

## Traditional Yoga

Spring 2021

KINE 1205-001

Time/Day: Mon\Wed 2:30 PM – 3:25 PM

Location: HPC 2110, Tyler

### Instructor: Cecile Craft

E-mail: ccraft@uttyler.edu

Phone: 903-315-8805

Office: HPC 3065

\*I will not hold official office hours ~ Please email me ~ I will be glad to arrange a time to meet with you

### BLACKBOARD AND EMAIL:

I will be utilizing blackboard to upload announcements, documents and grading. Please check your patriots email and blackboard regularly to stay informed.

### COURSE DESCRIPTION:

Traditional Yoga will focus on understanding and controlling the body through physical poses (asana), breathing (pranayama), and meditation. These techniques are intended to increase muscular endurance, balance, and flexibility, relieve stress, muscle tension and enhance the ability to concentrate. This class will focus on alignment and teaching correct form – to allow each student to practice intelligently allowing the body to opening with while reliving stress, creating balance and strength. Yoga is the science of calming of calming the mind. In completing this course you will be able to practice in any level intelligently.

### YOGA ETIQUETTE:

Arrive early to class! Nothing disrupts a class mood like a late-comer. If you are late, enter quietly and respectfully. Silence all electronics before arrival (no vibrate mode). Wear comfortable, sweat-wicking, form-fitting clothing. Be fragrance-free, as some people are allergic or sensitive to perfume. Allow 2 hours digestion time before class. Enter quietly and place shoes in cubby.

Read the basic dos and don'ts of yoga:

<http://www.yogajournal.com/article/beginners/yoga-class-dos-and-don-ts/>

### COURSE EXPECTATIONS:

Email/blackboard: It is your responsibility to check your blackboard and patriots email for updates.

Attendance: *You are required to attend every class.* If you are not able to come to class due to illness or a UT Tyler sponsored event, you must provide documentation. If you anticipate missing a class for any reason, **email me before class**. Attendance will be taken during the first five minutes of class each day via sign-in sheet. If you are more than 5 minutes late (on my watch), you will be marked absent. 5% will be deducted from your final grade for each unexcused absence.

Participation: Your attendance grade includes participation, which will be graded at the discretion of the instructor. This is an *activity* course, which means you must participate. So, be

prepared to try something new each day. Please communicate with me if you have any questions or concerns about what we do in class. Do not be a distraction to your peers. If you consistently cause disruptions in class, it will affect your final grade.

#### Final essay:

Write a three page paper on the history of yoga or the benefits of yoga to a college student. If you choose to write on the benefits of yoga to a college student- include the benefits you have received from taking the class and why you would suggest the class to another student.

Format: Open

#### **GRADING:**

A: 90-100%

B: 80-89%

C: 70-79%

D: 60-69%

F: <60%

**Attendance/Participation: 75%**

**Final paper: 25%**

\*5% will be deducted from your final grade for each unexcused absence.

#### **PLAGIARISM/FRAUD:**

As commonly defined, plagiarism consists of passing off as one's own the ideas, words, writings, etc., which belong to another. In accordance with this definition, you are committing plagiarism if you copy the work of another person and turn it in as your own, even if you should have the permission of that person. This includes, but is not limited to, working on lab reports with another student and changing the names on the printed report, copying data from another student for a lab that you did not attend, and forging data from a lab you did not attend.

The work that you hand in is expected to be original and to be your own. There is no tolerance for persons who plagiarize and/or cheat. You are expected to consult Subchapter 8-800 of the University of Texas at Tyler Manual of Policies and Procedures for Student Affairs: Student Conduct and Discipline available at [www.uttyler.edu/mopp/chapter8.html](http://www.uttyler.edu/mopp/chapter8.html). Any act of cheating or plagiarism will result in dismissal from the course. Per university guidelines, the student(s) will be reported to the department head with failure of the course as the recommended course of action.

#### **COPYRIGHT:**

The handouts used in this course are copyrighted. The term "handouts" refers to all materials generated for this class, which include but are not limited to syllabi, quizzes, exams, lab problems, in-class materials, review sheets, and additional problem sets. Because these materials are copyrighted, you do not have the right to copy the handouts, unless I expressly grant permission.

#### **STUDENTS RIGHTS AND RESPONSIBILITIES**

To know and understand the policies that affect your rights and responsibilities as a student at UT Tyler, please follow this link:

<http://www.utt Tyler.edu/wellness/StudentRightsandResponsibilities.html>

## **GRADE REPLACEMENT/FORGIVENESS**

If you are repeating this course for a grade replacement, you must file intent to receive grade forgiveness with the registrar by the 12th day of class. Failure to do so will result in both the original and repeated grade being used to calculate your overall grade point average.

Undergraduates will receive grade forgiveness (grade replacement) for only three course repeats; graduates, for two course repeats during his/her career at UT Tyler.

## **STATE-MANDATED COURSE DROP POLICY**

Texas law prohibits a student who began college for the first time in fall 2007 or thereafter from dropping more than six courses during their entire undergraduate career. This includes courses dropped at another 2-year or 4-year Texas public college or university. For purposes of this rule, a dropped course is any course that is dropped after the 12th day of class (See Schedule of Classes for the specific date).

Exceptions to the 6-drop rule may be found in the catalog. Petitions for exemptions must be submitted to the Registrar's Office and must be accompanied by documentation of the extenuating circumstance. Please contact the Registrar's Office if you have any questions.

## **DISABILITY SERVICES**

In accordance with federal law, a student requesting accommodation must provide documentation of his/her disability to the Disability Support Services counselor. If you have a disability, including a learning disability, for which you request an accommodation, please contact Ida MacDonald in the Disability Support Services office in UC 282, or call (903) 566-7079.

## **STUDENT ABSENCE DUE TO RELIGIOUS OBSERVANCE**

Students who anticipate being absent from class due to a religious observance are requested to inform the instructor of such absences by the second class meeting of the semester.

## **STUDENT ABSENCE FOR UNIVERSITY-SPONSORED EVENTS AND ACTIVITIES**

If you intend to be absent for a university-sponsored event or activity, you (or the event sponsor) must notify the instructor at least two weeks prior to the date of the planned absence. At that time the instructor will set a date and time when make-up assignments will be completed.

## **SOCIAL SECURITY AND FERPA STATEMENT**

It is the policy of The University of Texas at Tyler to protect the confidential nature of social security numbers. The University has changed its computer programming so that all students have an identification number. The electronic transmission of grades (e.g., via e-mail) risks violation of the Family Educational Rights and Privacy Act; grades will not be transmitted electronically.

## **EMERGENCY EXITS AND EVACUATION**

Everyone is required to exit the building when a fire alarm goes off. Follow your instructor's directions regarding the appropriate exit. If you require assistance during an evacuation, inform your instructor in the first week of class. Do not re-enter the building unless given permission by University Police, Fire department, or Fire Prevention Services.