

Course Code & No. Section: PHED 102

Course Title: Adventure Yoga

Term & Year: Spring 2017

Course Ref. No. (CRN): 80319

Instructor: Katy Rendinaro

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Class Meeting Time: 4pm-5pm

Location: PA 207/ PA lawn

Prerequisites: N/A

Course Description:

In this course you will practice a combination of both static and dynamic postures (asana) to build strength, as well as energize and revitalize the mind and body. This course will focus on breathing techniques (pranayama) to develop focus, intention, and vitality. We will have the chance to discuss and incorporate yoga philosophy into each class.

Class will be held both indoors and outdoors depending on weather. Students should walk away from each class feeling balanced, rejuvenated, and refreshed. Be prepared to sweat some, smile a lot and release all of the stressors of your everyday life. This is a beginner to intermediate class, no prior experience is needed.

Student Outcomes

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

Move through practice matching breath and postures. Create a daily at home practice of strength and balance. Learn and understand the principals and philosophy of yoga.

Methods of Assessing Student Outcomes

Student outcomes will be assessed according to: Attendance

Active participation.

Instructional Strategies

This course will be a fun, challenging, and enlightening practice of both static and dynamic postures (asana) and breathing techniques (pranayama).

Recommended Texts and Materials

Yoga mat or towel

Blocks or straps recommended

Water

Comfortable clothing

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 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"](mailto:hconover@sierranevada.edu) [HYPERLINK "mailto:hconover@sierranevada.edu"](mailto:hconover@sierranevada.edu) [HYPERLINK "mailto: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.

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