

Course Code & No. - Section:	PHED 102
Course Title (Credits):	Yoga
Term & Year:	Fall 2014
Course Ref. No. (CRN):	10242
Instructor: Suzanne Hustedt	Suzanne Hustedt
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Email: suzysun@mac.com	
Office:	N/A
Office Hours:	N/A
Class Meeting Time:	T, Th 4- 5:15
Location:	PA 207
Prerequisites (from Catalog):	
Corequisites (from Catalog):	

Course Description

PHED 102

This Yoga class will provide a physical practice as a base for connection and creative awareness. Each session is designed to rekindle the body's innate wisdom and bring the student to an enhanced health and appreciation of his or her talents and abilities. The sessions are relaxing, refreshing and centering.

Student Outcomes

Upon successful completion of this course, a student will be able to:

skillfully engage in a personal yoga practice and lifestyle techniques to improve overall well being.

Methods of Assessing Student Outcomes

Student outcomes will be assessed according to
 attendance
 active participation.

Instructional Strategies

This course will be fun and challenging group practice of physical postures, movement, meditation and deep relaxation.

Recommended Texts and Materials

Yoga mat. A yoga block & strap are also beneficial.

Attendance

Attendance is Mandatory! Grades are determined by participation.

Class Requirements

Students' attendance and active participation is mandatory. Students must arrive in a timely fashion in comfortable clothing with empty belly and a smile!

Grading Policy

Grades are determined by attendance and participation.

ADA Accommodations

In accordance with the Americans with Disabilities Act and Section 504 of the Rehabilitation Act of 1973, students with a documented disability are eligible for support services and accommodations. If a student wishes to request an accommodation, please contact the Director of Academic Support Services, Henry Conover, at (775) 831-1314 x7534, [HYPERLINK "mailto:hconover@sierranevada.edu" hconover@sierranevada.edu](mailto:hconover@sierranevada.edu) or go to the OASIS offices on the third floor of Prim Library within the first week of the semester.

Class Schedule

Tuesdays and Thursdays 4 - 5:15

PA 207

Class is often held outside on lawn or at Incline beach when possible.

The Mission Statement:

Sierra Nevada College graduates will be educated to be scholars of and contributors to a sustainable world. Sierra Nevada College combines the liberal arts and professional preparedness through an interdisciplinary curriculum that emphasizes entrepreneurial thinking and environmental, social, economic and educational sustainability.

