Fitness and Recreational Activity
Yoga, Spring 2012
FRA164.001
January 14 – May 10, 2013

Class Meeting Time: Monday & Wednesday 11:00 am – 11:50 am
Class Meeting Place: MRC activity room (You need your ID to enter.)
Instructor: Dr. Tara Tietjen-Smith
E-mail: Tara.Tietjen-Smith@tamuc.edu
Office: Field House 100H
Office Phone: 903-468-8196
Office hours: Monday 9:30 – 10:30 am; Tuesday 1 – 3 pm; Wednesday 1:30 – 3:30 pm. Other times available by appointment

Textbook: No text required. However, you will need a folder in which to keep your handouts.

Attire: You must wear athletic attire suitable for fitness activities. (No jeans, jeggings, skirts, etc.) Attire should permit for a full range of motion. You will be lying on the floor for some exercises. Be sure your clothing is modest. Students not dressed appropriately will be considered absent.

Class Description: FRA 164 is designed to introduce basic yoga terms, practices, and breathing techniques to improve level of fitness. Another goal is to further the development of each student’s flexibility, endurance, and overall wellness.

OBJECTIVES:
The Learner Will:

1. Demonstrate basic knowledge of yoga terms.
2. Demonstrate proper technique in various yoga poses.
3. Participate in each class to increase overall physical activity.

Evaluation:
A. Knowledge Test – Mid-Term 100 points - 20%
B. Skills Test – Final Exam 100 points - 20%
C. Class Attendance, Participation and Homework 300 points - 60%
Total Points Possible 500 points – 100%

My grading policy:
At the end of the semester, Grades will be assigned according to the schedule below:

A= 90 and above 450 – 500 points
B= 80-89.9 400 – 449.9 points
C= 70-79.9 350 – 399.9 points
D= 60-69.9 300 – 349.9 points
F= 59.9 and below below 300 points

A. Mid-Term Exam – Knowledge (100 points; 20% of final grade)
Your written test will be multiple-choice, true-false, and matching. You will need a (green) scantron and a pencil. If you cannot take the exam due to illness, injury, or family emergency, the instructor must be notified prior to the exam. Students will be required to present appropriate documentation for missing a scheduled exam. All make-up exams will be scheduled as the need arises.

B. Final Exam – Skills Test (100 points; 20% of final grade)

For the final Skills Test, the class will perform a yoga sequence as described in previous practices. Proper safety techniques should be demonstrated.

C. Class Attendance, Participation, and Homework (300 points; 60% of final grade)

Class Attendance/Participation Rubric: The following rubric will be used to determine your final Class Attendance, Participation, and Homework grade.

<table>
<thead>
<tr>
<th>Criteria:</th>
<th>A</th>
<th>B</th>
<th>C</th>
<th>D - F</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Punctuality/Attendance</strong></td>
<td>Student always arrives on time.</td>
<td>Student usually arrives on time, with few absences.</td>
<td>Student has 5 or more absences; and/or 10 or more tardies.</td>
<td>Student has several tardies and/or absences.</td>
</tr>
<tr>
<td><strong>Preparedness</strong></td>
<td>Student is always dressed in appropriate yoga clothing. Student has satisfactorily completed homework assignments.</td>
<td>Student is usually dressed in appropriate yoga clothing. Student has mostly satisfactorily completed homework assignments.</td>
<td>Student is not usually dressed in appropriate yoga clothing. Student has somewhat satisfactorily completed some homework assignments.</td>
<td>Student is rarely or never dressed in appropriate yoga clothing. Student has not satisfactorily completed most homework assignments.</td>
</tr>
<tr>
<td><strong>Respect for Learning</strong></td>
<td>Student always brings all learning materials to class and always adheres to yoga etiquette.</td>
<td>Student usually brings all learning materials to class and usually adheres to yoga etiquette.</td>
<td>Student sometimes brings learning materials to class and sometimes adheres to yoga etiquette.</td>
<td>Student rarely or never brings learning materials to class and does not respect yoga etiquette.</td>
</tr>
<tr>
<td><strong>Physical Engagement</strong></td>
<td>Student always demonstrates an understanding of alignment through execution of select asanas and gives his/her best effort.</td>
<td>Student usually demonstrates an understanding of alignment through execution of select asanas and gives a good effort.</td>
<td>Student rarely demonstrates an understanding of alignment through execution of select asanas and other yoga poses and gives a poor effort.</td>
<td>Student rarely participates.</td>
</tr>
<tr>
<td><strong>Contribution to a Yogic Environment</strong></td>
<td>Student always applies his/her understanding of course principles and always creates a safe and nourishing personal space.</td>
<td>Student usually applies his/her understanding of course principles and usually creates a safe and nourishing personal space.</td>
<td>Student rarely applies his/her understanding of course principles and rarely creates a safe and nourishing personal space.</td>
<td>Student rarely or never applies his/her understanding of course principles and does not create a safe and nourishing personal space.</td>
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</tbody>
</table>
**Class attendance is expected.** For each unexcused absence, **10 points will be deducted** from the final grade. **Three (3) points will be deducted** from the final grade for each tardy up to 10 minutes. **After 10 minutes the student will be considered absent.** Class assignments will not be accepted after the due date. Excused absences are defined by university policy (see below) and must be documented appropriately **WITHIN ONE WEEK** of the absence (Please provide a copy of the documentation that the instructor can keep).

**Extra Credit Opportunities:**
Extra credit points will be awarded for the following events:

a. Two (2) points may be earned for each Rec Center aerobic/workout class you attend. You must have the instructor of the class attended sign a sheet of paper with your name, the date, the name of the class, etc. at the end of class. Please turn this signed sheet into me during the next class period. You must attend a **different** class each time to receive extra credit. (In other words, if you've already attended a kickboxing class, you must choose a different type of workout, such as Pilates, Crossfit, etc.) You MAY attend classes at another facility, but the same rules apply. To earn the extra credit, you must provide a piece of paper with your name, the date, time, name, and location of the class, the instructor’s name, the phone number of the facility, and the instructor’s signature. (I should be able to contact this person to verify your participation.)

b. Two (2) points may be earned for one 5K fun run/walk in which you participate. You must show me your race number, your t-shirt, and your time as posted on the internet. The 5K must be done during the semester.

c. Ten (10) points may be earned by completing the OA Challenge (in the MRC). Complete five of the following seven OA challenges to receive an awesome T-shirt and get your congratulatory picture at the wall.

1. [4 Belay Checks]
2. [10 Climbs]
3. [2 bike rides]
4. Clinic/event
5. Clinic/event
6. A Gear rental
7. OA Trip

OA Challenge Cards with details and schedule are at the climbing wall in the MRC. Completed cards must be shown to the instructor by May 1, 2013 to receive credit.

d. **A maximum of 20 points extra credit may be earned.**

e. The LAST day to turn in any extra credit is May 1, 2013 at the **beginning of class.**

f. I may provide more extra credit options during the semester.
### Course Schedule

This schedule is tentative and is subject to change. I will let you know if the schedule changes!!

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>In-class activity</th>
<th>Assignments/Expectations</th>
</tr>
</thead>
<tbody>
<tr>
<td>MW</td>
<td>Jan 14, 16</td>
<td>Syllabus, intro to class; history, terminology, and practice</td>
<td>Dress out on Wednesday!</td>
</tr>
<tr>
<td>M</td>
<td>Jan 21</td>
<td>Martin Luther King Day – No class</td>
<td>None</td>
</tr>
<tr>
<td>W</td>
<td>Jan 23</td>
<td>History, terminology, and practice</td>
<td>Dress out</td>
</tr>
<tr>
<td>MW</td>
<td>Jan 28, 30</td>
<td>Workout</td>
<td>Dress out</td>
</tr>
<tr>
<td>MW</td>
<td>Feb 4, 6</td>
<td>Workout</td>
<td>Dress out</td>
</tr>
<tr>
<td>M</td>
<td>Feb 11, 13</td>
<td>Workout</td>
<td>Dress out</td>
</tr>
<tr>
<td>W</td>
<td>Feb 18, 20</td>
<td>Workout</td>
<td>Dress out</td>
</tr>
<tr>
<td>M</td>
<td>Feb 25, 27</td>
<td>Workout</td>
<td>Dress out</td>
</tr>
<tr>
<td>W</td>
<td>Mar 4, 6</td>
<td>Review for Mid-Term Exam; Workout; Mid-Term Exam</td>
<td>Monday - Dress out Mid-Term Review</td>
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<td></td>
<td></td>
<td></td>
<td>Wednesday - Exam</td>
</tr>
<tr>
<td>M</td>
<td>Mar 11, 13</td>
<td>No class; Spring Break</td>
<td>None</td>
</tr>
<tr>
<td>W</td>
<td>Mar 18, 20</td>
<td>Workout</td>
<td>Dress out</td>
</tr>
<tr>
<td>M</td>
<td>Mar 25, 27</td>
<td>Workout</td>
<td>Dress out</td>
</tr>
<tr>
<td>W</td>
<td>Apr 1, 3</td>
<td>Workout</td>
<td>Dress out</td>
</tr>
<tr>
<td>M</td>
<td>Apr 8, 10</td>
<td>Workout</td>
<td>Dress out</td>
</tr>
<tr>
<td>W</td>
<td>Apr 15, 17</td>
<td>Workout</td>
<td>Dress out</td>
</tr>
<tr>
<td>M</td>
<td>Apr 22, 24</td>
<td>Workout</td>
<td>Dress out</td>
</tr>
<tr>
<td>W</td>
<td>Apr 29, May 1</td>
<td>Skills Practice; Workout</td>
<td>Dress out</td>
</tr>
<tr>
<td>M</td>
<td>May 6</td>
<td>Final Exam – Skills</td>
<td></td>
</tr>
</tbody>
</table>

This schedule may change. If you miss class, be sure you talk to someone in the class to find out about any announcement or changes.

**Statement on Student Behavior**  
All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment (see Student’s Guide Handbook).

**ADA statement**  
Students requesting accommodations for disabilities must go through the Academic Support Committee. For more information, please contact the Director of Disability Resources and Services, James Gee Library, Room 132, (903) 886-5150.

**Course Policies**

1. Students are expected to be in class, ready to participate, **on time**.

2. An **"excused absence"** is defined as a documented, university-approved activity. The instructor reserves the right to change the content or format of all make-up work (for excused absences only). The student is responsible for making up missed work in a timely manner.

   If the absence is for one of the reasons listed below, you will be able to make up the work. To reserve this right, **you MUST provide written documentation** on
the day of your return to class (a copy that I can keep). Please notify me ahead of time if you know you will be absent.

- Participation in an activity appearing on the University’s authorized activity list.
- Death or major illness in a student’s immediate family.
- Illness of a dependent family member
- Participation in legal proceedings or administrative procedures that require a student’s presence.
- Religious Holy Day
- Illness that is too severe or contagious for the student to attend class (to be determined by Health Center or off campus physician)
- Required participation in military duty

3 Any student missing an exam or assignment without prior arrangement will receive a score of zero.

4 You MUST check your e-mail (MyLeo) regularly for communications regarding class.

5 While you are in class, you must participate to receive credit for the course. Workouts are designed so that everyone can participate. You must be on time. When you are late, it disrupts the flow of the class. While in class, you must refrain from anything that is not class-related. CELL PHONES AND ALL OTHER ELECTRONIC DEVICES MUST BE TURNED OFF AND OUT OF SIGHT. This is a zero-tolerance policy. (Thanks!) If you use a cell phone, iPod, etc. in class, you will lose 3 points per incident (off your final grade). Turn it off!

6 If you have a question or concern, please feel free to talk to me. I am here to help. If you need to reach me, and I am not in my office, please e-mail me.