

**JACKSON COMMUNITY 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.

**COURSE OBJECTIVES:**

1. Yoga Philosophy, classical and interpretation for today's practitioner
2. Principles of movement and alignment
3. Yoga Postures and sequences – asana and vinyasa
4. Breathing Techniques – pranayama
5. Yoga for fitness
6. Yoga for inner peace and harmony

**ASSOCIATE DEGREE OUTCOMES:** The Board of Trustees of the JCC has determined that all graduates should develop or enhance certain essential skills while enrolled in the college. The primary Associate Degree Outcome addressed in this class is: *acknowledges responsibility for personal health and well-being (ADO8)*. In this course, each student will actively engage in yoga practice, creating a personal health program based on 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:** Articles distributed via JetNet and a yoga (sticky) mat.

**ATTENDANCE/PARTICIPATION POLICIES:** *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 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 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.

**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)
  - Arrive on time = full points
  - Arrive late/Leave Early = partial points
  - Absence = no point
  - *Participants will receive a Q in the grade book (signifying you have quit) after a third absence*
  
- **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 will need Microsoft Word or a compatible word processing application to complete this written assignment.
    - Use Times New Roman, 12-point font, and 1" margins, and be a
    - Maximum length is two double-spaced pages.
    - Save the assignment as "*first initial & last name\_ article name,*" e.g. jlamphere\_Asana 101, and upload it as an attachment via JetNet.
  - If >3 basic spelling/grammar errors are identified, papers will be reduced by 2 points
  - Papers are due regardless of class attendance
    - Late papers will be marked down as follows: ≤1 week = -3 pts.; >1 week = -5 pts.
  
- **Home Journal** 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 will need Microsoft Word or a compatible word processing application to complete this written assignment.
    - 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, 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 Exam (50 pts.)**
  - Written (30 pts) – Multiple choice, short answer, & T/F
  - 8 asana sequence demonstration (20 pts)
  - There will be a deduction of 5pts. for late exams
- **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: (from the JCC 2012-2013 Catalog)

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. Students may receive an "I" if, at least 90% (or as otherwise designated within the course syllabus) of the coursework is completed with an average grade of 2.0 to meet the objectives as specified in the course syllabus. The student shall complete appropriate documentation and follow defined procedures to request an incomplete grade. The course objectives are to be satisfactorily completed during the next semester or within a shorter period of time as determined by the instructor. The instructor and student shall work together to determine when the work is to be completed taking into consideration any extenuating circumstances which may cause the one semester to be extended; however, a due date is required. If the student does not complete the course within the designated period, the Registrar will replace the "I" grade with the earned grade as originally assigned by the instructor.

The grade of "I" is not awarded to students who did not attend, or seldom attended, or to those who simply are not pleased with their final grades. Students receiving an "I" submit only the remaining work that had not been completed at the end of the semester. Students do not re-register for the course, nor redo work that had already been graded.

### EXTRA CREDIT OPPORTUNITIES: *Two papers maximum (10 pts. ea.)*

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

- Written reaction paper from a relevant *Yoga Journal* article or instructor approved professional journal or related interest college level reading material
- Submit extra credit papers via JetNet; upload as a separate document along with your reaction paper for any given week

### CLASS SCHEDULE:

Week 1: History and benefits of yoga, the mind body connection, koshas.

Week 2: Annamaya Kosha – body & food

Week 3: Pranamaya Kosha – breath / reaction paper due

Week 4: Manomaya Kosha – mind / reaction paper due

Week 5: Vijnanamaya Kosha – wisdom / reaction paper due

Week 6: Anandamaya Kosha – bliss / reaction paper due / final exam review

Week 7: Final exam / journals due / reaction paper 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 JCC Academic Honesty Policy below.

**Academic Honesty Policy**

Academic honesty is expected of all students. It is the ethical behavior that includes producing their own work and not representing others' work as their own, either by plagiarism, by cheating, or by helping others to do so.

**Plagiarism** is the failure to give credit for the use of material from outside sources.

Plagiarism includes but is not limited to:

- Using data, quotations, or paraphrases from other sources without adequate documentation
- Submitting others' work as your own
- Exhibiting other behaviors generally considered unethical

**Cheating** means obtaining answers/material from an outside source without authorization.

Cheating includes, but is not limited to:

Plagiarizing in all forms	Using notes/books w/o authorization
Copying	Submitting others' work as your own
Submitting you work for others	Altering graded work
Falsifying data	Exhibiting other behaviors generally considered unethical

**Collaboration**

While JCC encourages students to collaborate in study groups, work teams, and with lab partners, each student should take responsibility for accurately representing his/her own contribution.

**Consequences/Procedures**

A faculty member who suspects a student of academic dishonesty may penalize the student by taking appropriate action up to and including assigning a failing grade for the paper, project, report, exam or the course itself. Instructors should document instances of academic dishonesty beyond those of a very minor nature, in writing to the academic dean.

**Student Appeal Process**

Student Appeal Process: In the event of a dispute, all parties should follow the Academic Complaint policy. This policy is presented in Student Rights and Responsibilities Handbook and the Master Agreement.

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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 and the school website will carry the announcement.