BEGINNING YOGA SYLLABUS

PEHD 102 – 03 – 04 - 05
Instructor: Skip Rector

TIME: Monday, Wednesday, and Friday 9 am, 10 am, and 2 pm
PLACE: Room 201, Exercise Deck in the Johnson Gym on George Street
INSTRUCTOR: Skip Rector, BA, MSW
OFFICE HOURS: By appointment
OFFICE: Room 407 in the Silcox Physical Education and Health Center
PHONE: CoC: 953-3397 (Dept. Office)
EMAIL: rectors@cofc.edu (put “YOGA” in the subject line)

PREREQUISITES: None


COURSE: This course will include instruction on the history, techniques, strategies, and practice of skills for Yoga.


COURSE OBJECTIVES: This course presents the basic philosophy, positions and breathing techniques of Yoga. Emphasis is placed on meditation and positive thinking as a means to reduce stress and increase concentration.

STUDENT LEARNING OUTCOMES:
1. 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.
2. As a result of participating in PEAC 102, students will discuss the principle concepts of Yoga and list the 8 Fundamental Yoga Positions.
3. As a result of participating in PEAC 102, students will demonstrate 6 to 10 positions put together to create a flow.
4. Demonstrate the proper techniques of the Kapalabhati and Anuloma Viloma Breaths

REQUIREMENTS: Class Attendance and Participation
Practical (Demonstrations of Positions and Breathing)
Three Examinations
**GRADING SCALE:**  
- A 93 – 100  
- A- 90 - 92  
- B+ 88 – 89  
- B 83 – 87  
- B- 80 - 82  
- C+ 78 – 79  
- C 74 – 77  
- C- 72 - 73  
- D+ 70 – 71  
- D 68 – 69  
- D- 66 - 67  
- F < - 65

**EVALUATION SCALE:**  
- Attendance/Participation - 50 points 50%  
- Exam 1 - Assigned pages, Lectures & Handouts: 10 points 10%  
- Exam 2 - Assigned pages, Lectures & Handouts: 10 points 10%  
- Practical Exam – Demonstrating 2 assigned positions, 2 positions of your choice and Kapalabhati Breathing: 20 points 20%  
- Final Exam – Entire book, Lectures & Handouts: 10 points 10%  
- TOTAL: 100 points 100%

**ATTENDANCE:**  
*Attendance and punctuality* to class are required! Each Student is responsible for signing the attendance sheet each class. If, for serious personal or medical reasons a student misses a class, the Instructor must be provided with acceptable documentation of the reason **in writing** (i.e. notice from Health Services or signed Doctor’s note). An email from the Student is not sufficient documentation! Students that are part of a College of Charleston (CoC) sanctioned sports team **must provide a schedule from their team coach or faculty supervisor that indicates which days they will miss due to travel to a game/function which indicates both the departure date/time and the return date/time.** A Student will be penalized with point reductions for any absences or excessive tardiness, which are not authorized or accepted as a reasonable absence by the Instructor. All unexcused absences will affect a Student’s grade. A Student may be dropped from this course for excessive absences or tardiness as determined by the Instructor.

**EXAMS:**  
Exams will be given on scheduled days as per the syllabus **unless changed by the instructor.** If an examination is going to be missed, the Student must email the Instructor (at rectors@cofc.edu) prior to the exam. Any Student missing an exam and failing to email will receive no credit for the examination. A Student missing an exam that the Instructor has excused must make-up the examination within two class periods of the date that the Student returns to class **or as directed by the instructor.**

**ASSIGNMENTS:**  
The Instructor may assign written projects to any and all Students.

**ACADEMIC HONOR:**  
The College of Charleston (CofC) has an Honor System that expects Students to govern their behavior. You can find a complete version of the Honor System and all related processes in the Student Handbook or at [http://studentaffairs.cofc.edu/honor-system/](http://studentaffairs.cofc.edu/honor-system/). It is the policy of the College that all members of the College community act in a manner that, at a minimum, is consistent with all controlling laws and to otherwise conduct themselves with honesty, fairness, transparency and respect for the rights of others. [http://policy.cofc.edu/documents/9.1.9.pdf](http://policy.cofc.edu/documents/9.1.9.pdf)
CAMPUS SUPPORT:  Center for Student Learning: You are encouraged to utilize the Center for Student Learning’s (CSL) academic support services for assistance in study strategies and course content. They offer tutoring, supplemental instruction, study skills appointments, and workshops at no additional cost. For more information regarding these services please visit the CSL website at http://csl.cofc.edu or call (843)953-5635.

Center for Disability Services/SNAP:
(1) Any student eligible for and needing accommodations because of a disability is requested to speak with the professor during the first two weeks of class or as soon as the student has been approved for services so that reasonable accommodations can be arranged.
(2) The College will make reasonable accommodations for persons with documented disabilities. Students should apply for services at the Center for Disability Services/SNAP located on the first floor of the Lightsey Center, Suite 104. Students approved for accommodations are responsible for notifying the instructor as soon as possible and for contacting the instructor one week before accommodation is needed.
(3) The College abides by section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act. If you have a documented disability that may have some impact on your work in this class and for which you may require accommodations, please see an administrator at the Center of Disability Services/SNAP, 843.953.1431 or speak with the instructor so that such accommodation may be arranged.

EXTRA CREDIT:  Bonus Projects:
(1) Attending the Jump-Rope-for-Heart fundraiser. Each semester the Department of Health and Human Performance conducts an event to raise money for the Heart Association. If you attend and participate, you will receive extra points added to your final grade. This is a one-time-per-semester event, so you must attend the day it is presented.
(2) Projects/papers may be presented for extra credit near the end of the semester. These extra credit items MUST BE APPROVED by the Instructor at least 4 weeks prior to the last day of class! These projects/papers MUST BE RELATED to Yoga, Prana (Yogic energy) and/or Meditation. These projects/papers may include but not be limited to: typed papers, classroom Yogic demonstrations or other special projects previously approved by the Instructor. All Bonus Projects must be submitted or presented the week prior to the LAST CLASS.