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 |
| circ | umstances. Elect |

Policy in the Western Academic Calendar). All required papers might be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted for such checking will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between Western University and Turnitin.com (http://www.turnitin.com)

- B) Computer marked multiple-choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating.
- 5. **Formatting** (as recommended by the course instructor): example- APA style is the approved style of writing for all assignments produced for this course. Please refer to Western University Library webpage for information on citation style and format or consult the APA publication manual: Publication manual of the American Psychological Association (6th ed.). (2009). Washington, DC: American Psychological Association.
- 6. According to the **Examination Conflict policy**, "A student who is scheduled to write more than two examinations in any 24-hour period may request alternative arrangements] ee e