COURSE SYLLABUS
Yoga For Seniors PHYE 153 CO1
1 Credit Hour

Semester/Year: Spring 2010  Class Location: Gym 304
Instructor: Joyce Ballard  E-Mail: davnjoy@yahoo.com
Class Time: Thursday 11 AM-12:30 PM  Phone: 733-8881

Course Description:
This course provides a foundation 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:
None; all students age 60 and over are welcome.

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

Course Objectives:
The objective of this course is to familiarize Seniors with yoga poses and be able to perform the poses with modifications as needed.

Course Outcomes and Assessments:
Outcome: Learn and perform a series of beginning yoga 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.

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 a “Fail” for the class.**

Grading Practices:
This is a Pass/Fail class. In order to have a “Pass” grade you must have 7 or less absences and participate full in class activities.
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!