

School of Kinesiology
Faculty of Health Sciences
Western University

**KIN 2940R - 004
Yoga 2017**

Instructor: Jan Hill

Location:

**Tuesday and Thursday
12:30-2:30 pm AH-201**

**Friday 12:30-1:30pm FNB
2230**

Office: TBD

Office Hours: Virtual, or by appointment

Phone: 519-661-2111 x

Email: jmfletcher@uwo.ca

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NOTE: All course information including grades, assignment outlines, deadlines, etc. are available via OWL. Check the website regularly for course announcements.

Course Description:

This course will explore the poses, history and appreciation of Yoga. Focus is on how to build poses, understand how the body moves and how to use breath work to enhance the overall experience.

Anti-requisite(s) Pre-requisite(s) Co-requisite(s)

You are responsible for ensuring that you have successfully completed all course pre-requisites, and that you have not taken an anti-requisite course.

Unless you have either the requisites for this course or written special permission from the course department to enroll in it, you may be removed from this course and it will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to have the necessary prerequisites.

Course Format:

The course format follows a combination of activity, lecture, reflection and discussion.

Recommended Text: There is no required textbook or reference material for this course. Necessary course information will be posted to OWL. Students are encouraged to seek resources to supplement their learning. Required readings and study material will be provided in OWL. Questions and discussions are desired and encouraged!

Learning Objectives:

Upon completion of this course students will be able to:

- Identify and demonstrate proper terms and correct form of yoga poses.
- Develop and lead an appropriate practice using the principles of yoga sequencing.
- Demonstrate an understanding of related yoga philosophy and practice.
- Develop skills in leading a practice and speaking effectively and efficiently pertaining to a vinyasa yoga class.
- Relate and apply knowledge of anatomy, biomechanics, neuroscience and psychology to yoga practice.

- Further develop abilities to critically reflect upon own learning and relate to the topics discussed in class.

Required Course Material:

All required readings and supplements will be posted on OWL. A yoga mat is required for all classes. Proper fitness attire to permit movement of body is required. NO jeans. If the student requires yoga props, (yoga strap or block) please bring the prop to each class.

Course Evaluation Details:

Full description of evaluation criteria is available in OWL.

Grades will be derived from six sources, the weights of which are outlined below:

Grade Source	Percentage of Course Grade
1. Class Participation and Reflections	15%
2. Technique Evaluation	10%
3. Quiz #1	10%
4. Quiz #2	15%
5. Group Presentation	30%
6. Written Assignment	20%

1. Class Participation/ Reflections (15%) Date: Ongoing
 - Active participation in poses during classes and class discussion.
 - Allowed to miss 2 classes; please notify instructor through email.
 - Reflections assigned during Friday lectures
2. Technique Evaluation (10%) Date: Ongoing
 - Correct form (appropriate to each student) should be demonstrated.
3. Quiz #1- Sun Salutation (10%) Date: Nov. 09/17
 - Demonstrate a Sun Salutation
4. Quiz #2- Warrior Series (15%) Date: Nov. 21
 - Demonstrate a Warrior Series sequence.
5. Group Presentation (30%) Date: Nov 28, Nov 30, Dec. 01
 - Each member of the group will be responsible for leading a section of a condensed 30 minute yoga class.
6. Written Assignment (20%) Date: Dec 05
 - The choice of topics will be posted on OWL. All papers are due at the beginning of class. Late papers will not be accepted.

Course/University Policies

- 1. Lateness/Absences**:** Assignments are due as outlined in OWL and will not be accepted late, except under medical or other compassionate circumstances. Electronic submission of assignments will not be accepted (unless otherwise specified) under any circumstances. Submitting a late assignment without appropriate documentation will result in a zero (0) grade. Appropriate documentation for assignments worth less than 10% should be submitted to the instructor. A missed mid-term examination* without appropriate documentation will result in a zero (0) grade. The course policy is not to allow make-ups for scheduled midterms, presentations or final exams, nor to assign a grade of Incomplete without acceptable and verifiable medical (or equivalent compassionate) reasons. Acceptable reasons might include hospital stays, serious illness, family emergencies (like serious accidents or illness, death) or similar circumstances.
- 2. Written documentation:** Students who require academic accommodation should provide notification and documentation in advance of due dates, examinations, etc. stating specific reasons and dates. Students must follow up with their professors and their Academic Counselling office in a timely manner. Documentation for any request for accommodation shall be submitted directly, as soon as possible, to the appropriate Academic Counselling office of the student's Faculty/School of registration (ex. KIN students ~ KIN Undergraduate Office), not to the instructor, with a request for relief specifying the nature of the accommodation being requested. In the event of a medical request, the documentation should be obtained at the time of the initial consultation with the physician or walk-in clinic. An "Accommodation Consideration Request Form" found online or in the Kinesiology Undergraduate Office" for ALL such accommodation requests must be submitted into the appropriate Academic Counselling office of the student's Faculty/School of registration. These documents will be retained in the student's file, and will be held in confidence in accordance with the University's Official Student Record Information Privacy Policy.
See <https://studentservices.uwo.ca/secure/index.cfm> for specific policy and forms relating to accommodation.
- 3. Grades:** Where possible assignment objectives and rubrics will be posted on OWL. Should you have a concern regarding the grade you received for an assignment or feel that it is unfair in any way, you must wait 24 hours from the receipt of the assignment to approach the instructor or TA. In doing so, please make an appointment and prepare in writing, with evidence, why you feel your grade is inappropriate. Please be aware that in requesting a grade reassessment, your grade could go up/down/or stay the same. Note that calculations errors (which do occur!) should be brought to my attention immediately.
15% of course grades will be posted by the last day to drop a course.
- 4. Scholastic offences:** They are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at the following Web site:
http://www.uwo.ca/univsec/handbook/appeals/scholastic_discipline_undergrad.pdf.

A) Students must write their essays and assignments in their own words. Whenever students take an idea, or a passage from another author, they must acknowledge their debt both by using quotation marks where appropriate and by proper referencing such as footnotes or citations. Plagiarism is a major academic offence (see Scholastic Offence Policy in the Western Academic Calendar). All required papers may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted for such checking will be included as source documents in the reference database for the purpose of detecting plagiarism of papers

subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between Western University and Turnitin.com (<http://www.turnitin.com>)

B) Computer marked multiple-choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating.

5. Formatting (as recommended by the course instructor): example- APA style is the approved style of writing for all assignments produced for this course. Please refer to Western University Library webpage for information on citation style and format or consult the APA publication manual: Publication manual of the American Psychological Association (6th ed.). (2009). Washington, DC: American Psychological Association.

6. According to the Examination Conflict policy, "A student who is scheduled to write more than two examinations in any 24-hour period may request alternative arrangements through the office of their Academic Counsellor." *This policy does NOT apply to mid-term examinations. There will be no make-up for the mid-term exam. Students who miss this exam with a valid reason will have the final re-weighted accordingly.

7. Classroom Behaviour: Class will begin promptly at the time specified at the top of page one of this syllabus. In the event that you must arrive late, please enter the classroom with a minimal disturbance to the class. I reserve the right to lock the classroom door and deny entrance if lateness becomes a common occurrence. Excessive talking during class time is disruptive, disrespectful, and will not be tolerated. Students engaging in such behaviour may be asked to leave the room. Cellular phones, pagers, and text-messaging devices are disruptive when they ring in class. If you must bring these with you, please place them on silent mode or turn them off during class. Failure to do so may result in your being asked to leave.

8. Laptops for the purpose of typing lecture notes are permitted in class, but please be respectful to your fellow students and turn the sound off. If I receive complaints from other students regarding noise or other disruptive behaviour (e.g., watching videos on YouTube.com, updating your Facebook status, playing Solitaire), your classroom laptop privileges will be revoked.

9. Audio and/or videotaping of lectures is not permitted unless approval has been sought from the instructor in advance.

STUDENT CODE OF CONDUCT

The purpose of the Code of Student Conduct is to define the general standard of conduct expected of students registered at Western University, provide examples of behaviour that constitutes a breach of this standard of conduct, provide examples of sanctions that may be imposed, and set out the disciplinary procedures that the University will follow. For more information, visit

<http://www.uwo.ca/univsec/board/code.pdf>

ENGLISH PROFICIENCY FOR THE ASSIGNMENT OF GRADES

Visit the website <http://www.uwo.ca/univsec/handbook/exam/english.pdf>

SUPPORT SERVICES

There are various support services around campus and these include, but are not limited to:

1. Student Development Centre -- <http://www.sdc.uwo.ca/ssd/>
2. Student Health -- <http://www.shs.uwo.ca/student/studenthealthservices.html>
3. Registrar's Office -- <http://www.registrar.uwo.ca/>

Tentative Schedule:

Week	Date	Topic	Readings in OWL
1	Oct. 31/17 Nov. 02/17 Nov. 03/17	First Class Course Intro: Activity Class: Activity Discussion and Reflections	TBA
2	Nov. 07/17 Nov.09/17 Nov.10/17	Class: Activity Quiz 1 in class Activity Discussion and Reflections	TBA
3	Nov. 14/17 Nov. 16/17 Nov. 17/17	Class: Activity Class: Activity Discussion and Reflections	TBA
4	Nov. 21/17 Nov. 23/17 Nov. 24/17	Quiz 2 in class Activity Class: Activity Discussion and Reflections	TBA
5	Nov. 28/17 Nov. 30/17 Dec. 01/17	Group Presentation: Activity Group Presentation: Activity Group Presentation: Activity	TBA
6	Dec. 05/17 Dec. 07/17 Dec. 08/17	Written Assignment Due Discussion and Reflections Course Wrap up	TBA