

South Plains College
KINE 1106 Yoga
Fall 2024, 1 credit
Section 01: TTH 8:00-9:15

Instructor: Maria D. Gutierrez, MAT, LAT, ATC
Office: Texan Dome 101
Office Hours: By Appointment
Email: mgutierrez@southplainscollege.edu
Phone: (580) 651-5178

Class Location: This class meets in the Physical Education Complex in room 114.

Course Description: KINE 1106 is an introduction to yoga and offers students the opportunity to experience physical movement practices and yoga postures, breathing techniques, mental focusing and concentration skills, and various methods of meditation.

General Rules

- No tobacco products
- Wear proper workout attire
- No foul language

Textbook: None

Course Objectives:

1. Demonstrate competence in basic yoga skills and poses
2. Improve flexibility, balance, and strength
3. Experience mental and physical benefits of yoga
4. Explore stress management and meditative postures

Evaluation and Grading:

All of the following **MUST BE COMPLETED** before receiving a grade in the course.

Participation: Student participation will be evaluated daily through attendance (see attendance policy below) and active participation determined by professor.

Participation: 60 points (2 points each)

Assignments: An exercise journal will be kept daily. Grade is dependent on depth of journal entries, not the ability of the student (see course schedule for Journal Check dates).

Journal Checks (4): 40 points (10 points each)

Attendance Policy:

1. There are **four** excused absences. Please do not badger your instructor for a special exemption.
2. If a student has **four** unexcused absences, there will be a one-letter grade penalty subtracted from the final grade in the course.
3. After **five** unexcused absences, the student will be dropped from the class with an “**Administrative Drop**”.

4. If the **fifth** absence occurs after the drop date, you will receive an **"F"** for the course.
5. You must be on time to class!
6. Three **"tardies"** = **ONE** absence.
7. Your instructor will make a notation in the grade book of the number of minutes the tardy involved. He will determine if it will be recorded as a tardy or an absence.

Total Points Available: 100 points

Grading Scale:

A= 100-90

B= 89.9 – 80

C= 79.9-70

D= 69.9 – 60

F= 59.9 – 00

Grade progress report will be at mid-term and/or at the student's request.

Additional Information

- The Physical Education Complex has locker rooms available for students.
- Never leave anything of value in the dressing rooms of the Physical Education Complex.
- Never use a piece of equipment until you have received instructions on proper use.
- No "horseplay"

You can find the most current SPC statements regarding Intellectual Exchange, Disabilities, Non-Discrimination, Title IX Pregnancy Accommodations C.A.R.E., Campus Concealed Carry at this link: <https://www.southplainscollege.edu/syllabusstatements/>

Class Schedule

Date	Schedule	Deadlines
Tue Aug-27 th	Syllabus Day	
Thur Aug- 29 th	Normal Yoga Day	
Tue Sep-3 rd	Normal Yoga Day	Journal Check: Goals
Thur Sep-5 th	Normal Yoga Day	
Tue Sep-10 th	Normal Yoga Day	
Thurs Sep-12 th	Normal Yoga Day	
Tue Sep-17 th	Normal Yoga Day	
Thur Sep- 19 th	Normal Yoga Day	
Tue Sep -24 th	Normal Yoga Day	
Thur Sep- 26 th	Normal Yoga Day	
Tue Oct -1 st	Normal Yoga Day	Journal Check: Progress
Thurs Oct-3 rd	Normal Yoga Day	
Tue Oct-8 th	Normal Yoga Day	
Thur Oct-10 th	Normal Yoga Day	
Tue Oct-15 th	Normal Yoga Day	
Thur Oct-17 th	Normal Yoga Day	
Tue Oct-22 nd	Normal Yoga Day	
Thur Oct-24 th	Normal Yoga Day	
Tue Oct-29 th	Normal Yoga Day	
Thur Oct-31 st	Normal Yoga Day	
Tue Nov-5 th	Normal Yoga Day	Journal Check: Progress
Thur Nov-7 th	Normal Yoga Day	
Tue Nov-12 th	Normal Yoga Day	
Thur Nov-14 th	Normal Yoga Day	
Tue Nov-19 th	Normal Yoga Day	
Thur Nov-21 st	Normal Yoga Day	
Tue Nov-26 th	Normal Yoga Day	
Nov 27th-30th	<i>Thanksgiving Break</i>	
Tue Dec-3 rd	Normal Yoga Day	
Thur Dec-5 th	Normal Yoga Day	Journal Check: Progress
Dec 9th- 12th	<i>Finals Week</i>	

