



**SUL ROSS**  
KINESIOLOGY DEPARTMENT

**KES 1139-001**

**Yoga**

**Fall 2023**

## **Annika Canaba**

Adjunct Professor- Kinesiology

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**Office Hours:** 9:00am – 12:00 pm

**Meeting Times:** MW 12:00-12:50am (GPC Dance Studio)

**Required Text:** None

### **COURSE DESCRIPTION**

No text is required. **CLASS DESCRIPTION:** Yoga (0-2) This course introduces the fundamentals of yoga. Emphasis is placed on beginner yoga practices to support health and wellness. **NOTE:** Basic equipment will be provided. Open to all levels.

### **PURPOSE OF COURSE**

The purpose of this class is to “encourage students to find meaningful activities that will lead to life-long leisure pursuits”. This class will teach students the basics of yoga so that they can use it as an activity during leisure time in the future while also learning knowledge to share with others. Class will be held in the Graves-Pierce Dance studio located by the basketball Court.

### **Marketable Skills – The following marketable skills are met in this course:**

- **Collaboration** – students will interact with one another through a multitude of class discussions and activities
- **Communication** – students will communicate during different activities that will improve communication
- **Mindfulness** – students will learn to be mindful of themselves and those around them

**COURSE OBJECTIVES:** Students will be able to:

By the end of the course, the successful student should be able to: 1. Identify beginner poses of yoga. 2. Demonstrate correct form for each pose. 3. Gain basic knowledge that will allow the students to participate in yoga and also to share their knowledge with others.

### **Attendance**

Attendance for class is mandatory. Every class day is a grade. You will receive 100% credit for being on time, 75% credit for being tardy. **One letter grade will be deducted for every absence after four (4).**

### **GRADING POLICIES/TESTING/ASSIGNMENTS/ATTENDANCE/EXPECTATIONS**

Grade calculation	% of Grade	Grading Scale
Attendance/Participation	100	90 or more A
		80 - 89 B
		70 - 79 C
		60 - 69 D
		Less than 59 F

## **Course Schedule**

	<b><u>Monday</u></b>	<b><u>Wednesday</u></b>
<b><u>Week 1</u></b>	Introduction	Introduction
<b><u>Week 2</u></b>	No Class Labor Day	Beginner Yoga
<b><u>Week 3</u></b>	Focus on Posture	Posture/Poses
<b><u>Week 4</u></b>	Breathing Focus	Breathing Focus
<b><u>Week 5</u></b>	Meditation Yoga	Meditation Yoga
<b><u>Week 6</u></b>	Generic Yoga Stretch	Generic Yoga Stretch
<b><u>Week 7</u></b>	Practicing Mindfulness	Practicing Mindfulness
<b><u>Week 8</u></b>	Fundamental Postures	Fundamental Postures
<b><u>Week 9</u></b>	Stress Reduction Yoga	Stress Reduction Yoga
<b><u>Week 10</u></b>	Simple Yoga Poses	Simple Yoga Poses
<b><u>Week 11</u></b>	Breathing Focus	Meditation Yoga
<b><u>Week 12</u></b>	Breathing Focus	Meditation Yoga
<b><u>Week 13</u></b>	Yoga Stretch	
<b><u>Week 14</u></b>	Mindfulness	
<b><u>Week 15</u></b>	Posture/Breathing	
<b><u>Week 16</u></b>	Finals Week	Finals Week

### **Distance Education Statement**

Students enrolled in distance education courses have equal access to the university's academic support services, such as Smarthinking, library resources, online databases, and instructional technology support. For more information about accessing these resources, visit the SRSU website. Students should correspond using Sul Ross email accounts and submit online assignments through Blackboard, which requires secure login information to verify students' identities and to protect students' information. The procedures for filing a student complaint are included in the student handbook. Students enrolled in distance education courses at Sul Ross are expected to adhere to all policies pertaining to academic honesty and appropriate student conduct, as described in the student handbook. Students in web-based courses must

maintain appropriate equipment and software, according to the needs and requirements of the course, as outlined on the SRSU website.

### **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 injury or illness to the Instructor immediately. Any expense incurred due to injury or illness will be the student's responsibility.

### **Academic Integrity Statement**

Academic dishonesty hurts everyone and reduces the value of college degrees. Doing someone else's work, presenting the ideas and work of others as your own, submitting the same paper for multiple classes, and/or failing to cite your sources when you utilize the ideas of others, are all examples of academic dishonesty. It is your responsibility to read and understand the university's policy on academic dishonesty in the SRSU Student Handbook, as all violations will be taken seriously and handled through the appropriate university process. The Student Handbook can be found at: <https://www.sulross.edu/page/2454/student-handbook> (page 80).

In addition, please note that plagiarism detection software will be used in this class for written assignments, as well as monitoring software for course exams.

### **Academic Civility Statement**

Students are expected to interact with professors and peers in a respectful manner that enhances the learning environment. Professors may require a student who deviates from this expectation to leave the face-to-face (or virtual) classroom learning environment for that particular class session (and potentially subsequent class sessions) for a specific amount of time. In addition, the professor might consider the university disciplinary process (for Academic Affairs/Student Life) for egregious or continued disruptive behavior.

### **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.

### **ADA Statement**

Sul Ross State University is committed to equal access in compliance with the Americans with Disabilities Act of 1973. Students with qualifying disabilities who seek accommodations must initiate a request for a meeting for accessibility services. Students seeking accessibility services must contact Rebecca Greathouse Wren, M.Ed., LPC-S, Counseling & Accessibility Services, Telephone: 432-837-8203, or E-mail: [rebecca.wren@sulross.edu](mailto:rebecca.wren@sulross.edu). For more information see: <https://www.sulross.edu/page/1384/accessibility-services>