

Written Exam (35%)

The final exam is a 2 hour written exam in the final week of the course. It will be given during class time and the date and room will be assigned near the end of the course. The exam is based on all of the material covered in the course and is point form and short answer.

Wed. **Yoga**
Demo of a basic yoga class to suit all levels of fitness and flexibility

Fri. **Pilates**
Demo of a basic essential mat class all levels of fitness and flexibility

WEEK 3:

Mon. **PiYo Class**
Demo of the combination of Yoga and Pilates ultimate fusion class

Wed. **Foam Rolling** Demo of techniques for myofascial release

Fri. **OPEN**
Discussion and demo related to the following:
Is it the **MUSIC** or the **MOVEMENT** that captures the participant?
Musicality to assist with cueing
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WEEK 4:

Mon. **Group Practice**
Begin Group Practice, establish groups for presentations
Assign components to be taught for each member
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Wed. **Group Practice and Discuss Marking Scheme**
Meet with each component and discuss marking scheme
Continue group work and lesson planning

Fri. **Group Practice**
Lesson Plan Due!
Assignment Due!
Exam Review

WEEK 5: **attendance is required

Mon.
Wed. **Group Presentations (2)**

Fri. **Group Presentation (1)**

WEEK 6:

Mon. **Group Presentations (2)**

Wed. **Written Exam**, 8:30 am to 10:30 am, Location . TBA

Fri. **No class** (Drop in if necessary)

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. Elect

