

Yoga: EXSA 0163
M + W 3:00-3:50, 5:00-5:50 SC 126 gym
T + H 11:00-11:50 Mac 102B, 12:30-1:20 Mac 133
Fall Semester 2009

Instructor: David W. Bohon

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Office Hours: Before, after class and by appointment

Course Description

This course is designed to enhance student's muscular strength (with one's body weight), flexibility, balance/grace, postural awareness and ability to concentrate as well as relax. Students will be provided with a basic working knowledge of postures, some benefits associated with asana/yoga and general information about the topic of yoga. Students will also be provided ways to pursue independent asana/yoga practice as an integral part of lifetime wellness plan.

Course Objectives

The student will be able to:

1. Enhance muscular strength (with one's body weight), flexibility, balance/grace, postural awareness, ability to concentrate and relax.
2. Demonstrate a basic working knowledge of poses, eight limbs of yoga, as well as list some benefits associated with asana/yoga.
3. Begin the process of formulating a lifetime wellness program.

Course Evaluation

Class attendance and appropriate participation	300 points
Assignment (2)	100 points
Final Exam	100 points

*There will be opportunities to earn **extra credit**, which the instructor will elaborate upon during the semester.

Grading Scale

A = 450 - 500 points

B = 400 - 449 points

C = 350 – 399 points

D = 300 – 349 points

F = 299 or less

Required Text: None

Required Supplies: Comfortable/non restricting workout clothes, a yoga mat and props are optional. Bring a notebook and pen for days when notes will be given.

* Cell phones are to be turned off during class time.

Attendance Policy:

Two absences are allowed without consequence. Any student with **eight or more absences will earn an automatic “F” for this class.**

4 absences = **A**

5 absences = **B**

6 absences = **C**

7 absences = **D**

The aforementioned grades are assuming the student has earned at least ninety percent on the assignments and final exam as well as no late to class or leaving class early point deductions have been earned.

Points are earned for each day of attendance and **appropriate participation** by the student. Being tardy to class and/ or leaving early will result in points being deducted **at the discretion of the instructor.**

Pass/ Fail:

A student must sign up for this by census day. In order to receive a “Pass,” the minimum number of total points for a “C” must be made.

Drop Policy:

Departments are no longer allowed to add students to rolls or drop students from rolls without written permission from the student. We are no longer required or allowed to drop students for never attending. Therefore, it is the responsibility of the student to either add or drop classes or withdraw from the University. Specific deadlines set by the University can be found in the current schedule of classes.

Americans with Disabilities Act:

The University of Texas at Arlington is on record as being committed to both the spirit and the letter of federal equal opportunity legislation; reference Public Law 92-112 – The Rehabilitation Act of 1973 as amended. With the passage of federal legislation entitled American with Disabilities Act (ADA), pursuant to section 504 of the Rehabilitation Act, there is renewed focus on providing this population with the same opportunities enjoyed by all citizens.

Academic Integrity:

It is the philosophy of the University of Texas at Arlington that academic dishonesty is a completely unacceptable mode of conduct and will not be tolerated in any form.

All persons involved in academic dishonesty will be disciplined in accordance with University regulations and procedures. Discipline may include suspension or expulsion from the University.

“Scholastic dishonesty includes, but is not limited to cheating, plagiarism, collusion, the submission for credit of any work or materials that are attributable in whole or in part to another person, taking an examination for another person, any act designed to give unfair advantage to a student or the attempt to commit such acts.” (Regents’ Rules and regulations, Series 50101, Section 2.2)

Student Support Services Available:

The University of Texas at Arlington supports a variety of student success programs to help you connect with the University and achieve academic success. These programs include learning assistance, developmental education, advising and mentoring, admission and transition, and federally funded programs. Students requiring assistance academically, personally, or socially should contact the Office of Student Success Programs at 817-272-6107 for more information and appropriate referrals.

Bomb Threats:

If anyone is tempted to call in a bomb threat, be aware threat UTA will attempt to trace the phone call and prosecute all responsible parties. Every effort will be made to avoid cancellation of presentations/ tests caused by bomb threats. Unannounced alternate sites will be available for these classes. Your instructor will make you aware of alternate class sites in the event that your classroom is not available.

Timeline for Grade Grievances:

The student has one calendar year from the date a grade is assigned to initiate a grade grievance. Students should attempt to resolve the grade issue with the instructor involved. If the issue cannot be resolved with the instructor, the student must complete an “Appeal of Grade” form, available in the department office. The normal academic channels for processing this appeal are:

1) Department Chair, 2) Academic Dean, 3) the Provost.