

Course Syllabus

Title: Yoga

Credits: 1

Time: T/TH 12:30-1:30

Taught By: Lynne Hepler

Contact: hlhepler@yahoo.com

Course Content Summary: Explore the how yoga can improve physical performance through physical activity. Students will have the opportunity to improve strength, range of motion and balance.

Student Outcomes: Students will have a basic understanding of the topic in the following areas:

- How yoga builds strength
- How yoga improves range of motion
- How yoga improves balance

Teaching Methodology: Discussion & demonstration

Learning Activities and Assignments: Full participation in classroom activities

Method of Evaluation of Student Performance: Class Participation (100%): Students will be required to attend all classes. There will be opportunities for make-ups.

A – 0-1 missed classes B 2-3 C 4 D 5 F 6+

Academic Dishonesty: Any type of academic dishonesty such as signing-in for another classmate will result in a grade of "F". Please familiarize yourself with The University of Texas at Tyler Student Handbook. It defines academic dishonesty in the following way:

The faculty expects from its students a high level of responsibility and academic honesty. Because the value of an academic degree depends upon the absolute integrity of the work done by the student for that degree, it is imperative that a student demonstrates a high standard of individual honor in his or her scholastic work. Scholastic dishonesty includes, but is not limited to, statements, acts or omissions related to applications for enrollment of the award of a degree, and/or the submission, as one's own work of material that is not one's own. As a general rule, scholastic dishonesty involves one of the following acts: cheating, plagiarism, collusion and/or falsifying academic records. Students suspected of academic dishonesty are subject to disciplinary proceedings.

Students found guilty of academic dishonesty in this class can expect a failing grade and referral to the campus judicial board.