BARTON COMMUNITY COLLEGE

**COURSE SYLLABUS**

**FALL 2014**

# GENERAL COURSE INFORMATION

Course Number: PHED 1319

Course Title: Yoga

Credit Hours: 1

Prerequisite: None

Division/Discipline: Academics Division/PHED

Course Description: Yoga is designed to improve the health, performance, and mental acuity of athletes or individuals interested in improving their level of fitness. Based on the ancient fitness science of yoga, the class blends balance, strength, flexibility and power in a fitness format. Yoga delivers a practical, user-friendly style, which is accessible, understandable, and doable by individuals at any level of fitness. The Yoga class reduces the risk of injury and augments recovery for ailments including stress, lower back pain and tension.

# CLASSROOM POLICY

Students and faculty of Barton Community College constitute a special community engaged in the process of education. The College assumes that its students and faculty will demonstrate a code of personal honor that is based upon courtesy, integrity, common sense, and respect for others both within and outside the classroom.

The College reserves the right to suspend a student for conduct that is detrimental to the College's educational endeavors as outlined in the College catalog.

Plagiarism on any academic endeavors at Barton Community College will not be tolerated. Learn the rules of, and avoid instances of, intentional or unintentional plagiarism.

Anyone seeking an accommodation under provisions of the Americans with Disabilities Act should notify Student Support Services.

# COURSE AS VIEWED IN THE TOTAL CURRICULUM

Yoga is an approved general education course at BCC, which can be used to fulfill one of the degree requirements for two activity courses.

The transferability of all college courses will vary among institutions, and perhaps even among departments, colleges, or programs within an institution. Institutional requirements may also change without prior notification. Students are responsible to obtain relevant information from intended transfer institutions to insure that the courses the student enrolls in are the most appropriate set of courses for the transfer program.

# ASSESSMENT OF STUDENT LEARNING

Barton Community College is committed to the assessment of student learning and to quality education. Assessment activities provide a means to develop an understanding of how students learn, what they know, and what they can do with their knowledge. Results from these various activities guide Barton, as a learning college, in finding ways to improve student learning.

Upon completion of this course students should expect:

1. Improved physical fitness level.
2. Increased flexibility and strength
3. Increased balance and posture
4. Improved cardiovascular fitness
5. Learn basic Yoga moves and exercises
6. Demonstrate mind and body connection incorporating breathing with movements
7. Improve the overall flexibility and build a foundation of properly aligning the body with Yoga Alignment Principles
8. Experience better overall coordination of arm and leg movements while moving them simultaneously

# INSTRUCTOR'S EXPECTATIONS OF STUDENTS IN CLASS

# TEXTBOOKS AND OTHER REQUIRED MATERIALS

# REFERENCES

# METHODS OF INSTREUCTION AND EVALUATION

# ATTENDANCE REQUIREMENTS

# COURSE OUTLINE