

**School of Kinesiology
Faculty of Health Sciences
Western University**

KIN course 2940S – Yoga 2018

Instructor: Cassie Ellis
Office Hours: Available upon request
Office: Rm 3140 TH
Email: cellis42@uwo.ca

Class Times/Locations:
Mondays 8:30-10:30, AH-201
Wednesdays 8:30-10:30, AH-201
Fridays 8:30-9:30 FNB-2220

NOTE: All course information including grades, assignment outlines, deadlines, etc. are available via OWL.

Calendar Description: This course will explore the poses, history and appreciation of Yoga. Focus is pre

Anti-requisite(s)/Pre-requisite(s):

You are responsible for ensuring that you have successfully completed all course pre-requisites (completion of first year Kinesiology program), and that you have not taken an anti-requisite course (Kin 2950R/T in 2012-13 or 2013-14, Kin 2223T in 2011-12). Lack of a pre-requisite or the completion of an anti-requisite cannot be used as a basis for appeal. If you are found ineligible for a course, you may be removed from it at any time and you will receive no adjustment to your fees. This decision cannot be appealed.

Learning Objectives:

Upon completion of this course students will be able to:

- < Identify and demonstrate proper terms and correct form of yoga poses.
- < Develop and lead an appropriate practice using the principles of yoga sequencing.
- < Demonstrate an understanding of related yoga philosophy and practice.
- < Develop skills in leading a practice and speaking effectively and efficiently.

Required Course Material:

Tentative Schedule

Please be sure to come to all classes dressed ready to practice with a yoga mat.

Week 1	Monday	January 8 th	First Class
	Wednesday	January 10 th	Class
	Friday	January 12 th	Lecture
Week 2	Monday	January 15 th	Class
	Wednesday	January 17 th	Quiz #1
	Friday	January 19 th	Lecture – Refection 1
Week 3	Monday	January 22 nd	Class
	Wednesday	January 24 th	Quiz #2
	Friday	January 26 th	Lecture – Reflection 2
Week 4	Monday	January 29 th	Class
	Wednesday	January 31 st	Class
	Friday	February 2 nd	Lecture – Reflection 3
Week 5	Monday	February 5 th	TBD – Group Presentation
	Wednesday	February 7 th	TBD – Group Presentations
	Friday	February 9 th	Lecture – Reflection 4
Week 6	Monday	February 12 th	TBD – Group 4.13 Tm0 G(ro).

Course/University Policies

1. **Lateness/Absences:** Assignments are due at the beginning of class on the assigned due date and will not be accepted late, except under medical or other compassionate circumstances. Electronic submission of assignments will not be accepted (unless otherwise specified) under any circumstances. Submitting a late assignment without appropriate documentation will result in a zero (0) grade. Appropriate documentation for assignments worth less than 10% should be submitted to the Undergraduate office. A missed mid-term examination without appropriate documentation will result in a zero (0) grade. The course policy is not to allow make-ups for scheduled midterms, presentations or final exams, nor to assign a grade of Incomplete without acceptable and verifiable medical (or equivalent compassionate) reasons. Acceptable reasons might include hospital stays, serious illness, family emergencies (like serious accidents or illness, death) or similar circumstances.

2. **Written documentation:** Whenever possible, students who require academic accommodation should provide notification and documentation in advance of due dates, examinations, etc. stating specific reasons and dates. Students must foicasons and dat2 0 612 792 reWreW*

Policy in the Western Academic Calendar). All required papers might be subject to

STUDENT CODE OF CONDUCT

The purpose of the Code of Student Conduct is to define the general standard of conduct