

Course Syllabus

Department : Physical & Health Education
Course Title : Yoga
Section # : PHED 2108_6245 **Day: TTH Time: 6:30pm-7:50pm**
Start Date : Tuesday 8-23-11
End Date : Tuesday 12-6-11
Modality : Face-to-Face
Credits : 1

Instructor Information

Name : Annie Arredondo
OC Email : anniearredondo@hotmail.com aarredondo@odessa.edu
OC Phone # : (432)208-3622
Office : (432)2083622

Course Description

Learn how to practice the art of yoga to increase your own strength, resilience and energy. Students will participate in specific exercises, breathing techniques and variations of yoga poses designed to build strength, flexibility and a relaxed spine. Lab Fee Required.

Prerequisites/Co requisites None

Scans

2,3,6,8,9,10,11

Course Objectives

Upon completion of this course, students should be able to:

1. The ability to understand and put into practice the techniques of Yoga.
Evaluation: Participation and written assignments and tests.
2. The student will maintain and improve flexibility, endurance and strength.
Evaluation: Participation and assessments.
3. Students will learn how Yoga can enhance general well-being and health.
Evaluation: Participation and written assignments and tests.

CLASS ATTENDANCE POLICY

It is important that you attend every class – it is expected. You should expect that each absence will adversely affect your course grade. The only excused absences that I will accept are college-sponsored activities and medical emergencies (must show proof).

<u>DAYS/WEEK</u> <u>CLASS MEETS</u>	<u># OF UNEXCUSED</u> <u>ABSENCES ALLOWED</u>	<u>LETTER GRADE</u> <u>DEDUCTION FOR EVERY</u>
2	2	3 rd absence
3	3	4 th absence

It is your responsibility to contact the instructor before class begins. Leaving class early is an extreme annoyance to the entire class. Anyone leaving class early without the instructor's permission will be counted absent for the entire class.

Being late for class is an extreme annoyance to the entire class. Be on time! Each day that you are tardy, (which means I have already begun class) your final grade will be **deducted ½ point for each class that you are tardy.**

- **Current Odessa College ID is required to enter the sports center.**

- **ODESSA COLLEGE LINKS**

PHYSICAL & HEALTH

EDUCATION DEPARTMENT: <http://www.odessa.edu/dept/phed/>

ATHLETICS: <http://www.wranglersports.com/>

SPORTS CENTER: http://www.wranglersports.com/fac-serv/community_recreation/

ODESSA COLLEGE: <http://www.odessa.edu/>

Insert Here – Any Course Specific Information the Instructor Requires

Every student must sign in for every class attended and is responsible for wearing cloths appropriate for exercise as well as bringing water to each class, yoga mats will be provided. Shoes and towels are optional for your comfort.

COURSE UPDATES

The student is responsible for checking the syllabus online for updates may occur as needed.

Required Readings/Materials

- a) You must purchase the following **required** readings/materials: none
b) You are encouraged to buy the following **optional** books/materials:
none

Course Requirements (Lectures, Assignments and Assessments)

Attendance

Pre/Post Assessment

Journal/Diary entries

Test

Topic Overview:

Summary of Assignments & Activities

Item (Name)	Type	Description	Due*
Week 2	Test	Pre Assessment	9-8-11
Week 2	Journal/Diary	Journal Entry 1	9-6-11

Week 3	Journal/Diary	Journal Entry 2	9-13-11
Week 4	Journal/Diary	1 st Nutrition and Water Diaries (begin 9-8-11)	9-22-11
Week 3	Journal/Diary	Journal Entry 3	9-15-11
Week 5	Journal/Diary	Journal Entry 4	9-29-11
Week 7	Journal/Diary	Yoga Reader Response articles	10-13-11
Week 8	Journal/Diary	Pilates Reader Response article	10-20-11
Week			
Week 12	Journal/Diary	2 nd Water and Nutrition projects (begin 11-3-11)	11-15-11
Week 12	Test	Bones & Muscles test	11-17-11
Week 14	Post Assessment	Post Assessment	11-29-11
Week 15	Test	Final Exam	12-6-11
Week			
Week			
Week			

Grading Policy

Grade	Points	Percentage %
A	points	(90 -100%)
B	points	(80-89%)
C	points	(70-79%)
D	points	(60-69%)
F	or less points	Below 59%

Special Needs

Odessa College complies with Section 504 of the Vocational Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990. If you have any special needs or issues pertaining to your access to and participation in this or any other class at Odessa College, please feel free to contact me to discuss your concerns. You may also call the Office of Disability services at 432-335-6861 to request assistance and accommodations.

Learning Resource Center (Library)

The Library, known as the [Learning Resources Center](#), provides research assistance via the [LRC's catalog \(print books, videos, e-books\)](#) and [databases \(journal and magazine articles\)](#). [Research guides](#) covering specific subject areas, [tutorials](#), and the "[Ask a Librarian](#) " service provide additional help.

Student E-mail

Please access your [Odessa College Student E-mail](#), by following the link to either set up or update your account: <http://www.odessa.edu/gmail/>. **All assignments or correspondence will be submitted using your Odessa College email.**

Student Portal

Please access your [Odessa College Student E-mail](#), by following the link to either set up or update your account: <http://www.odessa.edu/gmail/>. **All assignments or correspondence will be submitted using your Odessa College email.**

Technical Support

For Blackboard username and password help and for help accessing your online course availability and student email account contact the Student Success Center at 432-335-6878 or online at https://www.odessa.edu/dept/ssc/helpdesk_form.htm.

Important School Policies

For information regarding student support services, academic dishonesty, disciplinary actions, special accommodations, or student's and instructors' right to academic freedom can be found in the [Odessa College Student Handbook](#).