APPH 1050 Yoga Activity Syllabus

The Science of Physical Activity and Health, Section AYO

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Instructor Information

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General Course Information

Description

The Yoga Activity introduces yoga as a strategy for physical activity and stress relief. The course includes traditional Yoga postures emphasizing flexibility, balance, breathing, meditation, and relaxation techniques. Students will be provided with a working knowledge of yoga positions, the benefits associated with yoga, and the knowledge to engage in yoga to promote a balanced, healthy lifestyle.

Course Learning Outcomes

Upon successful completion of this course, you should be able to:

- Explain the role of physical activity in maintaining a balanced, healthy lifestyle.
- Identify the benefits associated with yoga.
- Demonstrate basic yoga exercises, poses, and routines.

Required Course Materials

N/a

Grading Policy:

Students receive one course grade for APPH 1050. This grade is based on their efforts in the lecture component and the activity section. Attendance in the activity section impacts the final grade. There is no submission of graded assignments in the activity section.

Course Policies

Attendance and/or Participation

Class is from 9-10:15 am EST. Students are expected to attend the entire assigned class time (taking breaks, as needed). Participation is required; if a student does not participate, they do not get credit for being in class.

The class attendance policy assigns one attendance point for each absence and .5 (½) points for each tardy; each student is allowed up to TWO points for any reason without penalty/deduction from their final course grade. Each additional absence (excused or unexcused) beyond the two allotted points will result in five percentage points deducted from their final course grade. Five or more absences (excused or unexcused) result in an automatic "F" for the course; each additional tardy beyond the two allotted points will result in two percentage points off the final course grade. Deductions for attendance will not be accounted for in the course grade until the end of the semester.

A "tardy" is defined as arriving after the instructor has begun class or leaving before dismissal. If a student arrives more than 15 minutes late, leaves more than 15 minutes early, or misses more than 15 minutes of class in total in a day, it will be counted as an absence.

Attendance will be recorded on Canvas, and students are encouraged to monitor their attendance for compliance with the Attendance Policy; students may see the number of absences and tardies accrued under "Grades" on Canvas. **Please note that Canvas assigns a grade for attendance; that grade is not used in this course, and attendance will be accounted for in your final course grade only as stated above.**

Academic Integrity

Georgia Tech aims to cultivate a community based on trust, academic integrity, and honor. Students are expected to act according to the highest ethical standards. Review Georgia Tech's Honor Code and the student Code of Conduct.

Any student suspected of cheating or plagiarism on a quiz, exam, or assignment will be reported to the Office of Student Integrity, which will investigate the incident and identify the appropriate penalty for violations.

Core IMPACTS

Core IMPACTS is the University System of Georgia's General Education curriculum. If you are teaching a course that counts towards Core IMPACTS, you should include a syllabus

statement about the Core area and associated career competencies. This resource, developed by the Center for Excellence in Teaching and Learning and Online Education at Georgia State University, includes template syllabus statements for each of the Core IMPACTS areas that you may adapt for your course.

Accommodations for Students with Disabilities

If you are a student with learning needs that require special accommodation, contact the Office of Disability Services (404-894-2563) as soon as possible to make an appointment to discuss your special needs and to obtain an accommodations letter. Please also e-mail me as soon as possible in order to set up a time to discuss your learning needs.

Student-Faculty Expectations Agreement

At Georgia Tech, we believe that it is important to strive for an atmosphere of mutual respect, acknowledgement, and responsibility between faculty members and the student body. The Student-Faculty Expectations articulate some basic expectations that you can have of me and that I have of you. In the end, simple respect for knowledge, hard work, and cordial interactions will help build the environment we seek. Therefore, I encourage you to remain committed to the ideals of Georgia Tech while in this class.

Course Safety

- Students should not attend classes if they do not feel well or are exhibiting symptoms of illness and will be asked to leave, should they elect to attend. If a student begins to feel unwell during class, they should immediately alert the instructor.
- All CRC guidelines regarding capacity and cleaning will be followed. Students are responsible for cleaning their equipment both before and after use.
- Students should participate in classes at their own pace. Instructors will give modifications to provide options for all fitness levels.
- If a class is outdoors, the projected air temperature and humidity will be consulted to ensure the safety of participants. Students should dress and hydrate appropriately for conditions, and instructors will modify classes and offer breaks based on conditions.
- Students will be required to complete a second workout each week (see course assignments for additional instructions). Students are encouraged to alert someone of their location or route, plan appropriately for weather conditions, and, if using headphones, remain aware of their surroundings.

Required Attire

Students must comply with CRC policies for recommended and prohibited attire. Students must be appropriately dressed in workout clothes and athletic shoes and prepared to participate to receive full credit.

Instructions for the CRC

Students must bring their Buzzcard to class for CRC access. If the student forgets his/her/their Buzzcard, the student must go to the Member Services desk to gain access. If a student neglects to bring his/her/their Buzzcard more than twice, upon the third and all subsequent occurrences, the student will have to pay $5 to be allowed to enter the CRC.

Students are highly encouraged to bring a lock to secure personal belongings in the day lockers at the CRC, located outside of the locker rooms. Bags are not permitted in the fitness center areas.

Communication

Students will have two Canvas sites for this course: one is for the lecture (APPH 1050) and the other for the activity (AYO). Students are encouraged to have announcements pushed to them and should check Canvas regularly, including prior to attending class.

Inclement Weather and Digital Learning Days

Per the Campus Procedures for Hazardous Weather, when on-campus activities are suspended, digital learning days may be implemented to provide a way for instruction to continue. In the event of an impact on class sessions, instructors will post an announcement on Canvas with instructions. Here is the institute policy for Digital Learning Days for Modified Campus Operations.

Student Use of Mobile Devices in the Classroom

Electronic devices are prohibited during class time unless being used in a class-based activity or as permitted by your instructor.

Disruptions to Class

The first disruption will result in a warning. The second disruption will result in dismissal from class, and the student will be marked as absent for the class period.

Informed Consent and Waiver Form

Before participating in the activity session, students will sign an electronic informed consent and waiver acknowledging the risks associated with participating in physical activity. Students will be provided with the opportunity to address any health concerns

or previous injuries that may impact or limit their participation in their chosen activity in the consent form and waiver, but should also email or discuss information with their activity instructor, as appropriate.

Additional Resources and Activities

Your activity instructor may provide recommendations for additional articles, resources, and activities outside of class. These activities are optional and are not graded. However, these resources can provide support and additional learning/progress outside of the classroom.

Sensitive Topics in Class

Some topics discussed in the class or activity sections may be of a sensitive nature and/or a trigger, based on past and/or current experiences (e.g., nutrition analysis, body composition, mental health, etc.). If you are concerned about a subject or assignment, contact the instructor and/or your activity instructor. We can discuss any concerns you have and make alternative arrangements for content/assignments, as needed.

Campus Resources for Students

Undergraduate Student Academic Success Resources:

A list of resources for undergraduate students' academic success and information about advising can be found at Success at Tech.

- Academic Support: Academic Success and Advising (a unit in the Office of Undergraduate Education & Student Success) provides free support for your courses. Students can attend scheduled supplemental review (PLUS) sessions, stop by Drop-In Tutoring, or schedule a one-on-one appointment through Knack. To explore what options work best for you, please visit us online at success.gatech.edu/tutoring, email us at tutoring@gatech.edu, or come see us at Clough Undergraduate Learning Commons, Suite 283.

Student Well-Being:

At Georgia Tech, we are concerned about your overall physical, social, and mental well-being. A comprehensive list of wellness-related resources has been compiled and maintained by the Office of the Vice President for Student Engagement and Well-Being (student-resource-guide (gatech.edu).

Academic and Mental Well-Being Concerns:

The Office of the Dean of Students and the Center for Mental Health Care and Resources are available to assist with concerns regarding academic performance and/or mental health. STAR (Students' Temporary Assistance and Resources) is available to students experiencing food and/or housing insecurity.