

# Los Angeles Mission College Fall Semester 2012

## PE 696 Yoga

(Section Number 2936, 2937, M. & W. 5:20~6:45, 7:00~ 8:25PM HAFC 206)

Instructor Hiroko Hojo Phone # 818-364-7707 EX.4465

### Course Description

This class is to provide instruction and practice in basic yoga poses, breathing awareness, and relaxation techniques.

### Student Learning Outcome

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

### What to bring and prepare

- Comfortable workout clothes ---No street clothes are allowed. (No jeans, shorts, skirt) Do not wear vinyl or nylon warm-up suites. The material of your clothe **must be stretchable**.
- Yoga mat --- It won't be provided so get your own. (It is not mandatory.) You are not allowed to use school yoga mat. You may use a big towel or a blanket instead of yoga mat.
- Towel
- A bottle of water --- To prevent you from dehydration and fatigue.
- A positive attitude --- If you are not motivated, this class is not for you.
- Bare feet ---No shoes and socks

No loose hair, cap and accessory. You must wear clean clothes and a deodorant.

### Class Requirements and grading points

Final Examination (Written exam)	50 points
Pre and Post fitness assessment	10 points each (20 points)
Yoga Class fitness assessment	5 points each (10 points)
Participation	220 points

One non participation = Minus 10 points

Three tardy or Leaving early =one non participation (minus 10 points)

**Cooperative participation** is required to get full participation points.

**Cooperative participation**= Gathering and keeping written materials, school information, test dates, complete fitness assignments in class, using appropriate and respectful language and attitude and always being polite and helpful to all in class. Always follow the instruction, wear appropriate attire and prepared for the class. No cheating on examination and attendance record.

### Grading (300 points possible)

270 + = A, 240 + = B, 210 + = C, 180 + = D, 179 and under F

### **Attendance and class rules**

1. Three absences are without penalty. (No medical excuse will be given.) Minus 10points for each class missed. The class will always begin at the scheduled starting time and if you arrive after the starting time, you will not get full participation points. You need to always sign in as your participation record. Signing out is at the instructor's discretion. **You must sign by yourself** for your participation to be counted as valid. (Participation record is official. If you do not sign by yourself, sign for other students or leaving without instructor's approval will be considered as an action of cheating. It will cause you one grade down!) Should you come late, **it is your responsibility** to sign in **at the end of the class time**. Do not report your absence to the PE office.
2. **There is no make- up and extra credit points for the non participation.**
3. You are not allowed to take class without proper workout clothes. The dress code will be strictly enforced. You will be asked to leave if you are not properly dressed for the class.
4. All the personal belongings have to be put along the specified wall. Also, do not place any personal belongings or breakable objects on and around your mat except a water bottle and a towel.
5. Limit the conversation during the class. If you fail to do so, you will be asked to leave the class room. **Do not locate your mat next to your friends.**
6. If you must leave the class early, let the instructor know **before the class starts** otherwise your participation points will not be valid.
7. If you came to the class more than 20 minutes late, you will not get **any** participation points.
8. If you are not able to participate in all the class activity due to injury, you must take notes (minimum two pages) and submit it at the end of the class to get full participation points.
9. Chewing gum, soda or food will not be allowed in the classroom.
10. **No cell phone or recording devices in the class.**
11. For you and other student's safety, you must follow the instruction during the class. If you fail to do so, you will be asked to leave the classroom. Also your participation points will be forfeited.
12. If you have any pre-existing medical or physical problems, you should consult your physician before participating in the class activities. Please inform the instructor if any new conditions occurred.
13. It is your responsibility for all college information, deadline dates and missing information about the class. You are not allowed to bring friends and family to the class.
14. If you decided to drop this class, make sure you drop the class before the last day to drop with a "W" otherwise you may end up getting an "F" grad