

# MASTER SYLLABUS

## Nashville State Community College Beginning Yoga PHED 1340

**Instructor:**

**Times:**

**Classroom:**

**Office/Office Hours:**

**Phone:**

**Email:**

### **Course Description:**

Teaches students the basics of hatha yoga. Instruction emphasizes the basic knowledge and skills related to yoga postures.

**Credits: 1**

### **Course Learning Objectives:**

Upon successful completion of this course, students will:

- Develop an understanding and appreciation for yoga as a mental and physical discipline.
- Practice a series of postures, which form a complete daily routine.
- Practice relaxation and meditation techniques

### **Required Text:**

*There is no textbook required. A Yoga mat is required. Handouts will be provided.*

### **Grading Policy:**

Quizzes	
Tests	
Final Exam	
Classroom Participation	
Attendance	

### **Grading Scale**

100-90	
89-80	
79-70	
69-60	
59-	

### **Test/Quiz Procedures:**

You will be graded on your knowledge of the history of yoga and names of postures; you will not be graded on ability to perform a specific posture or sequence.

**Presentation:**

Students will lead classmates in a sequence of postures.

**Activities and Participation:**

Everyone will be expected to participate in the class. If slackness is noted and continued, your grade will be reduced by 10% or even more. This includes no use of cell phones or text messaging.

**Assignments:**

Students will be required to keep a journal of their progression throughout the semester. Some additional research/writing may be assigned.

**Safety Warning:**

There is an inherent risk involved in all physical activity. All foreseeable precautions will be taken to prevent injuries; the student must conduct him/herself appropriately in this regard. Normal participation in physical education courses carries a risk of physical injury including, but not limited to sprains, strains, contusions, lacerations, dislocations, fractures, and even death. Nashville State Tech Community College, and the Instructor assume no liability with regard to injuries that occur as a consequence of normal participation in class activities.

**Pregnancy warning:**

This class is not designed to be a pre-natal class, and should be avoided if possible during pregnancy. If pregnant, please communicate that to the instructor immediately.

**Attendance/Withdrawal Policy:**

Absences in excess of the total number of class hours in one week may result in a drop in a letter grade.

Failure to attend class will result in a final course grade of "FA" or "FN"

- FA – Failure – attendance related (last date of attendance required)
- FN – Failure – never attended class

**It is the student's responsibility to check D2L and MyNSCC email on a regular basis. These are the official communication channels between the college and students. Students are responsible for the information communicated through those channels. D2L contains specific course information and MyNSCC contains information important for other purposes.**

**Nashville State Community College has implemented an Early Warning System to notify students via e-mail about academic problems such as poor classroom attendance, poor performance on assignments/tests, poor communication skills, late/missing assignments, and/or lack of classroom participation. *Please note that Early Warning Alerts do not affect a student's academic standing.***

**Accommodations:**

Nashville State complies with the Americans with Disabilities Act. Consult with the office of Student Disability Services. If you need any accommodation(s) for this class, notify the instructor by the second class meeting.

**Classroom Misconduct and Procedures:**

**Nashville State Community College has a zero tolerance policy for disruptive conduct in the classroom. Students whose behavior disrupts the classroom will be subject to disciplinary sanctions.** The instructor has primary responsibility for control over classroom behavior and maintenance of academic integrity. He/she can order temporary removal or exclusion from the classroom of any student engaged in disruptive conduct or conduct which violates the general rules and regulations of the College. Disruptive behavior in the classroom may be defined as, but is not limited to, behavior that obstructs or disrupts the learning environment (e.g., offensive language, harassment of students and professors, repeated outbursts from a student which disrupt the flow of instruction or prevents concentration on the subject taught, failure to cooperate in maintaining classroom decorum, etc.), the continued use of any electronic or other noise or light emitting device which disturbs others (e.g., disturbing noises from beepers, cell phones, palm pilots, lap-top computers, games, etc.). Each student should refer to the current Nashville State Student Handbook for guidelines for student conduct.

**Academic Dishonesty:**

Any form of academic dishonesty, cheating, plagiarizing, or other academic misconduct is prohibited. "Plagiarism may result from: (1) failing to cite quotations and borrowed ideas, (2) failing to enclose borrowed language in quotation marks, and (3) failing to put summaries and paraphrases in your works" (A Writer's Reference, 331). Academic dishonesty may be defined as, but is not limited to, intentionally trying to deceive by claiming credit for the work of another person, using information from a web page or source without citing the reference, fraudulently using someone else's work on an exam, paper, or assignment, recycling your own work from another course, purchasing papers or materials from another source and presenting them as your own, attempting to obtain exams/materials/assignments in advance of the date of administration by the instructor, impersonating someone else in a testing situation, providing confidential test information to someone else, submitting the same assignment in two different classes without requesting both instructors' permission, allowing someone else to copy or use your work, using someone else's work to complete your own, altering documents, transcripts or grades, and forging a faculty/staff member's signature.

In addition to other possible disciplinary sanctions that may be imposed through regular college procedures as a result of academic dishonesty, the instructor has the authority to assign an "F" or a "Zero" for the exercise, paper or examination, or to assign an "F" for the course.

If a student believes that he/she has been erroneously accused of academic dishonesty and if his/her final grade has been lowered as a result, the student may appeal the case through the appropriate college grade appeal procedures.

**NOTE:**

*This syllabus is a master syllabus. Specific course requirements are subject to revision at the discretion of the individual instructor. A course syllabus will be provided the first day of class.*

# **ASSUMPTION OF RISK AND RELEASE**

## **NASHVILLE STATE COMMUNITY COLLEGE**

### **Liability Release, Waiver, Discharge and Covenant Not to Sue / Medical Consent**

This is a legally-binding Release and Medical Consent made by me,  
\_\_\_\_\_, to Nashville State Community College.

I fully recognize that there are dangers and risks to which I may be exposed by participating in \_\_\_\_\_ during \_\_\_\_\_. The following is a description and examples of specific, significant, non-obvious dangers and risks associated with this activity:

\_\_\_\_\_

\_\_\_\_\_

I understand the Institution does not require me to participate in this activity, but I want to do so, despite the possible dangers and risks and despite this Release.

I therefore agree to assume and take on myself all of the risks and responsibilities in any way associated with this activity. In consideration of and in return for the services, facilities, and the other assistance provided to me by the Institution in this activity, I release the Institution (hereinafter including its governing board, employees, and agents) from any and all liability, claims and actions that may arise from injury or harm to me, from my death, or damage to my property in connection with this activity. I understand that this Release covers liability claims and actions caused entirely or in part by any acts or failures to act of the Institution, including but not limited to negligence, mistake, or failure to supervise by the Institution.

I understand that Institution does not have medical personnel available at the location of the activity. I therefore grant Institution permission to authorize emergency medical treatment, if deemed necessary by the Institution. I agree that Institution assumes no responsibility or liability for any injury or damage which might arise out of or in connection with such authorized medical emergency treatment. I further state that I have adequate health insurance necessary to provide for and pay for any medical costs that I may incur during or arising from my participation in this activity.

I recognize that this Release means I am giving up, among other things, rights to sue the Institution for injuries, damages, or losses I may incur. I also understand that this Release binds my heirs, executors, administrators, as well as myself.

**I have read this entire Release; I fully understand it; and I agree to be legally bound by it.**

**This is a Release of Your Rights. Read Carefully Before Signing.**

\_\_\_\_\_  
(Releasor's Signature)

\_\_\_\_\_  
(Parent or Guardian if Releasor is Under 18 Years of Age)

\_\_\_\_\_  
(Date)