Term Information

Effective Term: Autumn 2015
Previous Value: Summer 2013

Course Change Information

What change is being proposed? (If more than one, what changes are being proposed?)
Course to be offered at all regional campuses

What is the rationale for the proposed change(s)?
Listing for all regional campus was overlooked during semester conversion. Student interest for this course at regional campuses.

What are the programmatic implications of the proposed change(s)?
(e.g. program requirements to be added or removed, changes to be made in available resources, effect on other programs that use the course)?
None

Is approval of the request contingent upon the approval of other course or curricular program request? No

Is this a request to withdraw the course? No

General Information

Course Bulletin Listing/Subject Area: Kinesiology:Sprt, Ftns&Hlth Pr
Fiscal Unit/Academic Org: Department of Human Sciences - D1251
College/Academic Group: Education & Human Ecology
Level/Career: Undergraduate
Course Number/Catalog: 1195.01
Course Title: Yoga I
Transcript Abbreviation: Yoga 1
Course Description: Introduction to fundamental techniques and basic yogic principles of pranayama (breath control), asana (posture), relaxation, and meditation; emphasis on major postures.
Semester Credit Hours/Units: Fixed: 1

Offering Information

Length Of Course: 14 Week, 7 Week, 12 Week (May + Summer)
Flexibly Scheduled Course: Never
Does any section of this course have a distance education component? No
Grading Basis: Satisfactory/Unsatisfactory
Repeatable No
Course Components: Laboratory
Grade Roster Component: Laboratory
Credit Available by Exam: No
Admission Condition Course: No
Off Campus: Sometimes
Campus of Offering: Columbus, Lima, Mansfield, Marion, Newark, Wooster
Previous Value: Columbus, Marion, Newark
## Prerequisites and Exclusions

<table>
<thead>
<tr>
<th>Prerequisites/Corequisites</th>
<th>None</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exclusions</td>
<td>Not open to students with credit for EduPAES 195.01.</td>
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</table>

## Cross-Listings

<table>
<thead>
<tr>
<th>Cross-Listings</th>
<th>None</th>
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</table>

## Subject/CIP Code

<table>
<thead>
<tr>
<th>Subject/CIP Code</th>
<th>31.0599</th>
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<tbody>
<tr>
<td>Subsidy Level</td>
<td>General Studies Course</td>
</tr>
<tr>
<td>Intended Rank</td>
<td>Freshman, Sophomore, Junior, Senior</td>
</tr>
</tbody>
</table>

## Requirement/Elective Designation

Required for this unit's degrees, majors, and/or minors
The course is an elective (for this or other units) or is a service course for other units

## Course Details

### Course goals or learning objectives/outcomes

- Standing poses; Sitting poses; Supine or lying down poses; Balance poses and Sun salutation.
- Learn the importance and techniques of yoga breathing; Explore relaxation and meditative postures; and Develop awareness of the body, mind and spirit.

### Previous Value

- Beginners guide to Yoga; Safety and injury prevention
- Beginning poses; Movement of the spine; Breathing awareness
- Forward bending
- Backward bending
- Integration poses
- Twisting and hip openers
- Midterm pose evaluation
- Lateral bending
- Spinal extensions
- Focused awareness and balancing poses
- Restorative and therapeutic practice
- Core strengthening
- Introduction to meditation

### Content Topic List

- Beginners guide to Yoga; Safety and injury prevention
- Beginning poses; Movement of the spine; Breathing awareness
- Forward bending
- Backward bending
- Integration poses
- Twisting and hip openers
- Midterm pose evaluation
- Lateral bending
- Spinal extensions
- Focused awareness and balancing poses
- Restorative and therapeutic practice
- Core strengthening
- Introduction to meditation

### Attachments

- Yoga 1 Syllabus Template.doc
  
  *(Syllabus. Owner: Shiebler, Charles L)*
Comments

Workflow Information

<table>
<thead>
<tr>
<th>Status</th>
<th>User(s)</th>
<th>Date/Time</th>
<th>Step</th>
</tr>
</thead>
<tbody>
<tr>
<td>Submitted</td>
<td>Shiebler, Charles L</td>
<td>04/29/2015 02:31 PM</td>
<td>Submitted for Approval</td>
</tr>
<tr>
<td>Approved</td>
<td>Folden Jr, H Eugene</td>
<td>04/30/2015 06:47 AM</td>
<td>Unit Approval</td>
</tr>
<tr>
<td>Pending Approval</td>
<td>Odum, Sarah A. Zircher, Andrew Paul Warnick, Bryan R. Achterberg, Cheryl L</td>
<td>04/30/2015 06:47 AM</td>
<td>College Approval</td>
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</table>
The Ohio State University  
Department of Human Sciences  
KNSFHP 1195.01 – Yoga I  
(1 credit)

Instructor:  
Office:  
Office Hours:  
Email Address:  
Mailbox:  
SFHP Website:  
Course Website:  
Required Text:

Class Numbers:  
Class Location:  
Meeting Time:  
Semester, Year:  

There is no required text for this course. Readings can be found on Carmen.

Course Description
The purpose of this course is to provide the student with beginning level of knowledge and skills in yoga, so that the student would be able to successfully participate in recreational yoga as a lifelong activity. Principles, techniques and safe practices of yoga will be taught throughout the class. Yoga goes beyond traditional exercise in that it is a body-mind discipline that can be applied to daily life. Principles of mindfulness, self-awareness, and listening to the body will be integrated into class instruction and assignments so that students get the most benefit from their yoga experience.

Relationship to Other Courses
This is a basic activity course in the Sport, Fitness, and Health Program. It is open to any student at The Ohio State University. There is no prerequisite for this course.

Course Objectives
At the conclusion of this course, the student will demonstrate appropriate level competence in the following skills:
1. Standing poses 
2. Sitting poses 
3. Supine or lying down poses 
4. Balance poses 
5. Sun salutation

The student will:
1. Learn the importance and techniques of yoga breathing 
2. Explore relaxation and meditative postures 
3. Develop awareness of the body, mind and spirit through practice and reflection

Off Campus Field Experience
This course does not have an off-campus field experience.
TENTATIVE Topical Outline

<table>
<thead>
<tr>
<th>Class</th>
<th>Topic (pebble to read is in bold; physical focus is approximate)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Class 1</td>
<td>Beginners guide; Course introduction and overview. Intro to relaxation.</td>
</tr>
<tr>
<td>Class 2</td>
<td>Habits; Foundational poses, forward bending safety</td>
</tr>
<tr>
<td>Class 3</td>
<td>Breathing; backbends and shoulder openers</td>
</tr>
<tr>
<td>Class 4</td>
<td>Body-Mind Connection; breath within movement.</td>
</tr>
<tr>
<td>Class 5</td>
<td>Support; balancing and standing posture intro –</td>
</tr>
<tr>
<td>Class 6</td>
<td>Effort and Ease; (core) strength and poise.</td>
</tr>
<tr>
<td>Class 7</td>
<td>The Power of Pausing; lateral poses</td>
</tr>
<tr>
<td>Class 8</td>
<td>The Present Moment; sun salutation skills</td>
</tr>
<tr>
<td>Class 9*</td>
<td>*Labyrinth; Labyrinth pebble</td>
</tr>
<tr>
<td>Class 10</td>
<td>Minding the Mind; sun salutation, balancing, meditation</td>
</tr>
<tr>
<td>Class 11</td>
<td>Acceptance; flowing with the flow</td>
</tr>
<tr>
<td>Class 12</td>
<td>Compassion; integrated practice</td>
</tr>
<tr>
<td>Class 13</td>
<td>Yoga as Laboratory; restorative and therapeutic focus,</td>
</tr>
<tr>
<td>Class 14</td>
<td>Gratitude; celebration of your practice</td>
</tr>
<tr>
<td>Class 15</td>
<td>Review and looking forward</td>
</tr>
</tbody>
</table>

*Labyrinth walk is weather dependent and may take place any time between classes 4&13. If we go to the labyrinth on a class other than class 9, the pebbles will be adjusted (moved a week up or down) accordingly.

Students are encouraged to take advantage of the RPAC facilities to complement and enhance their in-class physical activity experience.

Important Dates and Due Dates:
First class: PAR-Q quiz due ASAP (does not count toward grade but needed to participate)
Week 1-2: Window for “Class Policies” Quiz to be completed online.
Week 4-5: Window to submit midterm short essays (based on your journals) online.
Week 9-10: Window for “Practice and Pebbles” Quiz to be completed online.
Week 12: Window to submit final short essays** (based on your journals) online
Week 14: Last class

**No class or exam will be held for this course during final exam week. Final Essays are due during the last week of classes, NOT during the final exam week.

Important note regarding windows for quizzes and dropbox assignments: The windows for assignments are large, to allow enough time for students to comfortably access the assignments, and to give students enough time to navigate around any issues they might experience with Carmen. Note that assignment windows start at 9am on the open date and end at 5pm on the close date. It is expected that
students will complete their assignments \textit{at least} a day before the window closes. DO NOT WAIT UNTIL THE LAST MINUTE TO TAKE QUIZZES OR SUBMIT ASSIGNMENTS. No allowances or make-ups will be given if you have difficulty accessing Carmen on the last day of a window and are unable to complete your assignment. (This includes Carmen outages, login difficulties, and other factors that may be out of the student’s control).

**Course Requirements / Evaluation**

<table>
<thead>
<tr>
<th>Participation/Skill Development</th>
<th>70 %</th>
<th>(5 pts. per class assuming 14 class sessions)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Knowledge</td>
<td>30 %</td>
<td>(5 points per each of two graded quizzes)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>8 points for midterm short essays;</td>
</tr>
<tr>
<td></td>
<td></td>
<td>12 points for final short essays)</td>
</tr>
</tbody>
</table>

Note: Participation is defined as the student’s involvement in all assigned drills and activities. It is during this time that the instructor will monitor and evaluate student progress. Based upon a 100 point total value for the course, of which 70 points are based upon participation, the following guidelines will be used for missed participation in a 15 class semester.

**15 Class Session** *

<table>
<thead>
<tr>
<th>Number of Class Absences</th>
<th>Participation/Skill Points</th>
<th>Explanation of Participation/Skill Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>70</td>
<td>Full points awarded</td>
</tr>
<tr>
<td>1</td>
<td>65.3</td>
<td>4.7 total points deducted for missed skill participation</td>
</tr>
<tr>
<td>2</td>
<td>60.7</td>
<td>9.3 total points deducted for missed skill participation</td>
</tr>
<tr>
<td>3</td>
<td>56</td>
<td>14 total points deducted for missed skill participation</td>
</tr>
<tr>
<td>4</td>
<td>51.3</td>
<td>18.7 total points deducted for missed skill participation</td>
</tr>
<tr>
<td>5</td>
<td>Unsatisfactory</td>
<td>23.4 total points deducted for missed skill participation; student is unable to achieve a satisfactory grade in course</td>
</tr>
</tbody>
</table>

The table above does not show deductions for a single tardy. Each tardy is graded as a 0.5 absence and will reduce the final grade total points an additional 2.3 points (in a 15 class session).

*If you have enrolled in the class late, then Participation/Skill points will be determined by the following formula:

\[70 - \left(\frac{\# \text{ absences} \times 70}{\# \text{ of total class meetings left after enrolling}}\right)\]

\[\text{i.e., } [70 \text{ minus (the number of absences times 70 divided by the number of total class meetings left)]}\]

If you have enrolled late, see FAQ#7 to determine your # of total class meetings.

Students who have arranged through their College to take this course under the Pass/Nonpass grading option must achieve a minimum of 60% to receive a Passing (P) grade.

**Grading Scale**

1. This course is graded as satisfactory (S) or unsatisfactory (U).
2. To receive a satisfactory grade (S) the student must earn a total of 80 points or better.
Students who have arranged through their College to take this course under the Pass/Nonpass grading option must achieve a minimum of 60% to receive a Passing (P) grade.

Classroom Policies

1. Tardiness
   Any combination of two tardy arrivals or leaving class early equals an absence. A single tardy equals one-half of an absence. The instructor will determine the tardy time. Due to the potential risk of missing important safety instruction, students will be denied admittance to class if they arrive 15 minutes after the class begins.

2. Excused Absences
   An excused absence means that the student will be given an opportunity to make up work that he or she missed. There are four situations, which constitute an “excused absence” from the class meeting time. They are:
     1) Students who participate in a documented University sanctioned event
     2) Students who have a documented death in the family
     3) Students who are observing a religious holiday
     4) Students who are too ill or injured to participate in class

In accordance with Faculty Rule 3335-7-15, students who will be participating in University sanctioned events must provide the instructor with a copy of the scheduled events and those classes of which will be missed. This documentation must be on University letterhead, signed by the coach/supervisor, and given to the instructor within the first two weeks of the semester. Students who have missed class due to a death in the family must provide documentation of the death (death certificate, obituary, etc.). Students who will be observing a religious holiday must provide date/event written notification to the instructor within the first two weeks of the semester. Students who are too ill or injured to participate in class must provide written documentation from a physician stating that the student cannot participate in class. Any excused absences must be made up within two weeks of the absence and the student must submit an official “SFHP Course Make Up Form.” Failure to complete an “SFHP Course Make Up Form” and the necessary activity within two weeks will result in that absence becoming an unexcused absence. The make-up form is available from the instructor. Protocol for arranging an excused absence make-up can be found in the FAQ section. There will be no make-up of unexcused absences.

<table>
<thead>
<tr>
<th>Type of excused absence</th>
<th>Documentation Needed</th>
<th>Date Needed for excuse to be valid</th>
</tr>
</thead>
<tbody>
<tr>
<td>University Sanctioned Event</td>
<td>A letter on University letterhead stating the scheduled events and those classes that will be missed, signed by the coach/supervisor.</td>
<td>By the end of the second week of the semester.</td>
</tr>
<tr>
<td>Religious Holiday</td>
<td>Written notice stating what holiday the student will be observing, and the date. Signed by the student.</td>
<td>By the end of the second week of the semester.</td>
</tr>
<tr>
<td>Death in the Family</td>
<td>Funeral program and obituary.</td>
<td>The class you attend after returning.</td>
</tr>
</tbody>
</table>
Type of excused absence | Documentation Needed | Date Needed for excuse to be valid
---|---|---
Medical Excuse | Written documentation from a physician stating that the student cannot participate in class. (Just being at the doctor's is not a valid excuse). | The class you attend after returning.

Students with extenuating circumstances that are in conflict with these set policies are encouraged to contact the instructor and bring documentation of their extenuating circumstances. The instructor will consider department precedent in determining whether the circumstances require special consideration. (Documentation may be shared with the instructor's management team in evaluating whether a make-up is permissible.)

3. Dress Code
Attire appropriate to activity that allows for ample movement and is in compliance with building policies must be worn. Examples of what may be worn include shorts, t-shirts, leggings, sweats or a leotard. Improper attire includes belts, ball-caps, loose jewelry, restrictive clothing or street shoes. Be prepared to move in bare feet. No gum, candy or tobacco chewing is allowed during class. Please avoid eating an hour before class. Refrain from using perfumes of colognes until after class. *Please silence cell phones before class.* Due to their capacity to distract, cell phones are not allowed at the yoga mat unless you have prior approval from instructor. Any student found texting, or otherwise using electronic devices without instructor permission during class time, may be sent out of the class and instructed to not return for that day.

4. Equipment Policy
It is suggested that students bring a large towel and water bottle. In addition a scarf or eye pillows to cover the eyes during relaxation may be desired. The University will provide the equipment for the class (yoga mat, blocks and straps).

5. PAR-Q
Because of the potential risk associated with certain activities, all students enrolled in this course are required to complete the Physical Activity Readiness Questionnaire (PAR-Q). The student’s PAR-Q must be completed prior to their participating in any class activity. Furthermore, if any question on the PAR-Q is answered with a ‘Yes’, the student must provide additional documentation from a physician, which gives the student permission to participate in the class.

6. Late Work
Work must be submitted online during the window that it open for the assignment. Once the window is closed late work will not be accepted.

**Academic Misconduct**

The Ohio State University’s *Code of Student Conduct* (Section 3335-23-04) defines academic misconduct as: “Any activity that tends to compromise the academic integrity of the University, or subvert the educational process.” Examples of academic misconduct include (but are not limited to) plagiarism, collusion (unauthorized collaboration), copying the work of another student, and possession of unauthorized materials during an examination. Ignorance of the University’s *Code of Student Conduct* is never considered an “excuse” for academic misconduct.
If I suspect that a student has committed academic misconduct in this course, I am obligated by University Rules to report my suspicions to the Committee on Academic Misconduct. If COAM determines that the student has violated the University’s Code of Student Conduct (i.e., committed academic misconduct), the sanctions for the misconduct could include a failing grade in this course and suspension or dismissal from the University. For additional information, see the Code of Student Conduct). http://studentaffairs.osu.edu/resource_csc.asp

**ODS Statement**

Any student who feels s/he may need an accommodation based on the impact of a disability should contact one of the instructors privately to discuss specific needs. The Office of Disability Services is relied upon for assistance in verifying the need for accommodations and developing accommodation strategies. Please contact the Office for Disability Services at 614-292-3307 (V) or 614-292-0901 (TDD) in room 150 Pomerene Hall to coordinate reasonable accommodations; http://www.ods.ohio-state.edu/. Please make sure that students know they will be expected to follow Americans with Disabilities Act Guidelines for access to technology.

**Statement on Diversity**

The College of Education and Human Ecology affirms the importance and value of diversity in the student body. Our programs and curricula reflect our multicultural society and global economy and seek to provide opportunities for students to learn more about persons who are different from them. Discrimination against any individual based upon protected status, which is defined as age, color, disability, gender identity or expression, national origin, race, religion, sex, sexual orientation, or veteran status, is prohibited.

The Department of Human Sciences is committed to maintaining a community that recognizes and values the inherent worth and dignity of every person; fosters sensitivity, understanding, and mutual respect among its members; and encourages each individual to strive to reach his or her own potential. In pursuit of its goal of academic excellence, the Department seeks to develop and nurture diversity, believing that it strengthens the organization, stimulates creativity, promotes the exchange of ideas, and enriches campus life. The Department of Human Sciences prohibits discrimination against any member of the department’s community on the basis of race, religion, color, sex, age, national origin or ancestry, marital status, parental status, gender identity, sexual orientation, ability status, health status, or veteran status.

**Grievances and Solving Problems**

According to University Policies, available from the Division of Student Affairs, if you have a problem with this class, “You should seek to resolve a grievance concerning a grade or academic practice by speaking first with the instructor or professor: Then, if necessary, with the department chairperson, college dean, and provost, in that order. Specific procedures are outlined in Faculty Rule 3335-7-23, which is available from the Office of Student Life, 208 Ohio Union.” “Grievances against graduate, research, and teaching assistants should be submitted first to the supervising instructor, then to the chairperson of the assistant’s department.”
Technology

The use of Carmen is employed in this course for receiving the syllabus, online lessons, assignment distribution and submission, quizzes and exams, and communication. You will need an OSU username and password to access the site. Your password for Carmen will be the same password that you use for OSU email, etc.