOURS: By appointment

TELEPHONE: 313-577-4249 (KHS Secretary)

E-MAIL: (w) an0141@wayne.edu

COURSE 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

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.

REFERENCES: Handouts and articles will be posted on blackboard for students' information throughout the semester.

ASSIGNMENTS: **DEVELOPMENT AND SUPERVISION OF PERSONAL PRACTICES.** There will be two practices: first personal practice is worth 13 points and second personal practice is worth 14 points. See calendar for dates.

EVALUATION: Evaluation will be based on students' demonstrated knowledge of the subject, and 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' final grades will be determined according to the following criteria:

1. **Two Personal Practices** -- 13 & 14 points;
27 Points Maximum
(34% of grade) If you miss the practice, one point will be deducted for each missed day prior to the practice.

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 subjects, successful completion of activity courses of this kind require regular attendance and full participation.” Regular attendance and participation is necessary in order to improve aerobic fitness. **52 POINTS MAXIMUM** (66% of grade)
 - a. **Four** points will be earned for each class the student attends and participates.
 - b. **Three** points will be earned for each class the student is late or leaves early and participates
 - c. **Two** points will be earned for each class the student attends but does NOT participate.
 - d. **Zero** points will be earned when the student is absent from class
NO EXCEPTIONS!!!

This attendance point system accounts for 13 of the 14 **Summer** semester class periods. You will be allowed one absence without a penalty. This point system begins on the **first day of class, Wednesday, June 28, 2017** regardless of when a student registers for the class.

GRADING:	74 - 79 points (94-100%)	=	A
	72 - 73 points (91 - 93%)	=	A-
	70 - 71 points (88 - 90%)	=	B+
	66 - 69 points (84 - 87%)	=	B
	64 - 65 points (81 - 83%)	=	B-
	62 - 63 points (78 - 80%)	=	C+
	58 - 61 points (74 - 77%)	=	C
	56 - 57 points (71 - 73%)	=	C-
	54 - 55 points (68 - 70%)	=	D+
	51 - 53 points (64 - 67%)	=	D
	48 - 50 points (61 - 63%)	=	D-
	< 48 points (below 61%)	=	F

ACADEMIC DISHONESTY:

Academic dishonesty of any type will not be tolerated. (See WSU Student Code of Conduct). Students are responsible for knowing what constitutes academic dishonesty. If there is any question, it is better to ask me for an opinion in advance. Examples of academic dishonesty include, but are not limited to, giving or receiving aid during an exam (i.e. cheating), giving or receiving unauthorized information prior to an exam regarding the content of that exam, stealing a copy of the exam, having another student assist you during an on-line exam, deceiving the professor by representing the work of another as your own, plagiarizing the words or ideas of another person, submitting the same written work to fulfill the requirements of more than one course. Should cases of academic dishonesty be found, I reserve the right to impose the following sanctions:

Assign the student an "F" for the assignment, project, paper, or exam in question.

Assign the student an "F" for the entire course.

Recommend the student be placed on probation or suspended for a period of time.

Recommend that the student be expelled from the university (repeated offenses.)

Anyone with specific questions regarding academic misbehavior should consult the source document at <http://www.doso.wayne.edu/codeofconduct.pdf> or <http://www.doso.wayne.edu/judicial/academic-integrity.htm>

PLAGIARISM:

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. If you're in doubt about the use of a source, cite it. Students caught plagiarizing information from other sources will receive a failing grade in the course. University policy states that students can be subject to multiple sanctions, from reprimand to expulsion as a consequence of academic dishonesty. To enforce this policy, all outside references must be submitted with assignments.

WITHDRAWAL POLICY:

It is the student's responsibility to request withdrawal from class on pipeline.

The instructor will need to approve it. **FINAL DATE FOR STUDENTS TO INITIATE WITHDRAWAL IS WEDNESDAY, AUGUST 2, 2017.**

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

COURSE PARTICIPATION VERIFICATION

As an undergraduate or graduate student enrolled in classes this semester, we want to alert you to a new University policy on the verification of course participation. This is mandatory for all students and it is required that all instructors assist in this process within the first two weeks of the semester.

Verification of course participation is a federal requirement that the University must enact in order for Wayne State to continue to distribute federal financial aid. The faculty must confirm your participation within two weeks or an automatic administrative withdrawal (forced drop) will occur for the courses in which you are

registered but for which the instructor has no indication of your participation in the first two weeks.

The positive aspect of this new policy is that it provides us with an opportunity to respond early to any student problems that we can assist in resolving. We will make every effort to initiate contact by the faculty member, or other advisor, to see if some assistance is needed or to see if there is anything we can do to keep you in the courses/programs.

MEDICAL WITHDRAWAL:

A student who sustains, during the course of the semester, an injury or illness that prevents him/her 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 (type in “forms and instructions” in the search box).

RELIGIOUS OBSERVANCE POLICY:

Because of the extraordinary variety of 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

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 ([Wed., Jul 5, 2017](#)) without instructor or departmental signatures. Due to the shortness of the Spring/Summer semesters, the KHS division will adhere to the same policy.

Deadline - There will be no students admitted to LFA classes after Wednesday, July 5, 2017 by 5 pm.

CLASS POLICIES:

1. A maximum of **two** make-ups will be allowed during the Summer semester. These classes can be made up in any of the Step, Sculpt-Stretch-Tone, Weight Training and Zumba™ classes offered at the university, *within fourteen days of the missed scheduled class*. **There will be NO make-ups allowed the last week of the semester! *These cannot be made up in other registered LFA classes!***
2. 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. Be prepared to practice in bare feet. No jeans allowed.
3. A health card is not required for participation, but the university informs you: "Participation in physical activity includes the risk of trauma and/or injury. The university 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.
4. There will be NO grades of "Incomplete" given.
5. For security reasons, students are required to use their OneCard for entry into the Matthaei Building. Not having a "workable" OneCard could result in loss of class points.
6. **Locker Rental:** Visit Tartar Shop for information.
7. **Eating & gum chewing are prohibited during class!**
8. **Cell phones MUST be turned off during class; whether you are participating or sitting out!**
9. Students are responsible to check **Blackboard** on a regular basis.
10. Please feel free to talk with me any time during the semester regarding your progress or any problems you may be encountering pertaining to the class. **Have Fun!**

CLASS SCHEDULE:

Wednesday

06/28

Course Overview
Intro to Sun Salutations, Standing

Folds,	Monday	07/03	Sun Salutations, Standing, Balance, Forward Sitting, Supine
	Wednesday	07/05	Sun Salutations, Standing, Balance, Forward Folds
	Monday	07/10	Sun Salutations, Standing, Balance, Forward Folds, Sitting, Supine, Twists and Inversions
	Wednesday	07/12	Sun Salutations, Standing, Balance, Forward Folds, Sitting, Supine, Twists and Inversions
	Monday	07/17	Sun Salutations, Standing, Balance, Forward Folds, Sitting, Supine, Twists, Inversions and Inversions
	Wednesday	07/19	1 st Personal Practice Exam first part of class Sun Salutations, Standing Balance, Forward Folds, Sitting, Supine, Twists and Abdominals
Sitting	Monday	07/24	Sun Salutations, Standing, Balance, Forward Folds, Supine, Twists, Inversions and Abdominals
	Wednesday	07/26	Sun Salutations, Standing, Balance, Forward Folds, Sitting, Supine, Twists, Inversions, Abdominals and Backbends
Sitting,	Monday	07/31	Sun Salutations, Standing, Balance, Forward Folds, Supine, Twists, Inversions, Abdominals and Backbends
	Wednesday	08/02	Sun Salutations, Standing, Balance, Forward Folds, Sitting, Supine, Twists, Inversions, Abdominals and Backbends
Sitting,	Monday	08/07	Sun Salutations, Standing, Balance, Forward Folds, Supine, Twists, Inversions, Abdominals and Backbends
	Wednesday	08/09	2nd Personal Practice Exam/All Make-ups Due
	Monday	08/14	Last day/Review of Asanas/Final Grades

IMPORTANT INFO

- 1) Carol Salisbury (The KHS Divisional Secretary)
Address: 2152 FAB
Phone: 313-577-4249
Email: csalisbury@wayne.edu
- 2) If you are experiencing any problems during the semester, please contact Kristen Kaszeta, the LFA Program Coordinator:
Kristen Kaszeta
Address: 261.1 Matthaei (second floor offices)

Phone: 313-577-6210
Email: au4972@wayne.edu