



# Los Angeles Mission College

Department of  
Kinesiology  
13356 Eldridge Ave  
Sylmar, CA. 91342  
(818)364-7600

## KIN 351 Yoga Section 2040

### Course Syllabus

Semester & Year: Spring , 2014

Units: 1

First Day of Class: February, 2014

Final Grades Posted by: June 10, 2014

Class Days & Times: T & TH 8:55am-10:20pm

Final Exam: June 3, 2014 10am-12pm

*Holidays:*

Instructor: Steve Ruys

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Office: HFAC 103E

Office Hours: M & W 11am – 1:30pm

### 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

1. Recognize and demonstrate traditional Hatha yoga poses and the possible modifications to reduce the risk of injury according to current research.
2. Students will also be able to identify some of the name of yoga poses and how to perform a basic sun salutation.

### Course Objective

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

1. Safety and Injury Prevention
  - Recognize proper techniques and identify potential risk with regard to range of motion, hyperextension, pivoting, and stress to joints.
  - Recognize the necessity for injury treatment and define each component of R.I.C.E.
  - Demonstrate understanding of strikes in the air versus strikes on a target and implications of improper technique for each.
2. Five Components of Fitness
  - Identify and discuss the fitness components and how participation in this class meet or does not meet the demands of each component.
  - Indicate the physical benefits of cardiorespiratory exercise, muscle endurance, strength, and flexibility.
  - Discuss methods to evaluate and improve each component.
  - Define body composition, how to evaluate it, and how to achieve a healthy composition of fat and lean mass.
3. Yoga Terminology and Concept
  - List different styles of yoga and names of postures and variations.
  - Describe proper breathing techniques and their function.
4. History and Philosophies of Yoga
  - Discuss history and philosophies of Yoga.
  - Evaluate the practice as a type of fitness and stress management technique.

### Grading Procedures

A	90-100%	360-400
B	80-89%	320-259
C	70-79%	280-319
D	60-69%	240-279
F	0-59%	001-239

1. 25% of grade – Improvement 100 pts. (based on pre and post tests and scoring rubric)
2. 75 % of grade - Class Participation (30 classes x10=300 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 Scoring Rubric

<b>Guide Skill/Strategy</b>	<b>Highly skilled (5pts.)</b>	<b>Proficient (4pts)</b>	<b>Fairly Proficient (3pts)</b>
<b>Readiness</b>	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.
<b>Concentration</b>	<ul style="list-style-type: none"> <li>-Perseveres and concentrates when learning/holding poses.</li> <li>-Always participates actively, willingly and excitedly.</li> <li>-Independently extends, applies and transfers learning.</li> <li>-Models for peers.</li> </ul>	<ul style="list-style-type: none"> <li>-Usually perseveres when learning/holding poses.</li> <li>-Participates actively with infrequent, gently reminders to follow instruction and remain on task.</li> </ul>	<ul style="list-style-type: none"> <li>-Has difficulty concentrating when learning/holding poses.</li> <li>-Has difficulty following directions and staying on task.</li> </ul>
<b>Technique</b>	-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.