



Los Angeles Mission College

Department of
Kinesiology
13356 Eldridge Ave
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KIN 351 Yoga Section 2035

Course Syllabus

Semester & Year: Fall , 2014
Units: 1
First Day of Class: September 2nd 2014
Final Grades Posted by: December 20 th , 2014
Class Days & Times: T & TH 8:55am-10:20am
Final Exam: December 16 th , 10am-12pm
Holidays: 9/1/14, 11/11/14

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Office Hours: T & TH 10:30am – 1:00pm

Course Description

Designed to introduce students to the fundamental aspects of yoga, such as postures, breathing, stretching and relaxation techniques. Through active participation students will decrease stress and improve mental well-being and improve overall fitness.

Student Learning Outcome

The student will be able to recognize and demonstrate traditional yoga poses and the possible modifications to reduce the risk of injury according to recent research. The student will improve fitness levels in the areas of strength and flexibility as measured in the pre and post test.

Course Objective

At the conclusion of the course, the student will be knowledgeable in:

1. The rules and their interpretations: to include scoring, play, game situations and etiquette for players and spectators.
2. Skills that demonstrate the student's ability to play a game of basketball.
3. Large group activities and on-court, off-court drills.
4. Strategies of play and drills that can improve their performance.
5. Types of competition and recreational tournaments.
6. Involvement in competitive play with other class members.
7. Evaluation of knowledge and physical skills.
8. Development of fundamental skills, hand eye coordination, footwork, and fitness.

Grading Procedures

A	90-100%	540-600
B	80-89%	480-539
C	70-79%	420-479
D	60-69%	360-419
F	0-59%	001-359

1. 25% of grade – Improvement 150 pts. (based on pre and post tests and Yoga Form Assessment Scoring Rubric)
2. 50 % of grade - Class Participation (30 classes x10=300 pts.)
3. 25% of Grade – Semester Long Health & Fitness Log 150 pts.

10 points = Full participation per class includes consistently taking part in lecture and activities while following set standards and rules. This includes completing and handing in assignments by deadlines, being on time, leaving when dismissed, and dressing appropriately.

Participation:

10 points = full participation per class.

- 8-9 points = most, but not all are demonstrated
- 6-7 points = some are demonstrated
- 4-5 points awarded if few are demonstrated
- 0 points earned if participation behaviors are not demonstrated

Class Information

Before you are allowed to participate in the class you MUST be present for the orientation and sign the mandatory waiver form. There are no exceptions.

Waiver Forms

You must print, sign and turn in a waiver form before you are allowed to participate in class. If you are a minor, you will need to have your parent or legal guard sign the waiver form. The waiver form can be downloaded at <http://www.lamission.edu/fitness/docs/HFAC%20Waiver%20Form%201.6.pdf>

SPECIAL ACCOMMODATIONS

If you require special accommodations for a disability, religious holiday, or any other reason please inform me within the first week of the course and I will accommodate you if at all possible. For accommodations due to disability, you must consult with the Disabled Students Programs and Services Office (818) 364-7732, after which we will abide by their recommendations.

Warm-ups

All class meetings will begin with a light warm up. There will be no participation in classroom activities without participating in these warm up activities. This is to decrease your chance of injuring yourself.

Cell Phones

Do not use your cellphone during class time. Turn them off before you come into the classroom. You will lose participation point if you are on your phone.

Be Punctual

I advise you to arrive on time for class. On the days when we have quizzes, you will not be given that quiz if you arrive after the quiz has been given out.

Class Attendance

As this is an activity course, it is extremely important that you attend class regularly to be able to accumulate participation points. Your personal fitness results will suffer if you have erratic attendance.

Make Up Policy

There will be no make-up sessions for this class.

Equipment

1. Proper shoes are required
2. Towel
3. Bottle of water

Dress Code

All students are required to adhere to the dress code provided in the orientation. No jeans, cargo pants, or street clothes of any kind. Workout clothing is mandatory to participate in the class. Each student has access to a locker during class time. Please bring your own lock.

Gym Policies

1. No guests or children allowed.
2. Only clean exercise shoes are to be worn.
3. No gum, food or drinks. The exception is water in an unbreakable bottle.
4. If you feel dizzy or sick stop working and please notify the instructor.

To reduce the risk of injury, consult your doctor before participating in this or any other exercise program. The instructions and advice presented are in no way intended as a substitute for any medical counseling you have received.

Yoga Form Assessment Scoring Rubric:

Three times throughout the semester, you will be assessed on your skill to perform multiple forms and movements.

<u>Yoga Scoring Rubric</u>			
Guide Skill/Strategy	Highly skilled (50pts)	Proficient (40pt)	Fairly Proficient (30pt)
Readiness	Is always eager to begin the yoga lesson.	Is usually ready and willing to begin the yoga lesson.	Is rarely ready and able to begin the yoga lesson.
Concentration	-Perseveres and concentrates when learning/holding poses. -Always participates actively, willingly and excitedly. -Independently extends, applies and transfers learning. -Models for peers.	-Usually perseveres when learning/holding poses. -Participates actively with infrequent, gently reminders to follow instruction and remain on task.	-Has difficulty concentrating when learning/holding poses. -Has difficulty following directions and staying on task.
Technique	-Always has the pose correctly executed with all lines/shapes intact.	-Usually either has the pose correctly executed with all lines/shapes, or if not, needs minor adjustments to form and is willing/able to make adjustments.	-Has difficulty understanding how to translate oral direction to the body shape/form.

Semester Long Health and Fitness Log

At the end of the semester you need to turn in a log book that will include your eating habits, workouts, and stress management. Throughout the semester you will be given handouts that will need to be added into your log book. Follow all instructions you receive during class.

Personal Workout Program				
Student designs and implements a personal fitness program for the semester.				
	Poor 4 pts	Fair 6 pts	Good 8 pts	Exceptional 10 pts
Goal Setting Establish short-term and long term goals based on health related components and initial assessment	Poor -General goals for some health related components. -Goals are not based on initial personal assessment	Fair -General goals for at least three health related components. -Some (25%) goals are based on initial personal assessment. -Has at least one specific short-term & long-term goal.	Good -Has at least one specific short-term & long-term goal for all health related components. -Most (50%) goals are based on the evaluation of the initial assessment data.	Exceptional -Has at least one specific short-term & long-term goal for all health related components. -All goals are based on the evaluation of the initial assessment data.
Components of Health Related Fitness Four components of health are represented	Poor -One component is represented in the program.	Fair -Two components are represented in the program.	Good -Three components are represented in the program.	Exceptional -All components are represented in the program.

in the program. -cardiorespiratory -Muscular strength -Muscular endurance -Flexibility				
Planning Development of the actual workout program	Poor -Plan addresses some (25%) of the stated goals. -Activities are irrelevant or are not sequenced properly.	Fair -Plan addresses most (50%) of the stated goals. -Some (25%) activities are irrelevant and are sequenced properly.	Good -Plan addresses all of the stated goals. -Most (50%) activities are relevant and are sequenced properly.	Exceptional -Plan addresses all of the stated goals. -All activities are relevant and are sequenced properly.
Implementation Journal is filled out program is implementing throughout the semester.	Poor -Insufficient evidence of implementation of program. -Program not recorded on daily log sheets.	Fair -Implemented some (25%) of planned activities. -Program logs are incomplete.	Good -Implemented most (50%) of planned activities. -Program logs are complete.	Exceptional -Implemented all of planned activities. -Program logs are icomplete.
Organization Organization of the program	Poor -The program's format and organization is confusing to the reader.	Fair -The program is well-formatted and well-organized	Good -The program's format is attractive and well-organized.	Exceptional -The program's format is attractive and well-organized