

GENERAL INFORMATION: Yoga

OFFICE: P.E Complex 106

INSTRUCTOR: Mrs. Lee

OFFICE HOURS:

Monday:

Tuesday:

Friday 9-11 or by appointment

Wednesday:

Thursday:

PHONE: (806) 716-2233

EMAIL: tlee@southplainscollege.edu

Yoga means union. Yoga will benefit all aspects of one's life—work, recreation, family life and relationships. Yoga makes the body stronger and more flexible. It also can improve one's body composition, and muscular endurance. Through the use of yoga, the student will develop balance, coordination, better self image, and to live in harmony.

Through yoga, one will learn standing poses for flexibility, strength and stamina; seated poses for a healthy back, poise and reflection; forward bends for calming and nurturing the mind and body; inverted poses for circulation and stress reduction; breathing awareness and deep relaxation for energy and renewal. In addition, we will also learn other stress management techniques such as stretching and progressive relaxation

Goals for the student:

1. Gain knowledge derived from the benefits of increasing his/her fitness/wellness level.
2. Acquired skills necessary to perform a variety of yoga poses and stretches.
3. Be able to increase flexibility, strength and stamina.
4. Acquire values from physical activity and its contributions to a healthy life-style.

BOOK:

GRADING:

EVALUATION 80%

Attendance: 400

Includes:

Quizzes: 300

40% (1) **Evaluation by Instructor**

Written: 200

(2) Skills test

Final Exam: 100

(a) Level of exertion

Total: 1000

(b) Flexibility and floor exercises

40% (3) Participation

(a) Absences—Punctual and Regular attendance is encouraged.

(b) 4 absences—**One Letter Grade Subtracted** **contact me ASAP**

(c) **6** absences—**Dropped From Class** **6 or more March 8**

(d) **Tardies**—3 tardies equal one absence. Arriving 5 minutes after the class is scheduled to begin is considered "Tardy".

(e) **NP**—Non –Participating—if student is unable to participate in physical activity but is in attendance during class time, no absence will be recorded: on NP. 2- NP=1 absence.

(f) **Make-up**—Check with your instructor about restriction regarding the type of absences that can be made up. Only 2 make-ups allowed

Wear Appropriate Clothing!! This is a Co-ed Class

(g) Written Examinations- 4 quizzes will be given - over part of the book and handouts

Make-up quizzes will be given on the next day you return to class so be ready
Check with your instructor when and where to take make up test **DO NOT**
expect me to remind you.

Final exam- If you **NEVER** miss this class, you will be exempt from the final exam. This is a reward, not a right. There may be ice on the road, court appearances, a death in the family...and we understand that...but you must understand that you don't get the reward.

Simply coming to class does not guarantee a passing grade. Your grade reflects YOUR EFFORT.

ATTENDANCE: Punctual and regular attendance is required of all students. Being late is **not tolerated**. Attendance will be taken at the beginning of the class.

The attendance policy as stated in the college catalog will be enforced: Whenever absences become excessive and, in the instructor's opinion, minimum course objectives cannot be met due to absences, the instructor is required to initiate a student's administrative with-drawl when the student has missed every class during a fourteen consecutive calendar-day period excluding holidays.

Your attendance will be evaluated at the end of the fifth and tenth weeks of class. If you have not attended at least **80%** of the scheduled classes, you will be dropped from the class roll.

Students with disabilities, including but not limited to physical, psychiatric or learning disabilities, who wish to request special accommodations in this class should notify the Disability Services Office early in the semester so that appropriate arrangements may be made. In accordance with federal law, a student requesting accommodations must provide acceptable documentation of his/her disability. For the Levelland Campus call or visit the Disability Service Office is in the Student Health & Wellness Building (South Side of Technology Building) 806-716-2577
Disability Service Office at Reese-- go to Building 8 806-716-4675

Diversity Statement:

In this class, support of each student will be established and given. A warm and respectful environment is enhanced by each of us understanding and respecting the other. You are encouraged to express opinions on the material and subject matter discussed in this class. However, this does not guarantee you any extended special rights or forum.

Campus Concealed Carry-Texas Senate Bill-11(Government Code 4111.20311, et al.) authorizes the carrying of a concealed handgun in SPC buildings **ONLY** by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code(PC) 46.035 and South Plains College policy, license holders may not carry a concealed handgun in restricted locations. For a list of locations, please refer to the SPC policy at: (http://www.southplainscollege.edu/human_resources/policy_procedure/hhc.php) Pursuant (PC) 46.035, the open carrying of handguns is prohibited on all South Plains College campuses. Report violations to the College Police Department at 806-716-2396 or 9-1

- FOR Yoga CLASS:
 - A. Comfortable clothing—T-shirt, shorts, sweats, bra
 - B. plastic coated tape measure
- Lockers are available check with your instructor -- if you will need a locker.
Never leave anything of VALUE in the dressing rooms or the fitness center.
- As with anything in life, You get out of it what **You** put into it. I have high expectations for you.
Set your goals and then stay focused and get to work!!
Bring **Water** only — drink 8-10 oz. before you arrive -- Go to the bathroom before class begins
- Do not eat a heavy or greasy meal prior to class

