Sample Syllabus

DEPARTMENT OF KINESIOLOGY
KIN 152A HATHA YOGA (1 UNIT)

1. INSTRUCTOR CONTACT INFORMATION
   Instructor:  Ms. Mikki Michele
   Office: AS 2 - 114
   Office Hours: Wed 1-2
   Phone: 562-985-8059
   Mailbox: KIN Department

2. CLASS MEETING TIMES:
   The class meets from the 5 minutes pass the hour to 15 minutes before the second hour. ROLL will be taken. No credit will be given to late arrivals.

3. COURSE DESCRIPTION:
   A. Background to Hatha Yoga
   B. Asana
   C. Yoga relaxation
   D. Awareness of body and mind relationship
   E. Etiquette
   F. Safety precautions

4. INSTRUCTIONAL OBJECTIVES: (expected outcomes)
   upon successful competition of the course, the student will be able:
   A. Develop knowledge of the subject of hath yoga including the names of the poses.
   B. Develop awareness of postural alignment.
   C. Increase awareness of his/her body while moving into and holding a pose.
   D. Contribute to the flexibility, balance strength, and coordination.
   E. Develop the ability to consciously control tension and relaxation of the body.
   F. Develop the ability to use methods of concentration of specific poses.
   G. Become aware of the breath while moving into and out of poses; while holding poses.
   H. Develop awareness of the skeletal/musculature system of the body and its relationship to yoga poses.

5. COURSE RESOURCES:

6. METHODS OF PRESENTATION:
   A. Lecture
   B. Demonstration
   C. Drill and practice
   D. Individual feedback
7. **METHODS OF EVALUATING OUTCOMES (CRITERIA):**

A. Results of basic fundamental skills of yoga.
B. Subjective performance
C. Competition and improvement
D. Written exams
E. ATTENDANCE - PARTICIPATION

Students are expected to attend classes regularly. Classroom participation is often one of the necessary and important means of learning and in many classes is essential to the educational objectives of the course. 1. Student will receive (20) points per class, 10 points per hour.

Students may have a valid reason to miss a class. When any of the following reasons directly conflict with class meeting times, students are responsible for informing faculty members of the reason for the absence and for arranging to make up missed assignments, tests, quizzes, and class work insofar as this is possible. Excused absences include, but are not limited to:

1. Illness or injury to the student
2. Death, injury, or serious illness of an immediate family member or the like
3. Religious reasons (California Education Code section 89320)
4. Jury duty or government obligation
5. University sanctioned or approved activities (examples include: artistic performances, forensics presentations, participation in research conferences, intercollegiate athletic activities, student government, required class field trips, etc.)

Faculty members are not obligated to consider other absences as excused.

**DOCUMENTATION**

Faculty members may require students to provide documentation for excused absences.

**EXTENDED OR MULTIPLE ABSENCES**

There are numerous classes offered on campus where attendance is crucial since student participation is essential. Absence from these courses may impact upon the work and participation of other students. Students who anticipate extended or multiple absences during a particular semester should consult with their advisor and the faculty member before enrolling in any class to determine whether it will be possible to complete the requirements for the course. Students who realize after enrollment that they will have extended or multiple absences should consult with the faculty member to see whether it will be possible to complete the course requirements.

**NOTIFICATION**

The earliest possible notification is preferred. In some circumstances, it may be possible for the student to notify the faculty member of anticipated absences (e.g. for religious reasons or for scheduled athletic events) during the first week of enrollment. Advance notification (minimally one week in advance) is required for the following absences:
1. Jury duty and other government obligation

2. Religious reasons

3. University sanctioned or approved activities

The California Education Code (section 89320) requires "each state university, in administering any test or examination, to permit any student who is eligible to undergo the test or examination to do so, without penalty, at a time when that activity would not violate the student's religious creed. This requirement shall not apply in the event that administering the test or examination at an alternate time would impose an undue hardship which could not reasonably have been avoided. In any court proceeding in which the existence of an undue hardship which could not reasonably have been avoided is an issue, the burden of proof shall be upon the institution."

It is the responsibility of the student to make advance notification, contact the faculty member to make arrangements to make up any academic work that may be missed, submit assignments on time, and to make arrangements regarding activities, tests, quizzes, or exams that may be scheduled during the absences.

If a student does not notify the faculty member one week in advance of the date of absences for these reasons (jury duty, governmental service, religious observances, or University sanctioned activities), the instructor is not required to adjust the class schedule or to allow for make up activities, tests, or exams. However, students shall not be penalized for excused absences when circumstances make it impossible to provide advance notice (e.g. student is engaged in a University sanctioned event such as a performance, tournament, or playoff which cannot be anticipated).

Students who expect to be absent from the University for any valid reason, and who have found it difficult to inform their instructors, should notify the academic department office. The department office shall notify the student's instructors of the nature and duration of the absence. It remains the responsibility of the student to arrange with instructors to make up any academic work missed.

**ALTERNATIVE ASSIGNMENTS**

In circumstances where an actual assignment, some specific class work, an activity, a quiz, or an exam cannot reasonably be made up, it is the instructor's option to assign alternative work.

2. No make-ups in any section
3. No credit for attendance given to anyone arriving **later than 10 minutes**
4. Active participation is required in all classes; no observed classes permitted
5. One medical excused absence for the semester. **An excuse must accompany you upon returning** from illness/injury

**F. PERCENTAGE OF CLASS GRADE:**
(this is a sample, as the total amount of class points will vary by the end of the class date)

<table>
<thead>
<tr>
<th>Category</th>
<th>Points</th>
<th>Percentage</th>
<th>Grade Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Attendance/participation</td>
<td>300</td>
<td>(33%)</td>
<td>810 – 900 PTS = A</td>
</tr>
<tr>
<td>2. Test and quizzes</td>
<td>300</td>
<td>(33%)</td>
<td>720 – 809 PTS = B</td>
</tr>
<tr>
<td>3. Subjective performance skill, improvement, etc;</td>
<td>300</td>
<td>(33%)</td>
<td>630 - 719 PTS = C</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>540 - 629 PTS = D</td>
</tr>
</tbody>
</table>
8. **STUDENT MATERIALS:**
Each student must supply his/her own activity clothes suitable for instruction and participation such as comfortable clothing that does not limit movement. **No baggy pants, such as sweats, visibility of knees- recommended. Shorts are ideal, weather permitting. No jeans or slacks that bind the waist.**

9. **EQUIPMENT AND EQUIPMENT CHECKOUT:**
Needed equipment for workouts will be supplied. Please return all equipment neatly in all storage areas.

10. **LOCKS AND LOCKERS**
Locks and lockers and towels will be issued by the respective attendants in the MEN'S and WOMEN'S locker areas.

11. **WEATHER POLICY STATEMENT:**
In the event of questionable weather, we will always meet for class.

12. **COURSE FEE**  None

13. **TOPICAL OUTLINE**  (sample table below)

<table>
<thead>
<tr>
<th>DATE</th>
<th>TOPIC</th>
<th>ASSIGNMENT DUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/4</td>
<td>Introduction to Yoga</td>
<td></td>
</tr>
<tr>
<td>9/6</td>
<td>Relaxation technique</td>
<td>Self-evaluation due</td>
</tr>
</tbody>
</table>

**ATTENDANCE POLICY**

14. **WITHDRAWAL POLICY**

It is the student’s responsibility to withdraw from classes. Instructors have no obligation to withdraw students who do not attend courses, and may choose not to do so.

The deadline to withdraw form a class without a “W” for the current semester is identified in the CSULB Schedule of Classes.

Withdrawal from a course after that date requires the signature of the instructor and the department chair, and is permissible only for serious and compelling reasons. Severe or extensive medical problems would be a reason to drop after that date, but fear of receiving a final grade lower than desired, or change in one’s work schedule are not considered a serious and compelling reasons. A “W” will appear on the students’ transcript.

During the final three weeks of instruction, withdrawals are not permitted except in cases such as accident or serious illness where the circumstances causing the withdrawal are clearly beyond the student’s control. The cause must be documented. Ordinarily, withdrawals in this category involve total withdrawal from the university. You will need the approval of the instructor, department chair, and the dean of the college for each class you drop.

15. **ELECTRONIC DEVICES**

All electronic devices that have the potential to disrupt the class, its members, or the instructor must be turned off or silenced (unless approved by instructor).