

**JACKSON COLLEGE**

**COURSE SYLLABUS**

**INTRODUCTION TO YOGA - 1 CR**

**INSTRUCTOR:** Jeanette Lamphere

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**COURSE DESCRIPTION:** Participants will begin 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, relaxation, body alignment and breathing techniques. Students are required to bring their own yoga mat.

**COURSE OBJECTIVES:** During HPF 119, the student will learn:

1. To identify introductory concepts of yoga philosophy, both classical and interpretations for today's practitioner.
2. To recognize and use basic principles of movement and alignment.
3. To demonstrate accurate form in yoga postures and sequences – asana and vinyasa.
4. To examine the rationale for and to use breathing techniques – pranayama.
5. To distinguish variations in yoga:
  - a. Yoga for fitness
  - b. Yoga for inner peace and harmony
6. To develop a personal yoga practice based on individual needs and goals.

**PERSONAL RESPONSIBILITY:** All students in any HPF class that involves exercise must sign the JC 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:** All course handouts/reading materials will be distributed via JetNet; no textbook is required for HPF 119. All students are required to bring their own yoga (sticky) mat.

**ATTENDANCE/PARTICIPATION POLICIES:** Regular attendance and active class participation is required in order to gain benefit from this course and, thus, represents the largest portion of your grade.

1. If you are absent, it is your responsibility to obtain the 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 allow you to develop a safe yoga practice.
4. Wear clothing that allows for movement; standing, sitting, upside down and laying down (no jeans). There will be physical (asana) practice each class meeting.
5. Do not eat heavily two hours prior to class. Stay light on the beverages.
6. Keep shoes at the door when salty or muddy. Bring your yoga mat to each class. Water is welcome.
7. Be prepared to take socks off during yoga practice.

## CLASS SCHEDULE:

- Week 1: History and benefits of yoga, the mind body connection, koshas.
- Week 2: Annamaya Kosha – body / journal due
- Week 3: Pranamaya Kosha – breath / journal & reaction paper due
- Week 4: Manomaya Kosha – mind / journal & reaction paper due
- Week 5: Vijnanamaya Kosha – wisdom / journal & reaction paper due
- Week 6: Anandamaya Kosha – bliss / final exam review / journal & reaction paper due
- Week 7: Final exam / journal due / reaction paper due

## GRADING:

Attendance and participation (10 points class x 7 classes)	70 points
Five one-page reaction papers	50 points
Journals (5 points per week {2 entries minimum} x 6 weeks)	30 points
Final - Written Exam (30 pts) + Eight Posture Demo (20 pts)	50 points
<b>Total</b>	<b>200 points</b>

- **Regular attendance** (70 pts. = 10 pts./class)
  - Present and actively participate for entire class period = full points
  - Arrive late/leave early/partial participation in discussion or physical practice = 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.
- **Five one-page reaction papers** due via JetNet by the beginning of each class (10pts. each - 50 pts. total)
  - Beginning week #2 and each week thereafter, you will be assigned two articles to read. You will select one and write your reaction to the material presented.
  - Papers summarize **your opinion** of an article as related to personal experience/observation
    - Pick two to three points from an article to develop response from
    - Use "I" and then say why
    - Do not write in the third person--"one must...", "everybody would...", "people should..."
  - 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.
    - Maximum length is two double-spaced pages.
    - Save the assignment as "*first initial & last name\_ article title,*" e.g., jlamphere\_Asana 101, in a .doc (Word), .pdf (portable document format), or .rtf (rich text format) format and upload it as an attachment via JetNet.
  - If >3 basic spelling/grammar errors are identified, papers can be reduced by 2 points
  - Papers are due by the beginning of class the following week from when they were assigned, regardless of class attendance
    - Late papers will be marked down as follows: <=1 week = -3 pts.; >1 week = -5 pts.

- **Home Journal (2 entries per week) due via JetNet by the beginning of each class (30 pts.)**
  - A place to journal your yoga experiences outside of class and/or off your mat
    - Answering the questions/prompts provided is optional
  - 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.
  - Journal entries are due by the beginning of class the following week from when they were assigned, regardless of class attendance
    - Late journals will be marked down one point for each week late
  
- **Final Exam (50 pts.)**
  - Written (30 pts) – Multiple choice, short answer, & T/F
  - 8 asana sequence demonstration (20 pts)
  - All late exams will receive an automatic deduction of 5pts.

- **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			

### 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>

### EXTRA CREDIT OPPORTUNITIES:

*Note: All current assignments must be turned in before extra credit papers will be accepted.*

- Students may submit up to two extra credit reaction papers, responding to course handouts not previously used for a regular weekly assignment. Extra credit papers can be worth up to 5 points each. The document(s) should be uploaded into one of the Extra Credit assignments found on JetNet in week one.
- Students may earn 3 points of extra credit for completing the course survey, found in week 6.

**BENEFIT POLICY:** Students enrolled in any JC 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 LTL activity classes free of charge (where space permits). The JC 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 at any Jackson College Campus.

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.
- If JC is closed, local radio stations and the school website will carry the announcement.