

DEPARTMENTAL COURSE SYLLABUS

Department: Kinesiology/Dance

Revision Date: October 2009

San Antonio College * 1300 San Pedro * San Antonio, TX * 78212-4299

Course Number and Title: KINE 1136, Yoga I

Credit Hours: 1

Office: 131B

Instructor: Varies

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Web Address (URL): <http://www.alamo.edu/sac/kine>

- I. Catalog Description: This course introduces the student to the philosophy and practice of various types of yoga and may include Hatha Yoga, Iyengar yoga, Bikram yoga, Kundalini yoga, yoga for conditioning and fitness and yoga as a way to enhance physical, mental and spiritual well-being.
- II. Pre-requisites, co-requisites and other requirements: None
- III. Text: None
- IV. Instruction will consist of:
 - Lecture and demonstration
 - Practice on skills and techniques
 - Class discussion
 - Handouts
- V. Course Content:
 - Introduction to Yoga for Fitness
 - Introduce Yoga Benefits
 - The Practice of Yoga Postures (Asanas)
 - The Practice of Breathing Techniques (Pranayama)
 - The Practice of Relaxation Techniques.
- VI. Learning Outcomes and Performances Objectives with their methods of measurements as used to determine the students' mastery of those outcomes.

Learning Outcome 1: Students will participate in making the connection between yoga and healthful living.

Performance objectives/Method(s) of measurement for each objective:

1. Students will identify the basic principles of exercise to develop lifelong habits for mental and physical well being. Measured by participation and written exam.
2. Students will identify how improving fitness can contribute to a healthy lifestyle which can help prevent chronic disease and minimize stress. Measured by participation.

Learning Outcome 2: Students will be able to identify and demonstrate yogic principles and processes.

Performance objectives/Method(s) of measurement for each objective:

1. Students will demonstrate the ability to maintain or improve muscular endurance, flexibility, and strength by performing various postures. (asanas) Measured by participation and written exam.
2. Students will demonstrate correct breathing habits and sensitivity to the respiratory processes enhancing their vital capacity. (pranayama) Measured by participation and written exam.

3. Students will demonstrate relaxation techniques and their use. Measured by participation and written exam.

VII. Course requirements and grade computation.

A. College Requirements:

A written, comprehensive final examination, not to exceed three hours in length, shall be given at the end of each semester for each course at the regular scheduled time. Any exceptions to these requirements must be approved by the appropriate dean. Other examinations are given at the discretion of the instructor.

A student who must be absent from the final examination should petition that instructor for permission to postpone the examination. **A student absent without permission from a final examination is graded "F."** Postponed examinations result in a grade of "I." The final exam must be taken within 120 calendar days from the end of the semester or the grade automatically becomes an "F." (San Antonio College Bulletin, Faculty Handbook – January 1995)

- B. Department Requirements: Health Questionnaire completed and furnish your own lock. The 1-hour Kinesiology and Dance activity classes typically are dismissed 10 minutes prior to the scheduled time for student's personal hygiene purposes.
- C. Instructor Requirements: This syllabus is subject to change at the instructor's discretion.

VIII. College Policies:

- A. San Antonio College does not discriminate on the basis of race, religion, color, national origin, sex, age, or disability with respect to access, employment programs or services.
- B. Students are urged not to bring children to either a class or lab. Minors under the age of twelve (12) must not be left unattended on campus. College Academic Council – April, 1998
- C. ADA Statement: "As per section 504 of the Vocational Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990, if accommodations is needed contact the Office of DisABILITY Support Services, CAC 124C, Phone: (210) 486-0020.
- D. A Rapid Response Team exists for the purpose of responding to emergencies. If you have a disability that will require assistance in the event of a building evacuation, notify Disability Support Services, Chance Academic Center 124C, Phone: (210) 486-0020.
- E. Academic Dishonesty: Students may be subject to disciplinary proceedings resulting in an academic penalty or disciplinary penalty for academic dishonesty. Academic Dishonesty includes, but is not limited to, cheating on a test, plagiarism and collusion. For additional information refer to the "Student Code of Conduct" in the San Antonio College Bulletin.
- F. Students are required to silence all electronic devices (e.g., pagers, cellular phones, etc.) when in classrooms, laboratories and library. College Academic Council, 01/2000.
- G. San Antonio College Attendance Policy: Regular and punctual attendance is required. A student absent for any reason is responsible for all work missed. Absences are recorded from the first day of class. A student absent the equivalent of two weeks of instruction, may be dropped by the instructor with a grade of "W." Both tardiness and early departure from class are forms of

absenteeism. The instructor establishes the policy with regards for each.

- H. San Antonio College is a smoke free campus.
- I. Alamo Colleges Department of Public Safety Emergency Number (210)222-0911
AC DPS 24 hour Dispatch (210)485-0099
AC DPS Weather Line (210)485-0189
- J. Students must also abide by the policies, procedures, and rules set forth in the “Student Code of Conduct” and all other policies set forth in the San Antonio College Bulletin.
<http://mysaccatalog.alamo.edu/>