Instructor: Mrs. Lisa McQuade  
Office: Silcox 223 (located in hallway behind Silcox Gym)  
Office hours: Monday & Wednesday 9:15-9:45 am & 11:15-11:45 am AND by appointment  
Phone: CofC: 953-5558 (Dept. Office); 843-277-5879(CELL)  
Email: mcquadelm@cofc.edu  
Course meeting: Monday, Wednesday, Friday 8:00-8:50 am  
Room 201, Johnson Gym  

CofC Course Description: PEAC 102 Beginning Yoga - A course designed to present the basic philosophy, physical positions and breathing techniques of Yoga. Emphasis is also placed on meditation and positive thinking as a means to reduce stress and increase concentration.  

Instructor’s Intention:  
After completion the student will have basic knowledge and skills that will allow him/her to practice yoga in a mindful and safe way. The instructor’s goal is to empower the students with the understanding of their bodies and to trust their own inner knowing so that they can apply yoga in their everyday lives.  

Required Course Text: Kripalu Yoga: A Guide To Practice On and Off the Mat by Richard Faulds  
ISBN 978-0-553-38097-2 (US $25.00)  

Equipment: Wear Comfortable, layered clothing, please take shoes off as you enter the room, and you may want to bring your own mat, however mats, blankets, blocks & straps are provided.  

Course Objectives:  
- To understand general history of yoga.  
- To understand the benefits of yoga practice.  
- To demonstrate basic training principles and the etiquette of yoga.  
- To help you acquire the knowledge about the three fold path of Kripalu yoga.  
- To help you acquire knowledge about the different types of yoga.  
- To help you acquire knowledge about the eight-limbs of yoga.  
- To demonstrate basic vocabulary for the postures.  
- To demonstrate an ability to safely move into basic yoga postures.  
- To demonstrate the ability to perform basic yogic breath work.  
- To understand and apply simple meditation/attunement practices.  
- To be aware of individual differences among people with regard to basic anatomy, physiology and disease.  
- To develop a personal practice based on your body and health needs.
**Student Learning Objectives**

As a result of participating in PEAC 102, students will demonstrate the proper way to breath during meditation.

As a result of participating in PEAC 102, students will construct and demonstrate a sequence of 6 yoga posses with proper transitions.

As a result of participating in PEAC 102, students will explain the benefits of practicing an active lifestyle that includes the daily practice of yoga.

**Evaluation:** DATES WILL BE POSTED ON OAKs

1. **Attendance & Participation – 40%**
2. **Practicum Mid-Term & Final 20%**
   - Recognize the posture by English name.
   - Able to go into posture with own guidance.
   - You will be asked to perform the postures.
   - You may use any props that support your practice.
   - You may do any variation of the posture that supports your practice.
   - Be able to breath while in the posture
   - Be willing to honor your body’s limitations; not pushing beyond your edge.
3. **Written Exams Mid-Term & Final-20%**
   - Postures & Props, Readings & Lecture
4. **Personal Practice Project-20%**
   - Several APP options will be available for this project. All forms must be submitted via Oaks. Milestones will be sequentially set up on Oaks to guide you.

**Education, Health & Human Performance Grading Scale:**

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<th>Grade</th>
<th>Percentage Range</th>
<th>GPA</th>
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<td>93-100%</td>
<td>4.0</td>
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<tr>
<td>A-</td>
<td>91-92%</td>
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**ATTENDANCE:**
Each student is allowed four (4) absences without final grade penalty. On the fifth (5th) absence and each absence after that the final grade will be dropped five (5) grade points per absence. If you are late for class three (3) times this will count as an absence.

- If you are late, it is your responsibility to come to me after class to mark you as such, otherwise you may be marked absent.
- If you are on a CofC team leaving for a game or are participating in a CofC function this will be excused. YOU MUST PROVIDE A NOTE (e-mail) FROM THE COACH OR TEACHER. HOWEVER, if you are ill, this will count toward the excused absences; anything beyond this will be reflected in the attendance grade. NO EXCEPTIONS. Student may be dropped from this course, as is the CofC policy, for excessive absences or tardiness as determined by the Instructor.
- If you have a religious holiday, you must plan for this, it is not an additional excused absence.
- Basically, these are like “sick/vacation leave” @ a job, use them as you wish, but you do not get any extras.
- You may view your attendance on OAKs using the management heading.

**Making up Absences & Exams**

**Absences:** Students can make up a maximum of two classes.

**Participate in a Yoga class.** Provide me with a note via OAKs, there will be a drop box, with a contact
person's name & telephone number. I will check on this. **Submit observations of your experience in a 500 word statement.** Please use proper English, this is not a text message or a tweet. A **list of available studios** will be listed on OAKs, generally expect to pay for classes anywhere from $5.00 to $15.00. CofC Recreation Yoga class can also be used for this purpose.

**EXAMS** You must contact me via cell phone or text message if you find you are ill that morning, **before 8:00 am.** If you do not, you will receive a **zero (0)** on the exam/practicum. If you know of a conflict such as a CofC team competition, you must make arrangements **prior** to the exam/practicum date, otherwise you will receive a zero (0). Make-ups will be arranged primarily during my office hours. I will **NOT** accept CofC absence forms as a means of communicating your absence, I will however, confirm them.

**Policies**

**College of Charleston Student Handbook:** This is a guide to your responsibilities and rights as a student. If you are not familiar with this document, please take the time to review the information contained within the handbook. [www.cofc.edu/studentaffairs/general_info/studenthandbook.html](http://www.cofc.edu/studentaffairs/general_info/studenthandbook.html).

**Classroom Behavior:** Students at the College of Charleston are expected to be at all times in compliance with the Honor Code. Failure to abide with this code will not be tolerated in this course. Examples of inappropriate classroom behavior include behaviors that disrupt instruction by the professor and/or learning of classmates and behaviors that threaten, harass, or discriminate against others. Students who engage in inappropriate classroom behavior will be asked to leave the classroom, will receive no credit for attendance and in-class activities for that day, and must meet with the instructor prior to returning to the next class meeting. Severe cases of inappropriate behavior will be referred to the Dean of Students for appropriate disciplinary action. **Please take a moment to use the bathroom before the start of class. Students leaving class can be disrupting.**

**Electronic Device Policy:** Please turn off all electronic devices during class and place them with you belongings along the back wall, **NO CELL PHONES ALLOWED NEXT TO YOUR MAT.** Texting is not permitted in class. **Students caught texting will be warned (first time), dismissed and marked absent (second time), and receive a 10 point reduction on their final grade (third time).**

**Disability**- In compliance with the Americans with Disabilities Act (ADA), all qualified students enrolled in this course are entitled to “reasonable accommodations.” Please notify the instructor during the first week of class of any accommodations needed for the course.

**Reserve clause**- As we progress through the semester we may find we are ahead of the class outline or behind. This has to do with the knowledge the students bring to the class as well as the time allotted for the class. The instructor may make changes to this syllabus. Students will be informed promptly of any changes as they occur.