

COLBY Syllabus COMMUNITY COLLEGE

Course Number/Title: PE224 Yoga	Year: Fall 2012
Department: Physical Education	Credit Hours: 1 credit hour
Required Text: None	Days/Time: M/W 12:15-1:30. Oct. 17 - Dec. 10
Instructor: Bethanie Williams	Room #: _____
Office Hours: N/A	Phone #: 785-443-1500 Cell
Course Placement: Freshman or Sophomore	Co-Prerequisite: None

Rationale:

YOGA classes at Colby Community College were developed to give the student the opportunity to learn the various poses of Yoga to help relieve stress, increase strength, increase flexibility, and better their overall health and wellness. Yoga is a lifetime skill that students can use at any point in their daily life now and after they get out of school.

Course Description:

Yoga--In this class, the student will participate in an exercise program which incorporates yoga poses at different intensities in order to promote health and wellness through aerobic exercise, strength and muscular training. It is an overall fitness program that may become a lifetime skill.

Course Competencies:

The major concept of the physical education graduation requirement is to provide the student with opportunities to develop an optimal level of good health, master a physical education skill, and acquire knowledge of the significance of lifestyle on one's health and well being.

After successfully completing this course, the student will be able to practice yoga.

Method of Instruction:

The grade for the class is based on one area: attendance and participation in the selected yoga activity.

Method of Evaluation:

The course grading scale will be as follows:

Attendance	400 points (100% of grade)
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400 Total Points

400 - 360 points	-	A
359 - 320 points	-	B
319 - 280 points	-	C
279 - 240 points	-	D
239 and below	-	F

Course Requirements:

1. Attend all classes with active participation.
2. Wear appropriate dress attire for activity.

Attendance Policy:

This class is offered for 8 weeks and attendance is based on class two times a week. There are 25 points earned for each class period attended, for 16 sessions totaling 400 points.