

School of Kinesiology
Faculty of Health Sciences
Western University

KIN course 2940R (004) D Yoga 2016

Instructor: Cassie Ellis
Office Hours: Available upon request
Office: Rm 3140 TH
Email: cellis26@uwo.ca

Class Times/Locations:
Tuesdays 12:30-2:30, TH Gym
Thursdays 12:30-2:30, TH Gym
Fridays 12:30-1:30, TH 3101

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

Calendar Description: #\$\$%&"()*&+,%--"+./-(*+"0\$+/"(&+&1"\$%&0(*2"345"3//+%"30%(4" (6"7(839":())&"%&"(4"\$(",0(");%-5"/(&+&1")45+*&0345"\$(",0\$+";(52"<(&+&"345"\$(",0(")&+;"+30\$",(*>"0("+4\$34'++"0\$+")(=+*3--"+./+*%+4'+9"

My Course Description: #\$\$%&"()*&+%"%&"%40+45+5"0("/*(=%5+"2()),%0\$"34"(6+*=% ?%423&3"7(83"3&"%0"3//-%+&0%48"3"-(8%'3-"6-,"(6"/(&+&"%4"(*5+*"0(""+30+"3"&36+" 345"+66+'0%=+/*'3'0%We will be focusing on correct form and knowledge of poses in addition to effective breathing techniques and sequencing asanas (poses) to create vinyasa (flow). Throughout the course you are expected to learn and apply proper technique and knowledge of poses to your practice.

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

You are responsible for ensuring that you have successfully completed all 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 pertaining to a vinyasa yoga class.
- ¥ Relate and apply knowledge of anatomy, biomechanics, neuroscience and psychology to yoga practice.
- ¥ Further develop abilities to critically reflect upon own learning and relate to the topics discussed in class.

Required Course Material:
All required readings will be posted on OWL

Course Evaluation Summary:

1. Class Participation and Reflections	15%
2. Technique Evaluation	10%
3. Quiz #1	10%
4. Quiz #2	15%
5. Group Presentation	30%
6. Written Assignment	20%

Course/University Policies

1. Lateness/Absences: Assignments are due at the beginning of class on the assigned

Policy in the Western Academic Calendar).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: 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 through the office of their Academic Counsellor. This policy does NOT apply to mid-term examinations. There will be no make-up for the mid-term exam. Students who miss this exam with a valid reason will have the final exam weighted accordingly.

7. Classroom Behaviour: Class will begin promptly at the time specified at the top of page one of this syllabus. In the event that you must arrive late, please enter the classroom with a minimal disturbance to the class. I reserve the right to lock these APA j -i.727.

STUDENT CODE OF CONDUCT

The purpose of the Code of Student Conduct is to define the general standard of conduct expected of students registered at Western University, provide examples of behaviour that constitutes a breach of this standard of conduct, provide examples of sanctions that may be imposed, and set out the disciplinary procedures that the University will follow.

For more information, visit

<http://www.uwo.ca/univsec/board/code.pdf>

ENGLISH PROFICIENCY FOR THE ASSIGNMENT OF GRADES

Visit the website <http://www.uwo.ca/univsec/handbook/exam/english.pdf>

SUPPORT SERVICES

There are various support services around campus and these include, but are not limited to:

1. Student Development Centre <http://www.sdc.uwo.ca/ssd/>
2. Student Health- <http://www.shs.uwo.ca/student/studenthealthservices.html>
3. Registrar's Office <http://www.registrar.uwo.ca/>
4. Ombuds Office-