



Monday & Wednesday 12:30-1:50 p.m. in Gym 113

Instructor Information

Crystal Collins, M.A.

E-Mail: ccollins@com.edu (preferred)

Phone: 409-933-8420

Student Hours and Location

On campus: Monday 10:00 a.m. – 12:20 p.m. and Tuesday/Thursday 10:50 a.m. – 12:30 p.m. in Gym 128

Virtual: Wednesday 8:00 a.m. – 10:00 a.m. via email and/or TEAMS

To meet on campus, please let the gym front desk attendant know you are there to see me. They will notify me, and I will come meet with you in place that we are able to socially distance.

You are also welcome to email me or send a Teams Chat during the virtual hours, and I will respond as quickly as I am able to during those times. I will also be available to meet with you through Microsoft Teams, but you will need to contact me ahead of time to schedule the meeting.

Required Materials

Yoga Fan ISBN #0-9712456-1-4

COM I.D., yoga mat

Course Description

This is an introduction to basic yoga postures, breathing, and relaxation techniques with emphasis on physical practice. Students will be provided with an opportunity to strengthen, tone and firm muscles.

Course requirements

Computer and internet access are necessary to complete most coursework. If you do not have your own computer and/or have reliable internet access, you can get access on campus in the Gym, Innovations Computer Lab, the Atrium in the Science building, and the library.

Below is a brief description of the coursework:

Initial and Final Fitness Assessments – 100 pts

The student will determine their fitness level by means of a general fitness assessment. The assessment will include; body composition, girth measurements, body mass index, waist/hip ratio, body fat analysis, flexibility measurements, and muscular strength/endurance tests.

Learn by Doing Labs – 50 points

The student will complete a variety of 'Learn by Doing' labs to develop a better understanding of the practice of Yoga.

Dietary Analysis Assignment – 50 pts

The student will complete a 3-day food journal which includes portions and/or serving sizes. Once journaling is

complete, the student will utilize on-line software and compare their diet to the current USDA recommendations. The student will use his/her results and identify positive and negative dietary patterns. The student will then build a healthy foods shopping list and develop a dietary intervention plan.

Journal – 50 pts

The student will keep a journal over the course of the semester. Journals are required each class.

Final Project– 50 pts

The student will be assigned to a presentation group with 2 or 3 classmates. This group will create a 30-minute yoga routine. The group will lead the class through the Yoga routine. Each member of the group should be involved in the development and presentation of the routine.

Midterm and Final Exams – 100 pts

The student will assess their practical knowledge and skills by completing a midterm (written exam) and final exam (practical exam).

Yoga Sessions – 100 pts

The student will practice Yoga each class. A total of 20 sessions should be completed by the end of the semester. To attend class in the gym, a student ID, and Yoga mat are required. Proper sanitation wipes will be provided.

Determination of Grade

Yoga Sessions	20	X	5 pts =	100 pts	Grading Scale 450 - 500 pts = A 400 - 449 pts = B 350 - 399 pts = C 300 - 349 pts = D < 300 pts = F
Fitness Testing	2	X	50 pts =	100 pts	
Midterm & Final Exam	2	X	50 pts =	100 pts	
Final Project			=	50 pts	
Journal			=	50 pts	
Labs			=	50 pts	
Dietary Analysis Project			=	50 pts	
<i>Total Possible</i>				=	<i>500 pts</i>

Late Work/Make-Up/Extra Credit Policy

If a student misses an assignment due date, there will be a 20% penalty per day until the assignment is submitted. If a class workout is missed, two makeup workouts are offered per semester. There are no make-ups for the fitness assessments or exams.

Attendance Policy

Students are required to attend class on a regular basis. COM policy states that “students are not permitted a determined number of absences;” however, any absence has the possibility of lowering the quality of a student’s work in class. More than three absences are considered excessive. Each of the 20 workouts is worth 5 possible points. Absences or lack of participation will result in 0 points earned. Incomplete yoga journals will result in a deduction of points. If special circumstances exist (example: change of work schedule during the semester) please see me as soon as possible to discuss possible options.

COMMUNICATING WITH YOUR INSTRUCTOR

All electronic communication with the instructor must be through your COM email. Due to FERPA restrictions, faculty cannot share any information about performance in the class through other electronic means.

Student Learner Outcomes

Upon completion of this course, the student will exhibit the following outcomes:

- The student will demonstrate knowledge of the history and practices of Yoga, the cardiovascular system, the muscular system, general nutrition, and current health topics as it pertains to Yoga.
- The student will participate in a variety of Yoga activities.
- The student will demonstrate an increase in flexibility.
- The student will demonstrate safe yoga technique using proper form and alignment.

Academic Dishonesty

In an attempt to maintain a high standard of integrity and fairness to all students, NO form of cheating will be tolerated in class. In cases of convincing evidence of cheating the instructor will take immediate and appropriate action in accordance with college policy and the Student Handbook, and the student will be referred to the Office of Student Conduct for the appropriate discipline action. Plagiarism is using another's words or ideas and claiming them as your own. Plagiarism is a very serious offense. Plagiarism includes paraphrasing someone else's words without giving proper citation, copying directly from a website and pasting it into your paper, using someone else's words without quotation marks. See links for guidance:

<http://en.writecheck.com/ways-to-avoid-plagiarism/>

The maximum penalty imposed for violations will be an "F" in the course. The student will be referred to the Judicial Coordinator for further disciplinary action.

Please read the section on Privileges and Obligations in the Student Handbook for a more complete discussion of these issues, and of your rights and responsibilities. The grade will reflect the student's progress in the course at the time of the cheating.

Student Concerns/Questions Statements

If you have any questions or concerns about any aspect of this course, please contact me using the contact information provided on page one of this document. If, after discussing your concern with me, you continue to have questions, please contact Sheena Abernathy, Science Department Chair Science at 409-933-8330 or sabernathy@com.edu.

COURSE OUTLINE

Week 1	Monday 8/22 Wednesday 8/24	Intro + Overview Initial Fitness Assessment
Week 2	Monday 8/29 Wednesday 8/31	Workout #1 + Topic: Preparing for Yoga Practice (<i>Begin Journal</i>) Workout #2 + Topic: Basic Guidelines to Practicing Yoga
Week 3	Monday 9/5 Wednesday 9/7	Labor Day Holiday Workout #3 + Topic: Benefits to Practicing Yoga
Week 4	Monday 9/12 Wednesday 9/14	Workout #4 + Topic: Breathing Techniques Workout #5 + Topic: Meditation & Namaste
Week 5	Monday 9/19 Wednesday 9/21	Workout #6 + Topic: The History of Yoga Workout #7 + Topic: Sun Salutations

Week 6	Monday 9/26 Wednesday 9/28	Workout #8 + Topic: Vinyasa Learn by Doing Lab #1 Assignment
Week 7	Monday 10/3 Wednesday 10/5	Workout #9 + Topic: Asanas Workout #10
Week 8	Monday 10/10 Wednesday 10/12	Midterm Review Midterm Exam
Week 9	Monday 10/17 Wednesday 10/19	Workout #11 Workout #12 + Begin Dietary Analysis (3 parts)
Week 10	Monday 10/24 Wednesday 10/26	Workout #13 Workout #14 (<i>Dietary Analysis part 1 due</i>)
Week 11	Monday 10/31 Wednesday 11/2	Workout #15 Workout #16 (<i>Dietary Analysis part 2 due</i>)
Week 12	Monday 11/7 Wednesday 11/9	Workout #17 Learn by Doing Lab #2 Assignment (<i>Dietary Analysis part 3 due</i>)
Week 13	Monday 11/14 Wednesday 11/16	Workout #18 Workout #19
Week 14	Monday 11/21 Wednesday 11/23	Workout #20 (<i>Journal Complete</i>) Final Project Practice
Week 15	Monday 11/28 Wednesday 11/30	Final Project Practice Final Project Presentations
Week 16	Monday 12/5 Wednesday 12/7	Final Exam Practical Final Fitness Assessment

Dress Code

For comfort and safety, adhere to the following dress code: Yoga pants or shorts (no denim), fitted t-shirt or tank top and clothing that does not restrict movement. Water and a sweat towel class are encouraged to have close by.

Classroom Conduct Policy

College of the Mainland requires that students enrolled at COM be familiar with the Standards of Student Conduct, which can be found in the on-line Student Handbook. <http://www.com.edu/student-services/student-handbook.php>. Students should act in a professional manner at all times. Disruptive students will be held accountable according to college policy. Any violations of the Code of Conduct will result in a referral to the Office for student Conduct and may result in dismissal from this class.

Success Tips

The following items are also necessary to participate in all class workouts:

- Yoga mat

- Journal and pen/pencil
- Comfortable and appropriate workout clothing
- COM I.D.

The Tutoring Center

The Tutoring Center provides free tutoring services to students, staff and faculty seeking assistance for writing, reading and oral presentations for academic and non-academic assignments/projects. Located in the Technical Vocational Building, Room 1306, the center provides face-to-face and online tutoring sessions in a welcoming environment. Appointments can be made in person, or on the center scheduler at com.mywconline.com, or by clicking the Tutoring Center icon on the COM website.

Institutional Policies and Guidelines

Grade Appeal Process

Concerns about the accuracy of grades should first be discussed with the instructor. A request for a change of grade is a formal request and must be made within six months of the grade assignment. Directions for filing an appeal can be found in the student handbook. <https://build.com.edu/uploads/sitecontent/files/student-services/Student_Handbook_2019-2020v5.pdf>. *An appeal will not be considered because of general dissatisfaction with a grade, penalty, or outcome of a course. Disagreement with the instructor's professional judgment of the quality of the student's work and performance is also not an admissible basis for a grade appeal.* https://build.com.edu/uploads/sitecontent/files/student-services/Student_Handbook_2019-2020v5.pdf

Academic Success & Support Services

College of the Mainland is committed to providing students the necessary support and tools for success in their college career. Support is offered through our Tutoring Services, Library, Counseling, and through Student Services. Please discuss any concerns with your faculty or an advisor.

ADA Statement

Any student with a documented disability needing academic accommodations is requested to contact Michelle Brezina at 409-933-8124 or mvaldes1@com.edu. The Office of Services for Students with Disabilities is located in the Student Success Center.

Textbook Purchasing Statement

A student attending College of the Mainland is not under any obligation to purchase a textbook from the college-affiliated bookstore. The same textbook may also be available from an independent retailer, including an online retailer.

Withdrawal Policy

Students may withdraw from this course for any reason prior to the last eligible day for a "W" grade. Before withdrawing students should speak with the instructor and consult an advisor. Students are permitted to withdraw only six times during their college career by state law. The last date to withdraw from the 16-week session is November 18. It is the student's responsibility to withdraw himself/herself should the need arise. After the official drop date, a "W" will not be given as a grade for any reason. The grade of "I" will be used only to allow a student who has encountered some emergency, such as illness or an accident, an opportunity to complete the requirements for the course. Students must have completed 75% of the class time to be considered for an "I". In the event that an "Incomplete" is the course of action chosen by both the student and instructor, an "I" contract will need to be completed.

FN Grading

The FN grade is issued in cases of *failure due to a lack of attendance*, as determined by the instructor. The FN grade may be issued for cases in which the student ceases or fails to attend class, submit assignments, or participate in required capacities, and for which the student has failed to withdraw. The issuing of the FN grade is at the discretion of the instructor.

Early Alert Program

The Student Success Center at College of the Mainland has implemented an Early Alert Program because student success and retention are very important to us. I have been asked to refer students to the program throughout the semester if they are having difficulty completing assignments or have poor attendance. If you are referred to the Early Alert Program you will be contacted by someone in the Student Success Center who will schedule a meeting with you to see what assistance they can offer in order for you to meet your academic goals.

Resources to Help with Stress

If you are experiencing stress or anxiety about your daily living needs including food, housing or just feel you could benefit from free resources to help you through a difficult time, please click here <https://www.com.edu/community-resource-center/>. College of the Mainland has partnered with free community resources to help you stay on track with your schoolwork, by addressing life issues that get in the way of doing your best in school. All services are private and confidential. You may also contact the Dean of Students office at deanofstudents@com.edu or communityresources@com.edu.