

Santa Rosa Junior College

KFIT 6.1 Beginning Yoga Section 7084

Spring 2019 Tues & Thurs 3:00-4:30 pm

Instructor: Donna Burch

Phone: 527-4999 ext 5295

**TEXTS: Seven Spiritual Laws of Yoga by Deepak Chopra (recommended)

Yoga Tune Up Therapy Balls (highly recommended) affirm-health.com

Student Learning Outcomes:

1. Demonstrate an understanding of the fundamental asanas (postures) and yoga techniques.
2. Create a Yoga practice designed to improve flexibility, muscular strength, balance, and coordination.
3. Describe basic relaxation, breathing and centering methods used in Yoga.

Objectives:

Upon completion of the course, the student will be able to:

1. Apply principles of movement and body awareness into Hatha yoga postures
2. Demonstrate basic Hatha yoga asanas including floor, seated, kneeling, and standing postures.
3. Demonstrate an understanding of breath integration with yoga asanas.
4. Perform a personal Yoga practice based on flexibility, muscular strength, balance, and coordination.
5. Apply Yoga techniques and benefits into daily life practices.
6. Repeating students must demonstrate increased depth and breadth of related skills, with new learning objectives.

REQUIREMENTS:

You must provide your own yoga mat and towel. Please bring water with you.

GRADES:

55% Attendance. You are allowed two make-ups per semester. See me for make-up slips. If an emergency arises and you miss more than 2 classes, please call me before, if possible, to discuss options.

15% Participation & Performance. Demonstration of yoga postures and safety skills. Class performance, effort, class participation, endurance, attitude, and attendance responsibility.

30% Written assignments:

1. Write a paragraph or 2 describing your goals for this class and how it is going for you so far.(2- 4 weeks into semester)
2. Written Assessment on your Goals, Test: either Mid term or final.
3. Yoga Writing as assigned. 2nd Goal assessment near end of semester.

Optional: Your own personal Yoga journal, can be used for extra credit.

“Those who say it cannot be done , should not interrupt the person doing it.”

POLICIES

ALL CELL PHONES and other electronic devices must be OFF before entering the gym!!! Please!

Blood/Body Fluid Procedures: First aid kits and 10% bleach solution containers are located in each facility and Equipment room. Wear gloves and follow disposal of biohazardous waste procedures for soiled materials.

Physical Contact Concerns: Instructing individual activity skills may require “hands on” physical contact. Please communicate any concerns or objections to the instructor or department chair.

Student Conduct: Students are required to abide by the Santa Rosa Junior College Student Conduct Standards. Violation of the Standards is basis for

dismissal from class or from the College.

Health Concerns: Students are asked to inform the instructor of any health problems or concerns that may be effected by participating in physical activity.

No Cell Phones. Turn them off BEFORE class & store away from your mat.

Instructor-Student Contact Time: Just before and after class times and by appointment. Email address dburch@santarosa.edu ****CELL PHONES/ LAPTOPS/MP3 PLAYERS/GUM CHEWING:** It is the professor's expectation that each and every student, and the professor, will take into consideration respect for the learning environment by turning off all devices with noise and limiting use within the class time. Regarding gum, it has proved to be a major distraction; therefore it is not allowed in the classroom at any time. If an emergency exists that precludes adherence to this request, special permission may be granted by the professor to keep a device on a vibration setting.more info:

1.) Your Syllabus for this class is an AGREEMENT between the instructor and yourself.

Read it. Follow it. Understand it. Do not lose it. Continued registration in this course means that you agree to the policies and procedures outlined in this syllabus. It is your responsibility to know what is expected and required from you for this class. I am required to abide by it.

2.) Absolutely NO CELL PHONES, IPODS, OR ANY OTHER ELECTRONIC EQUIPMENT allowed in class. It is highly disrespectful and inappropriate to use your cell phone either by voice, or by texting, in class, so TURN THEM OFF prior to entering class; or, you will be dismissed from class.

3.) In accordance with the mission statement of the Kinesiology, Dance & Athletic Department at SRJC, we welcome a diverse cross-section of the student population. Due to the nature of instructing individual activity skills, it is often necessary to physically make contact with a student. If this will place you in a hostile learning environment, please communicate your concerns to the instructor.

4.) If you have Medical Concerns, or any other personal problems which may be a factor in your performance within the class structure, please feel welcome to discuss this confidentially with me.

5.) In the event of instances which involve the presence of blood and/or other body fluids, universal precautions will be carefully followed. The precautions include: using gloves, careful waste disposal, adequate disinfectants, modification of CPR, and hand washing.

6.) Emergency Evacuation Plan: In the event of an emergency, please know the exit rules, nearest evacuation site, and where the nearest telephone is for this particular facility. If you are a student with a disability who may need assistance in an evacuation, please see me during my office hours as soon as possible so we can discuss an evacuation plan.

7.) Please remember that SRJC is not crime-free. Practice safety awareness procedures, such as using the buddy system, and being vigilante in closed areas like restrooms and locker rooms, and in parking lots when going or coming from your car. In case of emergency, CALL CAMPUS POLICE AT 527-1000 (just the ext.1000 from an on campus phone), or call the Police at 911.

8.) Accommodations for Students with Disabilities: Students needing accommodations in this class are encouraged to contact Disability Resources as soon as possible. If you need disability related accommodations for this class, such as a note taker, test taking services, special furniture, etc., please provide the Authorization for Academic Accommodations (AAA letter) from the Disability Resources Department (DRD) to the instructor as soon as possible. You may also speak with the instructor privately during office hours about your accommodations. If you have not received authorization from DRD, it is recommended that you contact them directly. DRD is located in Analy Village on the Santa Rosa campus, 527-4278; and Jacobs Hall on the Petaluma Campus, 778-2491.

9.) Santa Rosa Junior College is committed to providing equal opportunities for all students, employees, and applicants regardless of race, color, sex, age, religion, marital status, sexual orientation, disability or national origin. SRJC Students are expected and required to abide by the Student Conduct Stan-

dards. Violation of the Standards is basis for disciplinary sanction, including dismissal from class or from the college.

In particular, please pay attention to “Student Conduct Standards and Due Process, Section 1, Standards of Conduct. Students shall be disciplined only for good cause, which shall include, but not be limited to, the following categories of misconduct. M.) Continued disruptive behavior, failure to comply with directions of College officials acting in the performance of their duties, continued willful disobedience, habitual profanity or vulgarity, open and persistent defiance of authority or persistent abuse of College personnel requiring inordinate drains on staff time, resources and supervision.”

For more info: http://www.santarosa.edu/for_students/rules-regulations/student-conduct.shtml

10) Academic Integrity: All members of the academic community - student, faculty, staff, and administrator - must assume responsibility for providing an environment of the highest standards, characterized by a spirit of academic honesty and mutual respect. Because personal accountability is inherent in an academic community of integrity, this institution will not tolerate or ignore any form of academic dishonesty. Academic dishonesty is regarded as any act of deception, benign or malicious in nature, in the completion of any academic exercise. Examples of academic dishonesty include cheating, plagiarism, impersonation, misrepresentation of idea or fact for the purpose of defrauding, use of unauthorized aids or devices, falsifying attendance records, violation of testing protocol, inappropriate course assignment collaboration, and any other acts that are prohibited by the instructor of record.

Final Exam: Tuesday May 21st at Usual Class time!

