

Yoga for Performers

Instructor Contact

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Course Information

Course Name	Yoga for Performers
Course ID & Section	PEM 2122
Credit Hours	1
Location	Online

Course Description

This course will consist of the practice and study of Yoga, including postures, breathing and meditation, focusing on the needs of performers.

Course Objectives

1. To learn and understand the basics of Yoga;
 1. Physical practice of postures (asana)
 2. Practicing breathing techniques (pranayama)
 3. Learning meditation techniques
2. To gain an understanding of basic anatomy.
3. To identify Yoga resources available to the performer.
4. To gain an understanding of the benefits of Yoga to the performer.

You will "get" out of this course what you "put" into it

Course Requirements

Students will need a Yoga mat and enough floor space to practice Yoga in front of a computer or other electronic device.

There is no required text.

All assignments will be due at the stated times. There will be no Make-Ups or Extra Credit.

Students will be graded by tests, video participation, weekly reflections and a final reflection paper. Video participation will be monitored online to make sure students have practiced each video the expected number of times. You are responsible for recording when you practiced each video. You will submit the number of times practiced as an assignment.

Intro Yoga Video 8 times = 80 points

Quiz 1 = 100 points

Hatha I Yoga Video 8 times = 80 points

Quiz 2 = 100 points

Hatha II Yoga Video 8 times = 80 points

Quiz 3 = 100 points

Vinyasa Flow Yoga Video 8 times = 80 points

Quiz 4 = 100 points

Semester Reflection paper = 100 points

Weekly Reflections = 20 points each (320 total)

Tests = 40% of Semester Grade

Videos/Weekly Check-In/Reflection Paper = 60% of Semester Grade

A = 90-100 points

B+ = 85-89 points

B = 80-84 points

C+ = 75-79 points

C = 70-74 points

D+ = 65-69 points

D = 60-64 points

F = 0-59 points

Videos

There are 4 levels of Yoga Videos included in this course. If the Hatha II Yoga or Vinyasa Flow Yoga Videos are not comfortable for you, please substitute by repeating the Intro Yoga Video or Hatha I Yoga Video. You must watch the Hatha II Yoga and Vinyasa Flow Yoga Videos as you will be tested on that content, but you will be given credit for practicing the Intro or Hath I videos the correct number of times.

Module 1 - Intro Yoga Video - 8 times (twice per week)

Module 2 - Hatha I Yoga Video - 8 times (twice per week)

Module 3 - Hatha II Yoga Video - 8 times (twice per week)

Module 4 - Vinyasa Flow Yoga Video - 8 times (twice per week)

Academic Honesty

Plagiarism and cheating of any kind on an examination, quiz, or assignment will result at least in an "F" for that assignment (and may, depending on the severity of the case, lead to an "F" for the entire course) and may be subject to appropriate referral to the [Office of Student Conduct](#) for further action. See the [UCF Golden Rule](#) for further information. I will assume for this course that you will adhere to the academic creed of this University and will maintain the highest standards of academic integrity. In other words, don't cheat by giving answers to others or taking them from anyone else. I will also adhere to the highest standards of academic integrity, so please do not ask me to change (or expect me to change) your grade illegitimately or to bend or break rules for one person that will not apply to everyone.

Disability Statement

The University of Central Florida is committed to providing reasonable accommodations for all persons with disabilities. This syllabus is available in alternate formats upon request. Students with disabilities who need accommodations in this course must contact the professor at the beginning of the semester to discuss needed accommodations. No accommodations will be provided until the student has met with the professor to request accommodations. Students who need accommodations must be registered with [Student Disability Services](#), Ferrell Commons, 7F, Room 185, phone (407) 823-2371, TTY/TDD only phone (407) 823-2116, before requesting accommodations from the professor.

Copyright

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Third-Party Software and FERPA

During this course you might have the opportunity to use public online services and/or software applications sometimes called third-party software such as a blog or wiki. While some of these could be required assignments, you need **not** make any personally identifying information on a public site. Do not post or provide any private information about yourself or your classmates. Where appropriate you may use a pseudonym or nickname. Some written assignments posted publicly may require personal reflection/comments, but the assignments will not require you to disclose any personally identity-sensitive information. If you have any concerns about this, please contact your instructor.