

Course Code & No. - Section:	PHED 180
Course Title (Credits):	Yoga
Term & Year:	Spring 2014
Course Ref. No. (CRN):	10256
Instructor:	Suzanne Hustedt
Phone(s):	775 287 7393
Email: suzysun@mac.com	
Office:	N/A
Office Hours:	N/A
Class Meeting Time:	M, W 4 - 5:15
Location:	PA 207
Prerequisites (from Catalog):	
Corequisites (from Catalog):	

Course Description

This style of Yoga is grounded and centered on the philosophy of kindness and compassion. The dynamic physical practice is energizing and revitalizing. The breathing techniques develop strength focus and vitality.

The meditation practice provides empowering awareness and ability to live to the highest potential.

No prior experience is needed. Be prepared to sweat some, smile a lot and to be totally rejuvenated!

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.

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>"
<mailto:hconover@sierranevada.edu>" HYPERLINK "<mailto:hconover@sierranevada.edu>" 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.

Email: suzysun@mac.com

Course Description

PHED 180

When movement comes from a relaxed and playful place, the body responds easily and joyfully.

These classes are designed to rekindle the body's innate wisdom and brings each student to an enhanced awareness and appreciation of his or her unique body. 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 mats are recommended (large beach towel or blanket is fine). A yoga block and strap beneficial as well.

Attendance

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Class Requirements

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Class Schedule

Tuesdays and Thursdays 4 - 5:15

Meet at Patterson Hall Lobby 3/29-5/5

Class held outside, at Incline beach when possible.

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