

CASPER COLLEGE COURSE SYLLABUS  
**PEAC 1294 04 - Yoga**

**Semester/Year:** Fall 2015

**Lecture Hours:** 0

**Lab Hours:** 2

**Credit Hours:** 1

**Class Time:**  
4:00-4:50pm

**Days:**  
Tuesday and Thursday

**Room:** EI101

**Instructor's Name:** Patricia Hayden

**Instructor's Contact Information:**

265-6594 or 262-8978. Call me anytime and leave a message

**Office Phone:**

**Email:**

wyoyoga@bresnan.net

**Office Hours:**

**Course Description:** A basic course in YOGA covering the yoga postures, some breathwork, meditation, and relaxation. A simple yoga class will go a long way toward retaining optimal health.

**Statement of Prerequisites:** There are no Prerequisites. YOGA is for everyone.

**Goal:** The student will gain strength, flexibility and balance for the physical body and will also gain a better understanding of the relationship between body, breath, mind and spirit.

**Outcomes:** This course is designed to create more flexibility and strength for the student. To heighten the students awareness of the body and also to create harmony of body, mind, and spirit. This course is designed to help the student be more at ease and able to relax.

**Course Objectives:** (Connect to CC outcome if possible)

**Methodology:** Teaching the classical YOGA postures, hand-outs, recommendation of DVD's and reading material related to YOGA.

**Evaluation Criteria:** Learning the YOGA postures and practicing the different postures (asanas), participating fully in the class will be the major percentage of the grade, however, ATTENDANCE, is very important for a passing grade. PLEASE communicate with me if you are going to be absent. Understanding a brief overview of yoga philosophy, the importance of the breath and a clearer sense of what it means to be present in the moment. The students effort and interest will also be taken into account.

**Casper College may collect samples of student work demonstrating achievement of the above outcomes. Any personally identifying information will be removed from student work.**

**Required Text, Readings, and Materials:** Refer to the handouts including YOGA 101 that will be available at the first class. You will need a YOGA mat. A TOGA strap and a YOGA block are optional but will come in handy at times.

**Class Policies: Last Date to Change to Audit Status or to Withdraw with a W Grade is November 12<sup>th</sup>, 2015.** If you miss a class or classes you are always welcome to attend one of the other YOGA classes taught by me. Always communicate with me concerning your absence.

**Student Rights and Responsibilities:** Please refer to the Casper College Student Conduct and Judicial Code for information concerning your rights and responsibilities as a Casper College Student.

**Chain of Command:** If you have any problems with this class, you should first contact the instructor to attempt to solve the problem. If you are not satisfied with the solution offered by the instructor, you should then take the matter through the appropriate chain of command starting with the Department Head/Program Director, the Dean, and lastly the Interim Vice President for Academic Affairs.

**Academic Dishonesty:** (Cheating & Plagiarism) Casper College demands intellectual honesty. Proven plagiarism or any form of dishonesty associated with the academic process can result in the offender failing the course in which the offense was committed or expulsion from school. See the Casper College Student Code of Conduct for more information on this topic.

**Official Means of Communication:** Casper College faculty and staff will employ the student's assigned Casper College email account as a primary method of communication. Students are responsible to check their account regularly.

**ADA Accommodations Policy:** If you need academic accommodations because of a disability, please inform me as soon as possible. See me privately after class, or during my office hours. To request academic accommodations, students must first consult with the college's Disability Services Counselor located in the Gateway Building, Room 344, (307) 268-2557, [bheuer@caspercollege.edu](mailto:bheuer@caspercollege.edu). The Disability Services Counselor is responsible for reviewing documentation provided by students requesting accommodations, determining eligibility for accommodations, and helping students request and use appropriate accommodations.

**Calendar or schedule indicating course content:** (be as complete here as possible, at least a grid showing week by week topics to be covered, assignments, due dates, readings etc. This can always be modified with a new handout later in the semester – better to send out a revised schedule than to trust verbal announcements by themselves)