

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

Course title: YOGA PEM 2121 (1 credit)
Sections: 001- M & W 10:30- 11:35 am
 002- M & W 9:15-10:20 am
Class location: Second floor Boca Gym 202
Instructor: Christine Apter
Office Hours: Available upon request, before or after class
Contact: (561) 297-3752, leave message with department
Email: capter@fau.edu

Course description: This course is designed to introduce the student to the theory and practice of yoga. It will include introduction to yoga philosophy, an introductory set of physical postures, breathing techniques and meditation practice.

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.

Instructions: Wear comfortable clothing, the room is cool. Bring a mat and a towel or two; we will be practicing on a wooden floor. No shoes or socks are to be worn in class. Please silence beepers and phones and leave belongings at the door. Refrain from eating for at least 1 hour before class. Yoga is an introspective experience; therefore enter the room in silence and refrain from talking in class. . 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.

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| Evaluation: | -Attendance and participation - 6 points / class | 60 points |
| | -(1 point will be deducted if more than 10 minutes late) | |
| | - Yoga resource folder | 24 points |
| | -Yoga article review | 6 points |
| | Final exam | 10 points |

TOTAL 100 points

Grading Scale:

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| A | 94-100 points |
| A- | 90-93 |
| B+ | 87-89 |
| B | 84-86 |
| B- | 80-83 |
| C+ | 77-79 |
| C | 74-76 |
| C- | 70-73 |
| D+ | 67-69 |
| D | 64-66 |
| D- | 60-63 |
| F | 68 and below |

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.