



Los Angeles Mission College

Department of Physical Education and Health

COURSE Syllabus

Instructor: John Klitsner

Phone: (818) 364-7886

Office Hours: Mon - Weds 11AM-12PM

Or by appointment

Title of course

Yoga

Course Description

This is a course 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

Recognize and demonstrate traditional Hatha Yoga poses and the possible modifications to reduce the risk of injury according to current research. Recognize and demonstrate 5 basic Yoga poses.

Assessment

Skill demonstration in Hatha Yoga poses. Rubric will be used to determine the level of accuracy in execution.

Grading Procedures

1. 20% of grade – improvement (based on pre/post fitness test)
2. 10% of grade - final written exam
3. 70 % of grade - Class Participation – 0-2 absences, grade stays the same
3 absences, grade lowered one grade
4 absences, grade lowered two grades
5 absences, grade lowered three grades
6 absences, fail in class

Tardies:

Three tardies will equate to one absence

Equipment

1. Towel
2. Bottle of water
3. Safe and proper clothing
4. Yoga Mat (optional)
5. Strap (optional)
6. Blocks (optional)

Gym Policies

1. Please do not bring guests or children.
2. Only clean exercise shoes are to be worn on the gym floor.
3. No gum, food or drinks. The exception is water in an unbreakable bottle.
4. Replace all gym weights, and equipment after use.
5. Gym bags or backpacks are not allowed in the weight room.
6. If you feel dizzy or sick stop working and please notify the instructor.
7. In the case of a Disaster, please notify the instructor before leaving.

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 medical counseling.