

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. Once an assignment has closed it will not re-opened.

Grading

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 the dates and times of when you practiced each video. You will submit the dates and times practiced as an assignment. You do NOT need to video record yourself practicing Yoga.

Points

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 [800-word minimum] = 100 points

Weekly Reflections [4 sentences each] = 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

Timeline

End of week 1 – reflection due

End of week 2 – reflection due

End of week 3 – reflection due

End of week 4 – reflection, watched 1st video 8 times, test 1 due

End of week 5 – reflection due

End of week 6 – reflection due

End of week 7 – reflection due

End of week 8 – reflection, watched 2nd video 8 times, test 2 due

End of week 9 – reflection due

End of week 10 – reflection due

End of week 11 – reflection due

End of week 12 – reflection, watched 3rd video 8 times, test 3 due

End of week 13 – reflection due

End of week 14 – reflection due

End of week 15 – reflection due

End of week 16 – reflection, watched 4th video 8 times, test 4, semester reflection due

All assignments will be due at the stated times. Once an assignment has closed it will not re-opened.

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)

[if there is a holiday or you miss a week, you can adjust by adding additional practices; the requirement is to practice 8 times over 4 weeks]

Academic Integrity

The Center for Academic Integrity (CAI) defines academic integrity as a commitment, even in the face of adversity, to five fundamental values: honesty, trust, fairness, respect, and responsibility. From these values flow principles of behavior that enable academic communities to translate ideals into action.

<http://www.academicintegrity.org/icai/assets/FVProject.pdf>

UCF Creed: Integrity, scholarship, community, creativity, and excellence are the core values that guide our conduct, performance, and decisions.

1. Integrity: I will practice and defend academic and personal honesty.
2. Scholarship: I will cherish and honor learning as a fundamental purpose of my membership in the UCF community.
3. Community: I will promote an open and supportive campus environment by respecting the rights and contributions of every individual.
4. Creativity: I will use my talents to enrich the human experience.
5. Excellence: I will strive toward the highest standards of performance in any endeavor I undertake.

The following definitions of plagiarism and misuse of sources comes from the Council of Writing Program Administrators <<http://wpacouncil.org/node/9>> and has been adopted by UCF's Department of Writing & Rhetoric.

Plagiarism

In an instructional setting, plagiarism occurs when a writer deliberately uses someone else's language, ideas, or other original (not common-knowledge) material without acknowledging its source. This definition applies to texts published in print or on-line, to manuscripts, and to the work of other student writers.

Misuse of Sources

A student who attempts (even if clumsily) to identify and credit his or her source, but who misuses a specific citation format or incorrectly uses quotation marks or other forms of identifying material taken from other sources, has not plagiarized. Instead, such a student should be considered to have failed to cite and document sources appropriately.

Responses to Academic Dishonesty, Plagiarism, or Cheating

UCF faculty members have a responsibility for your education and the value of a UCF degree, and so seek to prevent unethical behavior and when necessary respond to infringements of academic integrity. Penalties can include a failing grade in an assignment or in the course, suspension or expulsion from the university, and/or a "Z Designation" on a student's official transcript indicating academic dishonesty, where the final grade for this course will be preceded by the letter Z. For more information about the Z Designation, see <http://goldenrule.sdes.ucf.edu/zgrade>.

For more information about UCF's Rules of Conduct, see <http://www.osc.sdes.ucf.edu/>.

Unauthorized Use of Class Materials

There are many fraudulent websites claiming to offer study aids to students but are actually cheat sites. They encourage students to upload course materials, such as test questions, individual assignments, and examples of graded material. Such materials are the intellectual property of instructors, the university, or publishers and may not be distributed without prior authorization. Students who engage in such activity are in violation of academic conduct standards and may face penalties.

Unauthorized Use of Class Notes

Faculty have reported errors in class notes being sold by third parties, and the errors may be contributing to higher failure rates in some classes. The following is a statement appropriate for distribution to your classes or for inclusion on your syllabus:

Third parties may be selling class notes from this class without my authorization. Please be aware that such class materials may contain errors, which could affect your performance or grade. Use these materials at your own risk.

In-Class Recording Policy

Outside of the notetaking and recording services offered by Student Accessibility Services, the creation of an audio or video recording of all or part of a class for personal use is allowed *only* with the advance and explicit written consent of the instructor. Such recordings are only acceptable in the context of personal, private studying and notetaking and are not authorized to be shared with *anyone* without the separate written approval of the instructor.

Course Accessibility Statement

The University of Central Florida is committed to providing access and inclusion for all persons with disabilities. This syllabus is available in alternate formats upon request. Students with disabilities who need specific access in this course, such as accommodations, should contact the professor as soon as possible to discuss various access options. Students should also connect with [Student Accessibility Services](#) (Ferrell Commons, 7F, Room 185, sas@ucf.edu, phone (407) 823-2371). Through Student Accessibility Services, a Course Accessibility Letter may be created and sent to professors, which informs faculty of potential access and accommodations that might be reasonable.

Campus Safety Statement

Emergencies on campus are rare, but if one should arise in our class, we will all need to work together. Everyone should be aware of the surroundings and familiar with some basic safety and security concepts.

- In case of an emergency, dial 911 for assistance.
- Every UCF classroom contains an emergency procedure guide posted on a wall near the door. Please make a note of the guide's physical location and consider reviewing the online version at http://emergency.ucf.edu/emergency_guide.html.
- Familiarize yourself with evacuation routes from each of your classrooms and have a plan for finding safety in case of an emergency. (Insert class-specific details if appropriate)
- If there is a medical emergency during class, we may need to access a first aid kit or AED (Automated External Defibrillator). To learn where those items are located in this building, see <http://www.ehs.ucf.edu/workplacesafety.html> (click on link from menu on left). (insert class specific information if appropriate)
- To stay informed about emergency situations, sign up to receive UCF text alerts by going to my.ucf.edu and logging in. Click on "Student Self Service" located on the left side of the screen in the tool bar, scroll down to the blue "Personal

Information” heading on your Student Center screen, click on “UCF Alert”, fill out the information, including your e-mail address, cell phone number, and cell phone provider, click “Apply” to save the changes, and then click “OK.”

- If you have a special need related to emergency situations, please speak with me during office hours.
- Consider viewing this video (<https://youtu.be/NIKYajEx4pk>) about how to manage an active shooter situation on campus or elsewhere.

Deployed Active Duty Military Students

If you are a deployed active duty military student and feel that you may need a special accommodation due to that unique status, please contact your instructor to discuss your circumstances.