

Traditional Yoga
Fall 2024
KINE 1205
Time/Day: MW 2:30-3:25
Location: HPC studio (HPC 2110)

Instructor: Cecile Craft
E-mail: ccraft@uttyler.edu
Office: HPC 2110
903-315-8805
email or text to make an appointment

Communication:

Email /Text

I will give my business card to each student with my cell. Please contact me through email ccraft@uttyler.edu or text anytime 903-315-8805.

COURSE DESCRIPTION:

Intro to Yoga offers students a fundamental experience of the physical practice (asana), explores meditation and breathing techniques (pranayama), along with a basic introduction to classical philosophy. Students will also learn strategies to specifically increase energy, creativity, awareness, mental health, break down subconscious patterns, decrease stress, physical and mental blocks in addition to increase muscle strength and flexibility. Each class will end with a relaxation segment. This course is designed for anyone. Totally new beginners and advanced practitioners will both benefit equally from these practices

REQUIRED EQUIPMENT: A Yoga Mat is Required for this class

Mat Recommendations: Jade, Manduka, Lululemon, Hugger Mugger. Make sure mat does not slip.

Please arrive on time. If you are late, enter quietly and respectfully. Silence all electronics before arrival. Wear comfortable workout clothes. Be fragrance-free, as some people are allergic or sensitive to perfume. Allow 2 hours digestion time before class. Enter quietly and place shoes in cubby.

COURSE EXPECTATIONS:

Attendance: Attendance is required. If you are unable to come to class due to illness or a UT Tyler sponsored event, you must provide documentation. If you anticipate missing a class for any reason, email or text.

A Final essay is required;

GRADING:

Two page paper on your experience with yoga throughout this semester; include benefits, difficulties or struggles. What you enjoyed and what you did not enjoy; if you would or would not recommend yoga to other college students and why. Be honest as the data helps to improve the yoga program. This must be turned in to receive a final grade. We will discuss in class with time for questions.

Final essay: mandatory

GRADING:

A: 90-100% B: 80-89% C: 70-79% D: 60-69% F: <60%

Attendance/Participation: 75%

Final paper: 25%

*5% will be deducted from your final grade for each unexcused absence. PLAGIARISM/

FRAUD:

As commonly defined, plagiarism consists of passing off as one's own the ideas, words, writings, etc., which belong to another. In accordance with this definition, you are committing plagiarism if you copy the work of another person and turn it in as your own, even if you should have the permission of that person. This includes, but is not limited to, working on lab reports with another student and changing the names on the printed report, copying data from another student for a lab that you did not attend, and forging data from a lab you did not attend.

The work that you hand in is expected to be original and to be your own. There is no tolerance for persons who plagiarize and/or cheat. You are expected to consult Subchapter 8-800 of the University of Texas at Tyler Manual of Policies and Procedures for Student Affairs: Student Conduct and Discipline available at www.uttyler.edu/mopp/chapter8.html. Any act of cheating or plagiarism will result in dismissal from the course. Per university guidelines, the student(s) will be reported to the department head with failure of the course as the recommended course of action.

COPYRIGHT:

The handouts used in this course are copyrighted. The term "handouts" refers to all materials generated for this class, which include but are not limited to syllabi, quizzes, exams, lab problems, in-class materials, review sheets, and additional problem sets. Because these materials are copyrighted, you do not have the right to copy the handouts, unless I expressly grant permission.

STUDENTS RIGHTS AND RESPONSIBILITIES

To know and understand the policies that affect your rights and responsibilities as a student at UT Tyler, please follow this link:

<http://www.uttyler.edu/wellness/StudentRightsandResponsibilities.html> GRADE

REPLACEMENT/FORGIVENESS

If you are repeating this course for a grade replacement, you must file intent to receive grade forgiveness with the registrar by the 12th day of class. Failure to do so will result in both the original and repeated grade being used to calculate your overall grade point average.

Undergraduates will receive grade forgiveness (grade replacement) for only three course repeats; graduates, for two course repeats during his/her career at UT Tyler.

STATE-MANDATED COURSE DROP POLICY

Texas law prohibits a student who began college for the first time in fall 2007 or thereafter from dropping more than six courses during their entire undergraduate career. This includes courses dropped at another 2-year or 4-year Texas public college or university. For purposes of this rule, a dropped course is any course that is dropped after the 12th day of class (See Schedule of Classes for the specific date).

Exceptions to the 6-drop rule may be found in the catalog. Petitions for exemptions must be

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DISABILITY SERVICES

In accordance with federal law, a student requesting accommodation must provide documentation of his/her disability to the Disability Support Services counselor. If you have a disability, including a learning disability, for which you request an accommodation, please contact Ida MacDonald in the Disability Support Services office in UC 282, or call (903) 566-7079.

STUDENT ABSENCE DUE TO RELIGIOUS OBSERVANCE

Students who anticipate being absent from class due to a religious observance are requested to inform the instructor of such absences by the second class meeting of the semester.

STUDENT ABSENCE FOR UNIVERSITY-SPONSORED EVENTS AND ACTIVITIES

If you intend to be absent for a university-sponsored event or activity, you (or the event sponsor) must notify the instructor at least two weeks prior to the date of the planned absence. At that time the instructor will set a date and time when make-up assignments will be completed.

SOCIAL SECURITY AND FERPA STATEMENT

It is the policy of The University of Texas at Tyler to protect the confidential nature of social security numbers. The University has changed its computer programming so that all students have an identification number. The electronic transmission of grades (e.g., via e-mail) risks violation of the Family Educational Rights and Privacy Act; grades will not be transmitted electronically.

EMERGENCY EXITS AND EVACUATION

Everyone is required to exit the building when a fire alarm goes off. Follow your instructor's directions regarding the appropriate exit. If you require assistance during an evacuation, inform your instructor in the first week of class. Do not re-enter the building unless given permission by University Police, Fire department, or Fire Prevention Services.