

Florida Atlantic University
College of Education
Department of Exercise Science & Health Promotion

Course title: YOGA PEM 2121 (1 credit)
Sections: 001- M & W 11:00- 11:50 am
002- M & W 10:00-10:50 am
Class location: Second floor Boca Gym 202
Instructor: Christine Apter
Office Hours: Available upon request, before or after class
Contact: Leave message with department, 561-297-3752
Email: capter@fau.edu

Course description: This course is designed to introduce students to yoga. The class includes theory and physical practice of body position, breathing, and meditation.

Course objectives: Upon completion of this course, the student will have an understanding of the basic concepts of Hatha Yoga and a basic knowledge of its history and views. The student will have the ability to perform a series of postures, develop their own growth and awareness and identify resources for continuation.

Textbook: None required

Instructions: Wear comfortable clothing, the room is cool. A yoga mat is strongly suggested, since we will be practicing on a wooden floor. No shoes or socks are to be worn in class. You will be asked not to use phones and to leave belongings at the door. Please refrain from eating immediately before class. Attendance is required. *All make ups subject to teacher availability- plan ahead.* A MAXIMUM OF TWO EXCUSED ABSENCES WILL BE ALLOWED.

Resource Folder: Resource handouts will be available on Blackboard. Student is responsible for collecting all 24 and retaining them in a folder to be collected and graded at the end of the semester. A review of an article about yoga will also be required and is to be included in the folder for grading. NO FOLDERS WILL BE ACCEPTED LATE.

Evaluation:	- Attendance and participation – 3 points per class ----- 75 points (1 point will be deducted if more than 10 minutes late)
	- Yoga resource folder(due April 15)-----12 points
	- Yoga article review (due April 15) ----- 3 points
	- Final exam (April 27, 9 am) -----10 points

TOTAL-----100 points

Grading Scale:

94.0-100.0%= A	78.0- 79.99%=C
90.0- 93.99%=A-	74.0-77.99%=C
88.0-89.99%=B+	70.0- 73.99%=C-
84.0- 87.99%=B	68.0- 69.99%=D+
80.0- 83.99%=B-	64- 67.99%=D
	60.0 - 63.99%=D-
	< 60.0%=F4.0-

Students requiring the following will notify the instructor by the end of the first week of the semester.

In compliance with the Americans with Disabilities Act (ADA), students who require special accommodations due to a disability to properly execute coursework must register with the Office for Students with Disabilities (OSD) located in Boca Raton - SU 133 (561-297-3880), in Davie - MOD I (954-236-1222), in Jupiter - SR 117 (561-799-8585), or at the Treasure Coast - CO 128 (772-873-3305), and follow all OSD procedures.

Students at Florida Atlantic University are expected to maintain the highest ethical standards. Academic dishonesty, including cheating and plagiarism, is considered a serious breach of these ethical standards, because it interferes with the University mission to provide a high quality education in which no student enjoys an unfair advantage over any other. Academic dishonesty is also destructive of the University community, which is grounded in a system of mutual trust and places high value on personal integrity and individual responsibility. Harsh penalties are associated with academic dishonesty. For more information, see http://www.fau.edu/regulations/chapter4/4.001_Honor_Code.pdf.

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