

**School of Kinesiology
Faculty of Health Sciences
Western University**

KIN course 2940T – Yoga 2018

Instructor: Cassie Ellis
Office Hours: Available upon request
Office: Rm 3140 TH
Email: cellis42@uwo.ca

Class Times/Locations:
Mondays 12:30-2:30 AH-201
Wednesdays 12:30-2:30 AH-201
Fridays 1:30-2:30 HSB-9

NOTE: All course information including grades, assignment outlines, deadlines, etc. are available via OWL.

Calendar 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.

My Course Description: This course is intended to provide you with an overview of Vinyasa Yoga as it applies to creating a logical flow of poses to create a safe and effective practice. We will be focusing on correct form and knowledge of poses in addition to effective breathing techniques and sequencing of asanas (poses) to create vinyasa (flow). Throughout the course, you are expected to learn and apply proper technique and knowledge of poses to your practice.

Anti-requisite(s)/Pre-requisite(s):

You are responsible for ensuring that you have successfully completed all course pre-requisites (completion of first year Kinesiology program), and that you have not taken an anti-requisite course (Kin 2950R/T in 2012-13 or 2013-14, Kin 2223T in 2011-12). Lack of a pre-requisite or the completion of an anti-requisite cannot be used as a basis for appeal. If you are found ineligible for a course, you may be removed from it at any time and you will receive no adjustment to your fees. This decision cannot be appealed.

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.
- 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.
- Understand stress and mental health and how yoga and mindfulness can be used to relieve/prevent symptoms and side effects.

Required Course Material:

All required readings will be posted on OWL.

Course Evaluation Summary:

1. Class Participation and Reflections	10%
2. Reflections	12%
3. Technique Evaluation	8%
4. Quiz #1	10%
5. Quiz #2	10%
6. Group Presentation	30%
7. Written Assignment	20%

1. *Class Participation (10%)* *Date: Ongoing*
 - Active participation in poses during classes and class discussion.
 - Allowed to miss 2 classes; please notify instructor through email.

2. *Reflections (12%)* *Date: Ongoing*
 - Reflections assigned during Friday lectures.
 - Max. 1-page paper. Report created based on weekly article, in-class discussion, and personal experience.

3. *Technique Evaluation (8%)* *Date: Ongoing*
 - Correct form (appropriate to each student) should be demonstrated.

4. *Quiz #1- Sun Salutation (10%)* *Date: March 6*
 - Demonstrate a Sun Salutation Series.
 - 1-page paper (2%). Will be assigned in class.

5. *Quiz #2- Warrior Series (10%)* *Date: March 15*
 - Demonstrate a Warrior Series sequence.

6. *Group Presentation (30%)* *Date: Mar 27, 29, Apr 2*
 - Each member of the group will be responsible for leading a section of a condensed 30 minute yoga class.

7. *Written Assignment (20%)* *Date: April 7*
 - The choice of topics will be posted on OWL. Late papers will not be accepted.

Tentative Schedule

Please be sure to come to all classes dressed ready to practice with a yoga mat.

Week 1	Monday	February 26 th	First Class
	Wednesday	February 28 th	Class
	Friday	March 2 nd	Lecture
Week 2	Monday	March 5 th	Class
	Wednesday	March 7 th	Quiz #1
	Friday	March 9 th	Lecture – Reflection 1
Week 3	Monday	March 12 th	Class
	Wednesday	March 14 th	Quiz #2
	Friday	March 16 th	Lecture – Reflection 2
Week 4	Monday	March 19 th	Class
	Wednesday	March 21 st	Class
	Friday	March 23 rd	Lecture – Reflection 3
Week 5	Monday	March 26 th	TBD - Group Presentation
	Wednesday	March 28 th	TBD - Group Presentation
	Friday	March 30 th	NO CLASS- Good Friday
Week 6	Monday	April 2 nd	TBD - Group Presentation
	Wednesday	April 4 th	Class
	Friday	April 6 th	Lecture – Reflection 4
Week 7	Monday	April 9 th	Written Assignment Due
	Wednesday	April 11 th	Class

Course/University Policies

1. **Lateness/Absences:** Assignments are due at the beginning of class on the assigned due date 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 Undergraduate office. 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:** Whenever possible, 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 not to the instructor, with a request for relief specifying the nature of the accommodation being requested. This documentation should be obtained at the time of the initial consultation with the physician or walk-in clinic. 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. 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.

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 might 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:** 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/>
4. Ombuds Office -- <http://www.uwo.ca/ombuds/>