Fullerton College  
Division of Physical Education  
Spring 2008

Yoga — PE 102 F  
Wednesdays 6:00–7:50 P.M.  
Section 110  
CRN 10033

Instructor:  Mark Harrison  
Phone:  (626) 964–5217  
Email:  mharrison@fullcoll.edu  
Website:  yogasharer.com/fullcoll

Office Hours:  Immediately preceding class  
or by arrangement

Course Description:  This is an overview course in yoga, an integrated study of health. It involves the investigation and practice of breathing techniques (pranayama), hatha yoga postures (asana), meditation, and relaxation. Also unifies the mind, body and spirit.

Course Objectives:  
1. Philosophy and History of Yoga.  
2. Principles of Movement and Alignment.  
5. Meditation Techniques.  
6. Relaxation Techniques.  
7. Identify the Benefits of a Personal Yoga Practice.

Grading Policy  
<table>
<thead>
<tr>
<th>Points Earned</th>
<th>Letter Grade</th>
<th>Grading Criteria</th>
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<tbody>
<tr>
<td>90–100</td>
<td>A</td>
<td>Class Participation 55 pts</td>
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<tr>
<td>80–89</td>
<td>B</td>
<td>Midterm Quiz 20 pts</td>
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<tr>
<td>70–79</td>
<td>C</td>
<td>Topic Paper 15 pts</td>
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<tr>
<td>60–69</td>
<td>D</td>
<td>Weekly Journal 15 pts</td>
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<tr>
<td>Below 60</td>
<td>F</td>
<td>Total Points 105 pts</td>
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Attendance:  Each student begins with 55 points for class participation. A day of non-participation or absence will result in a 6-point deduction from this total. Two occurrences will drop you a full letter grade. Please make every effort to be present and on time. Arrival 10 minutes late and/or after attendance is taken will be regarded as a tardy. Three tardies constitute one absence. Three consecutive absences without prior communication via phone or email are grounds to be dropped from the class. It is the student’s responsibility to drop the course, if you are unable to continue attending. You may “make up” up to three absences by attending alternate yoga classes, either on or off campus. Make-ups must be recorded in writing and include the date, time, duration of class and instructor’s signature. Each make-up hour is worth three points. Makeup classes of comparable length will be credited appropriately (meaning, an oncampus class of the same length will restore 6 points). It takes two 1-hour classes off campus to satisfy one full absence from this section. To reinforce the importance of attendance and participation in class, perfect attendance over the course of the semester will be rewarded with 6 bonus points. This includes attending every class on time with no tardies to qualify.

Class Participation:  Your active participation is essential to understanding the subject matter and is the basis for your Journal entries. Arrive on time and in modest exercise attire appropriate to moving freely. Bare feet are recommended. It is highly recommended that you bring your own yoga mat and hand towel to class. Additional props such as a yoga strap (or man’s necktie) and one or two yoga blocks may also be beneficial for you. Eat a larger meal at least three hours before class, a smaller meal or snack two hours before class. It is best to drink plenty of fresh water before and after, but not during class. Please inform the instructor of any physical limitations, current or chronic injuries, pregnancies, or other concerns.

Midterm Quiz:  The midterm quiz will be administered in October at the beginning of a class to be announced. It will be in the form of multiple choice and short answer. Questions will be drawn from class
handouts and the yoga practiced in class up to this point. Make-ups are discouraged but must be arranged with the instructor in advance of the quiz, and take place within one week of quiz administration.

**Topic Paper:** Each student will write a 5-page paper (1250 words + bibliography) from a list of topics to be provided in September. Papers will be due in November. A minimum of three original reference sources must be cited, one of which must be a book, journal or magazine article. Class handouts must not be included among these sources. No late papers will be accepted. Submit a printed copy of your Topic Paper in class and also submit the paper via Turnitin.com. More details will be forthcoming with the assignment in September.

**Weekly Journal:** A weekly journal is due the day of the final exam. It should be a written record of A) CLASS OBSERVATIONS: your observations of what happens each class, B) MY PRACTICE: ideas related to your own developing practice, C) READING: comments on class readings (please include the title of each reading), and D) POSE: a different yoga Asana (pose) each week. A completed journal will have a minimum of at least 15 entries including 15 Asana (poses). Each weekly chapter needs to be dated and typed in your own words. Please include entries for any classes taken as “Make-ups.” Be prepared to demonstrate three of the Asanas (poses) included in your journal at the final. No late journals will be accepted. Journals will be “spot check” reviewed in weeks 6 and 12 of the semester. This review will be expedited via electronic submission through Turnitin.com. This is a review for focus and content and not subject to plagiarism detection. Please follow or address the four content areas as presented in the sample journal entry online. In order to enable the spot check assignments, all journals must be typed for electronic submission. Extra credit will be awarded for entries in excess of 15. There are more than 15 scheduled meetings, including the final.

**Academic Honesty:** Students are expected to abide by ethical standards in preparing and presenting material which demonstrates their level of knowledge and which is used to determine grades. Such standards are founded on basic concepts of integrity and honesty. Please refer to the Fullerton College 2008–2009 Catalogue for further details about Academic Honesty.

**Academic Support Center:** The Academic support Center (ASC) provides services to assist ALL Fullerton College students and staff in achieving academic success. The Center is comprised of three related services: the Skills Center, the Tutoring Center, and the Writing Center. The ASC is located on the first floor (north or west entrances) of the Library/Learning Resource Center (800 Building).

All Academic Support Center services are FREE to Fullerton College students.

**Writing Center services:**

* Assistance with any writing project, whether for class or personal use.
* Tutoring for writing at any stage from brainstorming to final draft.
* Both walk-in and by-appointment tutoring.
* Computers available for composing and revising.
* Frequent Workshops on a wide variety of writing topics.

Writing Center: (714) 992-7000, x 25385
E-mail: writingcenter@fullcoll.edu
Web: http://writingcenter.fullcoll.edu
Hours: M-Th 9 am-8 pm, F-S: 10 a.m.-2 p.m.

**Accommodations:** As required by the Americans with Disabilities Act (ADA), accommodations are provided to ensure equal opportunity for students with verified disabilities. Please let the instructor know of any physical limitations, current or chronic injuries, pregnancies, or concerns. Check with your health care practitioner if you have any questions about your ability to participate in class.

**Recommended Reading:**