

**Montgomery College – Rockville**  
**YOGA: PHED 149 CRN:**  
**Course Syllabus**

**I. Instructor Information**

Professor Email:

Office:

Phone:

Office Hours:

**II. General Course Description**

**Course Description:**

This class offers knowledge and skills to create an individual yoga practice. It will also help the student understand the relevance and utilization of yoga in therapeutic and health care settings. The student will learn safe performance of movement and exercise in a progressive approach. In addition, the student will learn techniques for deep relaxation and meditation.

Yoga practice offers an opportunity to improve fitness through the application and understanding of unique conditioning principles. Students are encouraged to understand their own limitations and work within their bounds. This class is appropriate for the beginning yoga student and offers the opportunity to expand knowledge in yoga based exercise science research, health and wellness and stress management. The course includes teacher directed activity and opportunities for self-paced practice.

Suggestions for supplementary exploration in the application of yoga in exercise physiology, mental health, as well as medical implications for yoga practice in the health care field will be provided.

The emphasis of the class will be on asanas (poses) for increased flexibility and strength and breathing techniques for relaxation and stress reduction. Comfortable/loose fitting clothes are required for each class. Yoga mats are provided by Montgomery College, but the student may opt to bring their own.

Class participants will also be exposed to the language, philosophy, history, and concepts of yoga. A typical class will include breathing techniques; meditation and asana practice, including standing, balancing, and inverted poses. (Modifications will be shown) Practice will include introduction to various yoga traditions. No previous fitness/movement training is required.

It is likely that some personal information may be discussed during class meetings. It is the expectation of the instructor that personal information be considered confidential by the rest of the class. Trust is important in allowing each student to fully participate in class activities and discussion. We will discuss topics that may be controversial to some. It is the expectation of the instructor that each person's viewpoint be respected.

**Prerequisites:** There are no prerequisites for this course.

**I. Course Website**

Login to <http://www.montgomerycollege.edu>

Click on the  button at the top of the page.

I have added a blackboard supplemental cite that can be accessed through MyMC. Log onto MyMC and click on “Blackboard” at the top of the page. Various course materials, syllabus, assignments, grades, announcements and course notes will be posted. **Students are responsible for checking the site on a weekly basis.**

### III. Course Outcomes

- This course includes exercises, postures, and breathing techniques, which relieve tension, increase muscle flexibility, and promote good health.
- The important aspects of yoga such as concentration, body awareness, and body-mind integration will be discussed.
- Deep relaxation will be practiced at the end of each class.

Assessment levels: AELW 940/ENGL 002, ALER 920/READ 095.

Two hours each week. Formerly PE 165.

1.000 Credit hours

### IV. Text :

**Yoga for Fitness and Wellness 2<sup>nd</sup> Edition. By Dykema, R.  
Cengage Learning Activity, 2011. ISBN: 9780840048110**

### V. Grading

#### Course Grade

Attendance and participation are worth 100 points each. To earn an “A” this needs to be at the outstanding level. All points will be earned if a student is present on time, remains for the entire class and is actively engaged in the exercise program and/or class discussion.

	<b>Point value/ % of Final Grade</b>	
Weekly Practice Journal	100 points	20% (10 points for 10 weeks)
Mid Term Exam	100 points	20%
Final Project	100 points	20%
Attendance	100 points	20%
Participation	<u>100 points</u>	<u>20%</u>
Total:	500 points	

#### Standards

Final grades will be determined by total points accumulated through assignments, participation, and exams. The final points necessary for a given letter grade will be based upon the following percentage scale:

#### Letter and Point Equivalents of Percent Grades:

A = 90 – 100 %      450-500 points

B = 80 – 89 %	400-449 points
C = 70 – 79%	350-399 points
D = 60 – 69%	300-349 points

### Homework Assignments

Work will NOT be accepted late. Deadlines and due dates are not negotiable. This applies to in-class activities, homework, and long-term assignments. Students will complete a private, home practice/meditation journal to be submitted each week for 10 weeks. Instructions on completing the journal will be provided in class. Journaling will begin on week 4 of the semester. Only the instructor and individual student have access to this journal. See Blackboard for more specific details.

See course document in Blackboard for specific details.

### Participation

Students not dressed to participate will be marked as absent that day. There will be a variety of in-class activities throughout the semester, varying in point value. Students will complete these activities and either submit a written analysis or perform them in class. Students are expected to practice and demonstrate their skills to the best of their ability at all times. Students missing class will be unable to demonstrate skills; therefore, absences will affect this portion of your grade. The following scale is the maximum points you may earn with a given number of absences: (20 points per absence = 10 attendance and 10 participation points)

For example:

1 absence	480 - 20 points
2 absences	460 - 40 points

More than 4 absences will result in a failing grade regardless of other points earned.

### Exams:

The mid term will be worth 100 points and may be any combination of multiple choice, true false, matching, essay or any other combination. The instructor may also use blackboard for supplemental assignments, or quizzes.

The final project is in the form of a written project up to the discretion of the instructor and is worth 100 points.

### Participation and Attendance:

#### Participation

Students are expected to actively participate in the lecture, discussion and the lab (practice) portions of the class in order to successfully complete the course. Please discuss physical limitations with the instructor at the beginning of the course. Students will be encouraged to modify yoga postures as needed. Class participation also includes any homework assigned including reading assignments. It also includes attendance. Class participation may also include practice working cooperatively with others in a group situation and a group oral presentation of an assigned topic. Further participation points include blackboard assignments, and writing

assignments as well as other activities either in class or out of class. If you have to miss a class please e-mail or call (e-mail preferred) and leave a message. You are responsible for any information missed (see below).

### **Attendance**

Students are evaluated on attendance since a portion of this course involves activity and interaction with others. Attendance to each class session is expected. Attendance sheets will be provided. It is up to each student to make sure s/he signs in for each class. If you come in late or leave early mark this on the attendance sheet and appropriate participation points will be deducted. If you have a valid reason please write that as well. If you miss a class it is up to you to complete any assignments or information that you missed. You can expect at least ten (5) points off for each absence. Students who miss more than 20% (more than 6 classes) of classes will not be allowed to pass the course. If a student has excessive absences, as defined in the Student Handbook, the instructor reserves the right to drop them from the course. However, if the student decides that they no longer want to participate in the course withdrawal by the appropriate “drop” date is ultimately the responsibility of the student.

## **VI. Classroom Policies**

### **A. Attendance**

Students are expected to attend class and to be on time. Graded assignments will be turned in at the beginning of the class. Absences and excessive lateness will affect the final grade. If a student stops coming to class, withdrawal from the course is the responsibility of the student. Please be on time for class. Lateness is disruptive to the flow of class and therefore, points are deducted.

### **B. Illness or Injury**

All students should inform the instructor of any injury, illness or condition that may impair or prevent safe participation. The instructor may provide the student with an alternate activity or assignment to take the place of ONE absence.

### **C. Dress Code**

All participants must wear comfortable leggings, athletic shorts/pants and shirts. Yoga mats are provided, so no shoes are allowed on the mats. Students may wear socks if they wish. In order to keep all participants as safe as possible, no clothing or jewelry will be permitted which can interfere with your ability to move and exercise or harm another student/ equipment. This includes large dangling earrings, chains /necklaces that are not covered by clothing, belts, black sole shoes, non-athletic shoes, shorts with cargo pockets, shorts which cannot remain near the waist and any clothing with zippers that impart movement. The professor reserves the right to judge the safety of any clothing or shoes and may request that the student find more appropriate exercise attire.

### **D. Use of Technology during class**

Physical activity classes require students' full attention for safety and to reduce distractions for other students.

Therefore, students are required to turn off cell phones, MP3 players, beepers and all electronic devices during class.

Students are not allowed to use these devices during class time.

Students using these devices during class time will be asked to leave the classroom.

## **VII. Student Code of Conduct**

### **A. Standards of College Behavior**

The Student Code of Conduct is a document that outlines the principles, policies and procedures that govern student life and encourages responsibility and respect for the rights and viewpoints of others. The Student Code of Conduct describes acceptable standards of student behavior and academic integrity, disciplinary procedures, and possible sanctions when the Code of Conduct is not followed. Students are encouraged to review the Student Code of Conduct by using the following link: [http://cms.montgomerycollege.edu/pnp/#Chapter\\_4](http://cms.montgomerycollege.edu/pnp/#Chapter_4)

### **B. Academic Honesty**

Academic dishonesty can result in an "F" on the assignment or quiz, or "F" in the course. Cheating, plagiarizing or otherwise not following the Student Code of Conduct can result in severe sanctions for the student. Sanctions for non-academic misconduct and more serious academic dishonesty can include probation, suspension, or dismissal. Student disciplinary records are maintained in the Office of the Dean of Student Development and are kept for five years. They will be disclosed only in accordance with applicable federal and state law.

For more information on plagiarism, go to

<http://cms.montgomerycollege.edu/edu/sub1.aspx?id=15559> and complete the academic integrity tutorial

## **VIII. Collegewide Policies and Procedures**

### **A. Withdrawal and Refund Dates**

It is the student's responsibility to drop a course. Non-attendance of classes or failure to pay does not constitute official withdrawal. If you miss more than six classes, your instructor may drop you from the course for non-attendance.

### **B. Audit Policy**

If you are auditing the class, contact your instructor to discuss specific course requirements. Students auditing the course are still subject to being dropped for excessive absences.

Disability Support Services

Any student who may need an accommodation due to a disability, please make an appointment to see me during my office hour. A letter from Disability Support Services (R-CB122; G-SA175; or TP-ST120) authorizing your accommodations will be needed. This letter must be submitted via email. Due to the additional time required to make accommodations, the letter must be received four (5) business days before a quiz in order to receive additional time.

Any student who may need assistance in the event of an emergency evacuation must identify to the Disability Support Services Office; guidelines for emergency evacuations for individuals with disabilities are found at: [www.montgomerycollege.edu/dss/evacprocedures.htm](http://www.montgomerycollege.edu/dss/evacprocedures.htm).

### **C. Veteran Services**

If you are a veteran or on active or reserve status and you are interested in information regarding opportunities, programs and/or services, please visit the Combat2College website at [www.montgomerycollege.edu/combat2college/](http://www.montgomerycollege.edu/combat2college/) and/or contact Joanna Starling 240-567-7103/SV103 or [Joanna.starling@montgomerycollege.edu](mailto:Joanna.starling@montgomerycollege.edu)

### **D. Delayed Opening or Closing of the College**

If classes are cancelled for any reason, you should continue to follow the schedule provided in the syllabus. If there will be any changes in the schedule it will be announced in class, or via e-mail.

Montgomery College will always operate on its regular schedule unless otherwise announced. Depending on the nature of the incident, notifications of emergencies and changes to the College's operational status will be communicated through one or more communication methods including the College's web page <http://montgomerycollege.edu>

For the most up-to-date information regarding College openings, closings, or emergencies, all students, faculty, and staff are encouraged to sign up for email and text alerts via Montgomery College ALERT. Registration information is available at [www.montgomerycollege.edu/emergency](http://www.montgomerycollege.edu/emergency)

### **E. Communication**

Student e-mail ([montgomerycollege.edu](mailto:montgomerycollege.edu)) is an official means of communication for the College. It is expected that you check your student e-mail regularly and frequently, as you are responsible for information that will be sent to you from the College. If you contact me through e-mail, you must use your student MC e-mail account.

**IMPORTANT:** E-mails do not express tone of voice or body language so strive to use careful wording to convey your desired message. Please take an extra minute when sending an e-mail to think about what you want to say, spell-check your e-mail, and use appropriate, courteous, and professional language. Your professor will strive to do the same in all communications. E-mails will be answered within 48 hours during weekdays. If an e-mail is sent during a weekend or holiday, please expect a reply the following working day.

