

## Yoga, Ohio University–Lancaster: PAW 1005

<b>COURSE/CATALOG NUMBER:</b> PAW 1005 Yoga	<b>INSTRUCTOR:</b> Heather Sage Church, B.S., E-RYT200
<b>DESCRIPTIVE TITLE:</b> The purpose of this class is to teach the basics and benefits of a physical hatha yoga practice, beginning meditation, body awareness and mindfulness. Historical and philosophical concepts of yoga will also be introduced. Students are expected to participate fully, attend all classes and complete all assignments throughout the semester. <b>(For a more detailed outline of the class, see Course Objectives.)</b>	<b>OFFICE HOURS:</b> Thursdays 1:30 – 2p, pre-arranged with instructor
<b>CLASS NUMBER:</b> 7155	<b>PHONE:</b> 740-243-0603
<b>SEMESTER/YEAR:</b> Fall 1: 2017 –18	
<b>TIME AND DAY:</b> Tuesdays & Thursdays 2– 3:20p August 28 – October 14, 2017	<b>OU EMAIL/WEBSITE:</b> <a href="mailto:churchh@ohio.edu">churchh@ohio.edu</a>  <a href="http://www.heathersagechurch.com">www.heathersagechurch.com</a> <a href="http://www.oulyoga.com">www.oulyoga.com</a>
<b>ROOM/BUILDING:</b> Brasee 375	

### **BASIS FOR GRADING IN THE COURSE:**

A = 93–100%	C+ = 77–79%	D– = 60–62%
A– = 90–92%	C = 73–76%	F = <60%
B+ = 87–89%	C– = 70–72%	
B = 83–86%	D+ = 67–69%	
B– = 80–82%	D = 63–66 %	

**1 QUIZ = 10 points, 1 FINAL = 35 points, ATTENDANCE/PARTICIPATION = 35 points, READING ASSIGNMENTS with JOURNALS = 20 points.**

### **Attendance/Absence Policy**

1 Absence = receive 35 points

2 Absences = receive 30 points

More than 2 absences = 0 Attendance Points

An absence is an absence. Tardiness and leaving early will count as an absence or lost points.

**There are no excused absences. There will be no make up times or make up classes.**

## CHEATING AND PLAGIARISM:

The Ohio University Student Handbook includes the following description of acts considered to be in violation of the Student Code of Conduct:

“Academic misconduct is an A1 violation of the Ohio University Student Code of Conduct and is defined by the student code of conduct as dishonesty or deception in fulfilling academic requirements. It includes, but is not limited to, cheating, plagiarism, un-permitted collaboration, **forged attendance (when attendance is required)**, fabrication (e.g., use of invented information or falsification of research or other findings), using advantages not approved by the instructor (e.g., unauthorized review of a copy of an exam ahead of time), knowingly permitting another student to plagiarize or cheat from one's work, or submitting the same assignment in different courses without consent of the instructor.”

<http://www.ohio.edu/judiciaries/academic-misconduct.cfm#students>

## NOTE DISABILITIES / SPECIAL NEEDS

"Ohio University is committed to accessibility for all students. At the college level, students with disabilities are eligible for accommodations under the Americans with Disabilities Act (ADA, 1990).

**Any student who suspects s/he may need an accommodation based on the impact of a disability should contact the class instructor privately to discuss the student's specific needs and provide written documentation from the Office of Student Accessibility Services. If the student is not yet registered as a student with a disability, s/he should contact the Office of Student Accessibility Services.**

Outcome Goals:

- Students will be able to identify and describe rules, history, safety, and etiquette in the respective physical activity or sport.
- Students will be able to identify the components of health-related physical fitness and the relationship to personal health and wellness
- Students will be able to identify how adopting healthy lifestyle practices will lead to lifelong fitness & wellness.
- Students will develop and enhance physical fitness through lifetime physical activity or sport participation.

Students will be able to identify the physiological, psychological, and socio-cultural factors that influence human well-being and affect the major health problems of our society

## INFO ON The Jane Johnsen Center for Learning and Student Success (JJCLASS)

The Jane Johnsen Center for Learning and Student Success (JJCLASS) helps students to succeed by providing a variety of academic support services including class tutoring, group study spaces, laptop use and other resources. The JJCLASS services are **free** to OUL students. For details please contact the Jane Johnsen Center in person (105 Brasee Hall across from the Bistro), by phone at (740)681-3360, or by email at [jjclass@ohio.edu](mailto:jjclass@ohio.edu). Up-to-date schedules and services are listed online at <http://bit.ly/2wkaylL>. Students who use available resources are far more likely to do well in this class.