

Undergraduate Council
 New Course Course Change
 Core Category: None Effective Fall 2009

or

Graduate/Professional Studies Council
 New Course Course Change
 Effective Fall

1. Department: Health and Human Performance College: EDUC

RECEIVED MAY 30 2008

2. Person Submitting Form: Jessica Wheeler Telephone: 713-743-9852

3. Course Information on New/Revised course:

- Instructional Area / Course Number / Long Course Title:
PEB / 1112 / Hatha Yoga II
- Instructional Area / Course Number / Short Course Title (30 characters max.)
PEB / 1112 / HATHA YOGA II
- SCH: 1.00 Level: FR CIP Code: 31.0501.10 02 Lect Hrs: 0 Lab Hrs: 1

4. Justification for adding/changing course: To meet instructional needs of students

5. Was the proposed/revised course previously offered as a special topics course? Yes No

If Yes, please complete:

- Instructional Area / Course Number / Long Course Title:
 / /
- Content ID: Start Date (yyyy3):

6. Authorized Degree Program(s): PEB

- Does this course affect major/minor requirements in the College/Department? Yes No
- Does this course affect major/minor requirements in other Colleges/Departments? Yes No
- Are special fees attached to this course? Yes No
- Can the course be repeated for credit? Yes No

7. Grade Option: MU (multiple types) Instruction Type: laboratory ONLY (Note: Lect/Lab info. must match item 3, above.)

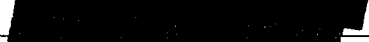
8. If this form involves a change to an existing course, please obtain the following information from the course inventory: Instructional Area / Course Number / Long Course Title

 / /

- Start Date (yyyy3): Content I.D.:
or permission of instructor.

9. Proposed Catalog Description: (If there are no prerequisites, type in "none".)

Cr: 1. (0-1). Prerequisites: PEB 1107 Description (30 words max.): Course offers hands on instruction of a variety of yoga poses and breathing techniques. Special emphasis will be placed on anatomy and alignment. PEB 1107 or instructor approval required. *Course may be repeated for credit.*

10. Dean's Signature: 

Date: 5/29/8

Print/Type Name: Chuck Layne/ Dean Wimpelberg

Instructor:
Contact:
Office:
Class Time:

Office Hours:
Class Location: 223 Melcher Gymnasium

Course Description

This course is designed to promote an understanding and the development of fitness through a variety of yoga poses and breathing exercises. This intermediate level course will focus on anatomy and alignment of specific poses and exercises.

Course Objectives

1. Students will be able to demonstrate knowledge of the names of major muscles involved in a variety of yoga poses.
2. Students will be able to demonstrate knowledge of the dynamics of breathing.
3. Students will be able to demonstrate knowledge of the human spine's anatomy and types of movements.

Text

Yoga Anatomy by Leslie Kaminoff, Human Kinetics, 2007, ISBN 13:978-0-7360-6278-7.

Dress Code

Comfortable clothing that will insure freedom of movement is recommended and shoes are not recommended. You will need to check out a towel from the Cage for each class or bring your own.

Grading

1. Fifty percent of your final grade will be determined by attendance. Attendance means that you are dressed out and you participate in the activities. The remaining portion of your grade will be based on reading assignments and quizzes.. Make-up quizzes are not available. One point will be deducted for each day an assignment is turned in late.
2. Department of Health and Human Performance Absentee Policy:
Missing 6 or more academic hours of class is considered excessive. An hour class absence = 1 miss and a 1.5 hour class absence = 1.5 misses. In PEB classes students have the option of receiving an 'S' or a 'U' grade which will not be used in GPA calculation. This will be contracted by the last formal day of class. **You may not receive an 'S' if you miss more than 6 academic hours.**
3. Early departure may be counted against the student's attendance at the discretion of the instructor. You will be marked late if you arrive 10 minutes after the designated class time and 3 lates equals 1 absence. After the first two weeks of class there will be a sign-up sheet on which **you will be responsible** for initialing in the appropriate box. The sign-up sheet will not be accessible after 4:10; you must see me after class to receive credit. You will earn 2 points for each day you attend and participate in class. You can only earn 1 attendance point if you arrive after 4:30.
4. The grading system to be used is based on percentages: A = 94% and above, A- = 90-93, B+ = 86-89, B = 84-85, B- = 80-83, C+ = 76-79, C = 74-75, C- = 70-73, D+ = 66-69, D = 64-65, D- = 60-63, F = 59 and below. "T"s and "W"s are not available as a grade once coursework has been completed just because you do not like your grade. **If you stop attending class and do not have yourself formally dropped (your name is still on the roll), you will receive an 'F' in the class. Tuesday, April 1st is the last day to withdraw from a class. Remember that you are only allowed 6 Ws throughout your academic career and drops must be initiated by the student.**

Class Environment

Please respect others in class by turning your cell phone off. Phone calls are not to be taken at any time during class. The schedule and procedures in this course are subject to change in the event of extenuating circumstances. By maintaining enrollment in this course, you agree to abide by all points in this syllabus and the University's policies and procedures. If at any time during the course you are unhappy with your performance, please contact me immediately. Failure to contact me immediately will most likely result in repeated poor performance and will tremendously limit your options.

Safety Concerns

As with any physical activity class, there is an inherent risk of injury associated with participation. The University of Houston does not carry health insurance for students in activity classes. The Department of Health and Human Performance and its instructors are in no way responsible for injuries incurred as a result of participation in its classes.

Disabilities Statement

Whenever possible, and in accordance with 504/ADA guidelines, we will attempt to provide reasonable academic accommodations to students who request and require them. Please contact the Center for Students with Disabilities at 713-743-5400 for more assistance and present the proper paperwork to me as soon as possible

Academic Integrity

Students are expected to abide by the university's academic honesty policy in all matters concerning this course. (<http://www.uh.edu/dos/hdbk/acad/achonpol.html>). In particular, plagiarism, "Representing as one's own work the work of another without acknowledging the source," whether intentional or unintentional, will not be tolerated.

Schedule of topics

Each class meeting we will be physically active, but the following topics will be discussed during our practice. There will be a topic quiz the week following the last week listed under the schedule of topics.

Week 1,2,3 The Dynamics of Breathing Chp 1

Week 4 Chp 1 quiz

Week 5,6 Yoga and the Spine, Chp 2

Week 7 Chp 2 quiz

Remaining weeks will focus on anatomy of specific poses with a short quiz each week

Standing poses

Sitting poses

Kneeling poses

Supine poses

Prone poses

Arm Support poses

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