COURSE SYLLABUS
Continuing Yoga
1 Credit Hour

Semester/Year: Spring 2010  Class Location: Gym 304
Instructor: Joyce Ballard  E-Mail: davnjoy@yahoo.com
Class Time: M-W 12:00-12:50  Phone: 733-8881

Course Description:
This course provides a continuation for exploring classical yoga postures as well as the
history and philosophy of yoga. Each class includes yoga poses, relaxation and
breathing techniques.

Pre-requisites:
It is recommended that the student have some previous yoga experience.

Equipment Needed:
It is recommended that each student have their own yoga mat.

Course Outcomes and Assessments:
Outcome: Learn and perform a series of yoga poses, breathing techniques and
relaxation poses.
Assessment: Students will demonstrate poses with appropriate individual modifications.

Outcome: Learn basic alignment principles with appropriate modifications.
Assessment: Alignment will be evaluated by instructor observation.

Outcome: Perform supplemental activity for enhancement of class performance and
understanding.
Assessment: 1. The student will be required to hand in a written report after reading a
yoga book or article pertaining to yoga. 2. The student will watch a yoga DVD and
write a short evaluation.

Policies and Procedures:

1. Be on time to class.
2. Listen to your body, pain is not appropriate.
3. Clothing should be comfortable and allow movement.
4. Be in bare feet.
5. Make a commitment to practice something every day.
6. Make sure your cell phone is turned off during class.
7. Inform the instructor of any physical conditions, injuries, etc.
8. Do not expect your instructor to drop you if you stop coming to class. If the class does not meet your needs or you accumulate a string of absences, drop the class promptly or you may have an F for the class.

Grading Practices:

A = 3 or less absences and completing the two written assignments.
B = 4-5 absences and completing the two written assignments.
C = 6-7 absences and completing the two written assignments.
D = 8-9 absences
F = 10 or more absences

Full participation in class is required. If a student shows up 10 or more minutes late for class, he/she will receive NO credit for that day, unless prior arrangements have been made with the instructor.

After the first three weeks of the session, if the student is a no show, the faculty member may withdraw the student for lack of attendance. The student must initiate the action to withdraw by the 12th week. After the 12th week a grade other than W will be issued.

Make Ups:

Emergencies and illnesses do happen and if this should be the case, please contact your course instructor as soon as possible to discuss options for missed class sessions. Make up classes are determined and handled within this course by the course instructor. Students May Not attend another instructor’s activity class.

CSI email: Since email is the primary source of written communication with students, all registered CSI students get a college email account. Student e-mail addresses have the following format: <address>@eaglemail.csi.edu where <address> is a name selected by the student as a part of activating his/her account. Students activate their accounts and check their CSI e-mail online at http://eaglemail.csi.edu. Instructors and various offices send messages to these student accounts. Students must check their CSI e-mail accounts regularly to avoid missing important messages and deadlines. At the beginning of each semester free training sessions are offered to students who need help in using their accounts.

Disability Statement: Any student with a documented disability may be eligible for related accommodations. To determine eligibility and secure services, students should contact the Coordinator of Disability Services at their opportunity after registration for a class. Student Disability Services is located on the second floor of the Taylor Building on the Twin Falls campus. 208-732-6260 (voice) or 208-734-9929 (TTY) or email sscholes@csi.edu.

On-line Course Evaluation Statement: Students are strongly encouraged to complete evaluations at the end of the course. Evaluations are very important to assist the teaching staff to continually improve the course. Evaluations are available online at: http://evaluation.csi.edu. Evaluations open up two weeks prior to the end of the course. The last day to complete an evaluation is the last day of the course. During the time the evaluations are open, students can complete the course evaluations at their convenience from any computer with Internet access, including in the open lab in the Library and in the SUB. When students log in, they should see the evaluations for the courses in which they are enrolled. Evaluations are anonymous. Filling out the evaluation should only take a few minutes. Your honest feedback is greatly appreciated!
COURSE SYLLABUS
Continuing Yoga
1 Credit Hour

Semester/Year: Spring 2010
Instructor: Joyce Ballard
Class Time: M-W 12:00-12:50

Class Location: Gym 304
E-Mail: davnjoy@yahoo.com
Phone: 733-8881

Course Description:
This course provides a continuation for exploring classical yoga postures as well as the
history and philosophy of yoga. Each class includes yoga poses, relaxation and
breathing techniques.

Pre-requisites:
It is recommended that the student have some previous yoga experience.

Equipment Needed:
It is recommended that each student have their own yoga mat.

Course Outcomes and Assessments:
Outcome: Learn and perform a series of yoga poses, breathing techniques and
relaxation poses.
Assessment: Students will demonstrate poses with appropriate individual modifications.

Outcome: Learn basic alignment principles with appropriate modifications.
Assessment: Alignment will be evaluated by instructor observation.

Outcome: Perform supplemental activity for enhancement of class performance and
understanding.
Assessment: 1. The student will be required to hand in a written report after reading a
yoga book or article pertaining to yoga. 2. The student will watch a yoga DVD and
write a short evaluation.

Policies and Procedures:
1. Be on time to class.
2. Listen to your body, pain is not appropriate.
3. Clothing should be comfortable and allow movement.
4. Be in bare feet.
5. Make a commitment to practice something every day.
6. Make sure your cell phone is turned off during class.
7. Inform the instructor of any physical conditions, injuries, etc.
8. Do not expect your instructor to drop you if you stop coming to class. If the class does not meet your needs or you accumulate a string of absences, drop the class promptly or you may have an F for the class.

**Grading Practices:**

A = 3 or less absences and completing the two written assignments.
B = 4-5 absences and completing the two written assignments.
C = 6-7 absences and completing the two written assignments.
D = 8-9 absences
F = 10 or more absences

Full participation in class is required. If a student shows up 10 or more minutes late for class, he/she will received NO credit for that day, unless prior arrangements have been made with the instructor.

**After the first three weeks of the session, if the student is a no show, the faculty member may withdraw the student for lack of attendance. The student must initiate the action to withdraw by the 12th week. After the 12th week a grade other than W will be issued.**

**Make Ups:**

Emergencies and illnesses do happen and if this should be the case, please contact your course instructor as soon as possible to discuss options for missed class sessions. Make up classes are determined and handled within this course by the course instructor. Students **May Not** attend another instructor’s activity class.

**CSI email:** Since email is the primary source of written communication with students, all registered CSI students get a college email account. Student e-mail addresses have the following format: `<address>@eaglemailcsi.edu` where `<address>` is a name selected by the student as a part of activating his/her account. Students activate their accounts and check their CSI e-mail online at [http://eaglemail.csiedu](http://eaglemail.csiedu). Instructors and various offices send messages to these student accounts. Students must check their **CSI e-mail accounts regularly to avoid** missing important messages and deadlines. At the beginning of each semester free training sessions are offered to students who need help in using their accounts.

**Disability Statement:** Any student with a documented disability may be eligible for related accommodations. To determine eligibility and secure services, students should contact the Coordinator of Disability Services at their opportunity after registration for a class. Student Disability Services is located on the second floor of the Taylor Building on the Twin Falls campus. 208-732-6260 (voice) or 208-734-9929 (TTY) or email sscholes@csi.edu.

**On-line Course Evaluation Statement:** Students are strongly encouraged to complete evaluations at the end of the course. Evaluations are very important to assist the teaching staff to continually improve the course. Evaluations are available online at [http://evaluation.csiedu](http://evaluation.csiedu). Evaluations open up two weeks prior to the end of the course. The last day to complete an evaluation is the last day of the course. During the time the evaluations are open, students can complete the course evaluations at their convenience from any computer with Internet access, including in the open lab in the Library and in the SUB. When students log in, they should see the evaluations for the courses in which they are enrolled. Evaluations are anonymous. Filling out the evaluation should only take a few minutes. Your honest feedback is greatly appreciated!