



**KINE 1139
YOGA
Fall 2022**

**Dr. Shanna U. Moody
Assistant Professor - Kinesiology**

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Office Hours: M-Th 2-4pm & F 8-10am Or by appointment (<https://calendly.com/shanna-moody>)
Class: T/Th 12:30pm -1:20 GPC Gym
Required Text: None. Each student is required to provide their own personal yoga mat.

Course Description

This course explores the asanas (poses), pranayamas (breathwork), and vinyasa (flows) of yoga intended to target physical postures, breathing, relaxation, and mental concentration.

Prerequisites None.

Learning Objectives

- Build a conscious awareness of breath, body position, action, and mental activity.
- Demonstrate increased proficiency in yoga poses.
- Learn to maximize relaxation of the body while sustaining a yoga pose.
- Demonstrate basic breathing techniques relevant to yoga practice.
- Understand and apply the underlying concepts of yoga.
- Promote knowledge and awareness of skeletal alignment and body mechanics, emphasizing a safe and intelligent use of the body.
- Develop a working knowledge of selected asanas and vinyasa sequences.
- Increase strength, coordination, balance, flexibility, and range of motion.
- Recognize and apply the value and benefits of an on-going yoga practice.

Attendance

Attendance for class is mandatory. Every class day is a grade.

Grading Policy

Grade calculation	Grade (Points)	
Attendance & Participation	40 x 15	600 = 60%
Student Mini Teach	2 x 100	200 = 20%
Final Project	1 x 200	200 = 20%
Total Points		1000 = 100%

Wk	Dates	Content	Exercise	Due
1	8/23-8/25	Introductions, Syllabus, PAR-Q, Pretest		
2	8/30-9/1	Basic Yoga Practice <ul style="list-style-type: none"> ● keys to successful yoga practice ● technique ● proper breathing 	Inhales, exhales, plank, upward facing dog, downward facing dog, low lunge	
3	9/6-9/8 Labor Day	Basic Yoga Practice <ul style="list-style-type: none"> ● Pose breakdown ● Final Relaxation 	inhales, exhales, planks, up & down dog, lunges	
4	9/13-9/15	Basic Yoga Practice <ul style="list-style-type: none"> ● History of yoga ● Balance poses 	Tree, dancer, Standing bow, boat	Teach: Asana (Pose)
5	9/20-9/22	Core Yoga Practice <ul style="list-style-type: none"> ● General health & wellness in yoga ● Stability ball 	Crunches, side bends, planks, pikes	
6	9/27-9/29	Yoga with emphasis on flexibility: <ul style="list-style-type: none"> ● eating clean challenge ● flexibility & stretching exercises 	frog, pigeon, runners lunge	
7	10/4-10/6	Yoga with emphasis on Back & Shoulders <ul style="list-style-type: none"> ● Strength training ● back & shoulder exercises 	planks, push ups, arm clasps	Wall Sit Competition
8	10/11-10/13	Yoga with emphasis on Leg Strength <ul style="list-style-type: none"> ● Boosting your mood naturally ● Leg exercises 	chari, wall sit, warrior I, II, III, humble, reverse	Teach: Pranayama (breath) or meditation
9	10/18-10/20	Yoga with emphasis on Arm Strength <ul style="list-style-type: none"> ● Importance of breath/mouth taping ● Arm exercises 	planks, crow, weighted exercises	
10	10/25-10/27 Homecoming	Intermediate Yoga with resistance <ul style="list-style-type: none"> ● Importance of feet ● resistance exercises with band 	inner thigh, squats, glutes, shoulders, core	
11	11/1-11/3 Dia de Lobo	Relaxation/Restorative Yoga <ul style="list-style-type: none"> ● use of props in yoga ● myofascial release 	Meditation	
12	11/8-11/10	Power Yoga	Plank competition	Teach: Full Practice
13	11/15-11/17	Core Focused Yoga <ul style="list-style-type: none"> ● Energy source ● 7 chakras 	twisting poses	
14	11/22-11/24	Virtual		
15	11/29	Virtual		
16	12/2-12-8	FINAL EXAMS		

UNIVERSITY POLICIES

Accidents & Injuries

In the case of bodily or personal property damage, the Kinesiology Department will not be held responsible. The student must report any field experience related to injury or illness to the Instructor immediately. Any expense incurred due to injury or illness will be the student's responsibility.

Professional Development

All undergraduate Kinesiology majors are required to participate in continuing education activities outside of the classroom. Students must complete a total of 20 Professional Development points (PD points) prior to enrolling in Internship or Student Teaching. See the Kinesiology webpage for detailed information.

ADA Statement

SRSU Disability Services. Sul Ross State University (SRSU) is committed to equal access in compliance with the Americans with Disabilities Act (ADA) of 1973. It is SRSU policy to provide reasonable accommodations to students with documented disabilities. It is the student's responsibility to initiate a request each semester for each class. Alpine students seeking accessibility/accommodations must contact Mary Schwartze Grisham M.Ed., LPC, Accessibility Services Coordinator at 432.837.8203 (please leave a message and your call will be returned as soon as possible during business hours), or email mschwartze@sulross.edu. The office is located on the first floor of Ferguson Hall (Suit 112). Mailing address - PO Box C122 Sul Ross State University, Alpine, Texas, 79832.

SRSU Library Info

The Bryan Wildenthal Memorial Library in Alpine. Offers FREE resources and services to the entire SRSU community. Access and borrow books, articles, and more by visiting the library's website, library.sulross.edu. Off-campus access requires logging in with your Lobold and password. Librarians are a tremendous resource for your coursework and can be reached in person, by email (srsulibrary@sulross.edu), or phone (432-837-8123).

Academic Integrity Statement

Students in this class are expected to demonstrate scholarly behavior and academic honesty in the use of intellectual property. A scholar is expected to be punctual, prepared, and focused; meaningful and pertinent participation is appreciated. Examples of academic dishonesty include but are not limited to: Turning in work as original that was used in whole or part for another course and/or professor; turning in another person's work as one's own; copying from professional works or internet sites without citation; collaborating on a course assignment, examination, or quiz when collaboration is forbidden.

Classroom Climate of Respect

Importantly, this class will foster free expression, critical investigation, and the open discussion of ideas. This means that all of us must help create and sustain an atmosphere of tolerance, civility, and respect for the viewpoints of others. Similarly, we must all learn how to probe, oppose and disagree without resorting to tactics of intimidation, harassment, or personal attack. No one is entitled to harass, belittle, or discriminate against another on the basis of race, religion, ethnicity, age, gender, national origin, or sexual preference. Still we will not be silenced by the difficulty of fruitfully discussing politically sensitive issues.

Diversity Statement

I aim to create a learning environment for my students that supports a diversity of thoughts, perspectives and experiences, and honors your identities (including race, gender, class, sexuality, religion, ability, socioeconomic class, age, nationality, etc.). I also understand that the crisis of COVID, economic disparity, and health concerns, or even unexpected life events could impact the conditions necessary for you to succeed. My commitment is to be there for you and help you meet the learning objectives of this course. I do this to demonstrate my commitment to you and to the mission of Sul Ross State University to create an inclusive environment and care for the whole student as part of the Sul Ross Familia. If you feel like your performance in the class is being impacted by your experiences outside of class, please don't hesitate to come and talk with me. I want to be a resource for you.

Academic Affairs Service Statement

Sul Ross faculty, staff, and students are expected to model responsible citizenship through service activities that promote personal and academic growth while enhancing the university, local, regional, national, and global communities. These activities will foster a culture of academic/public engagement that contributes to the achievement of the university's mission and core values.

Academic Excellence Statement

Sul Ross holds high expectations for students to assume responsibility for their own individual learning. Students are also expected to achieve academic excellence by:

- Honoring the core values of Sul Ross.
- Upholding high standards of habit and behavior.
- Maintaining excellence through class attendance and punctuality.
- Preparing for active participation in all learning experiences.
- Putting forth their best individual effort.
- Continually improving as independent learners.
- Engaging in extracurricular opportunities that encourage personal and academic growth.
- Reflecting critically upon feedback and applying these lessons to meet future challenges.