

**JACKSON COMMUNITY COLLEGE**

**HPF 143 - YOGA II COURSE SYLLABUS**

**1 CREDIT**

**INSTRUCTOR:** Jeanette Lamphere

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**COURSE DESCRIPTION:** Participants will continue to develop yoga as a practice to facilitate lifelong skills, enhancing physical, emotional, and intellectual strength, flexibility, and power. This course will emphasize conscious awareness and internal focus through asana practice, body alignment, breathing techniques, relaxation, and beginning meditation. Pre-requisite: HPF 119 or teacher approval. Students are required to bring their own yoga mat.

**COURSE OBJECTIVES:**

1. Explore the classical eight limbs of yoga and provide an interpretation for today's practitioner
2. Develop individual application of traditional principles of movement, skeletal alignment, and body mechanics, emphasizing a safe and intelligent use of the body
3. Expand working knowledge of yoga postures and sequences – asana and vinyasa
4. Cultivate breath control and alternate breathing techniques – pranayama
5. Increase strength, coordination, balance, flexibility, and range of motion
6. Explore basic meditation/mindfulness practices
7. Recognize and apply the value and benefits of an on-going yoga practice
8. Create a personal health program from yoga

**PERSONAL RESPONSIBILITY:** All students in any HPF class that involves exercise must sign the JCC Release and Liability Waiver Form to participate. If there are any health conditions or concerns that could be affected by yoga techniques, it is the responsibility of the student to address them with his/her health care provider to ensure safety and good health in this class.

**REQUIRED READING AND COURSE MATERIALS:** Course handouts will be distributed via JetNet. All students are required to bring their own yoga (sticky) mat.

**ATTENDANCE POLICY:** *Regular attendance and class participation is required* in order to gain any benefits from this course and earn a portion of your grade.

1. If you are absent, it is your responsibility to obtain handouts and information shared in class prior to your return.
2. Respect class members and format, arriving late or leaving early is disrespectful to class members and the structure of the class. Exceptions must be approved by instructor prior to class.
3. It is your responsibility to notify the instructor of any existing conditions, injuries or mobility issues to receive the guidance that will benefit you most.
4. Wear clothing that allows for movement; standing, sitting, upside down and laying down. There will be physical (asana) practice each class meeting. (No Jeans)
5. Do not eat heavily two hours prior to class. Stay light on the beverages.
6. No gum or food. Only water in the classroom. Keep shoes at the door; bring your notebook and yoga mat to each class.
7. Be prepared to take socks off during yoga practice.
8. Electronic devices may not be used during class and must be muted.

## GRADING:

Attendance and participation (10 points class x 7 classes)	70 points
Journals (10 points per week {2 entries minimum} x 6 weeks)	60 points
Final - Written Personal Health Plan + Asana Demo	70 points
<b>Total</b>	<b>200 points</b>

- **Regular attendance** (70 pts. = 10 pts./class)
  - Arrive on time with active participation throughout the class= full points
  - Arrive late or leave early or otherwise lack of participation = partial points
  - Absence = no points
  - Active, regular participation is expected in order to achieve class objectives. Thus, your grade will be deducted by 0.5 upon a second absence. (Example: 2.5 will be lowered to 2.0 for a second absence.) If two consecutive absences occur by mid-term (end of wk. 3) without any communication to the instructor, the student will be dropped from the class. Three classes, missed for any reason, no grade above a 1.5 will be earned.
  
- **Journal** (60 pts.)
  - Students will record insights gained from yoga articles and discuss how these principles will be incorporated into their personal health plan
  - Minimum of two entries per week (12 entries total)
  - You may type your entry directly into the submission box, OR you may use Microsoft Word or a compatible word processing application to complete this written assignment per the guidelines below:
    - Use Times New Roman, 12-point font, and 1" margins
    - Date each entry and separate entries with a blank line.
    - All 12 entries may be stored in a single document
    - Save the assignment as *"first initial & last name\_journal," e.g., jlamphere\_journal, in a .doc (Word), .pdf (portable document format), or .rtf (rich text format) format* and upload it as an attachment via JetNet.
  - Journals are due regardless of class attendance
    - Late journals will be marked down one point for each week late
  
- **Final - Class Projects** (70 pts.)
  - *Personal Health Plan* (50 pts)
    - Using the excel template provided on JetNet or similar format, students will submit a typewritten plan via JetNet that details the elements of Patanjali's eight limbs of yoga the student has incorporate into their personal health plan and what this will look like both on and/or off their mat. The personal health plan will contain a vision statement, a mission statement, and a minimum of three major goals. Individual objectives that will support each goal will be noted in the body of the plan.
  - *Demonstrate a single asana* (20 pts)
    - Each student will be assigned a single asana to 'teach' to the class, identifying the basic mechanics of the posture, drishti, benefits, and possible contraindications. This demonstration should take somewhere between 2 and 5 minutes.

- **Grading Scale**

100 – 90%	4.0		69 - 65%	1.5
89 - 85%	3.5		64 - 60%	1.0
84 - 80%	3.0		59 - 55%	0.5
79 - 75%	2.5		<=54%	E
74 - 70%	2.0			

**EXTRA CREDIT OPPORTUNITY:** *One paper maximum - 5 pts. All current assignments must be submitted before extra credit paper will be accepted.*

- Written reaction paper from a yoga article used in class, an instructor approved professional journal, or related interest college level reading material
- Submit extra credit paper via JetNet; *see Week 1 for Extra Credit Assignment upload button*

**I - Incomplete:** The incomplete grade is designed for passing students with extenuating circumstances to allow them to complete the course requirements after the semester or session has ended. For the current JC Incomplete grade policy, please visit:

<http://www.jccmi.edu/policies/Academics/Policies/1003.pdf>

**CLASS SCHEDULE:**

Week 1: **Syllabus & Yama** -- begin journal & personal health plan (PHP)

Week 2: **Niyama** – journal & PHP

Week 3 **Asana & Pranayama** – journal & PHP

Week 4: **Pratyahara & Dharana** – journal & PHP

Week 5: **Dhyana** – journal & PHP

Week 6: **Samadhi** – finish journal; prepare asana demonstration; finish PHP

Week 7: Asana demonstrations / journals due / personal health plan due

**BENEFIT POLICY:** Students enrolled in any JCC HPF class have the benefit of being able to use the Weight Room in the Fieldhouse during its public hours for additional exercise opportunities. They may also attend other HPF and LTL activity classes free of charge (where space permits). The JCC Release and Wavier Form must be signed and respectful participation is expected. For information on class times and Weight Room hours, visit the Fieldhouse office.

**HELP:** Tutors (plus additional services for academic success) can be accessed by calling 796-8415 or by stopping by the Center for Student Success, Bert Walker Hall Room 123 on the Jackson Campus or the office at either JCC @ LISD TECH, Adrian or the LeTarte Center, Hillsdale.

Students with disabilities who believe that they may need accommodations in this class are encouraged to contact the Center for Student Success at 517-796-8415 as soon as possible to set up a meeting to ensure that such accommodations are implemented in a timely fashion. **It is the responsibility of the student to self-report needed accommodations to the CSS.** If writing is difficult for you, please consider using the Writing Laboratory or consider taking a traditional course on campus. If you have any other learning problems please make sure you contact the Center for Student Success or your instructor.

**PLAGIARISM AND CHEATING:** Be sure that all homework and assignments are your own work. Evidence of plagiarism or cheating on any exam or assignment will result in a “0” score for that assignment and notification of the Academic Dean – please see the current JC Academic Honesty Policy below.

**Academic Honesty Policy** can be found in your student handbook or on the JC website at this web address: <http://www.jccmi.edu/policies/Academics/Policies/1004.pdf>

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**CAVEAT:**

- Revisions to the syllabus are unlikely but possible, should circumstances require them.
- If the instructor is unable to attend class, a notice will be posted outside the classroom door, call the field-house office if there is a question. 517-796-8455
- If JCC is closed, local radio stations will carry the announcement.