

Linfield College
DEPARTMENT OF HEALTH, HUMAN PERFORMANCE AND ATHLETICS
Course Syllabus
SUMMER 2008

Course: HHP 071 .. Yoga
Credit Hours: 1
Location & Time: MP Room, Wilson Gym
Tues/Thurs 12:05pm - 12:50pm
Instructor: Christine Kirk
Office: n/a
Phone: 503-435-0464
Email: ckirk@linfield.edu
Office Hours: by appointment

Course Purpose:

To familiarize students with the principals & benefits of yoga.

Objectives:

1. To improve strength & flexibility, muscle tone, and stamina
2. To reduce stress & tension.
3. To receive a better understanding of yoga, as a practice.
4. To create a sense of well being and calm.
5. To demonstrate a safe & effective yoga practice.
6. To honor our bodies, as individuals day by day.
7. To encourage yoga as a practice, not just for today, but also as part of your future.

Requirements:

1. Active participation.
2. Absences need to be cleared by instructor! Three unexcused absences will result in an automatic failure.

Special Notes:

1. If you have any health related problems, please inform the instructor.
2. Please report any injuries to instructor.
3. Listen for modified instructions during class.
4. Wear comfortable, non-restrictive clothing.
5. An open mind & an open heart is a must!

Special Accommodations: Students with documented disabilities who may need accommodations, who have any emergency medical information the instructor should know of, or who need special arrangements in the event of evacuation, should make an appointment with the instructor as early as possible, no later than the first week of the term.

Academic Honesty: Linfield College has a policy regarding academic honesty. All students enrolled in this course are expected to follow it. The policy can be found in the Student Handbook and Planner. If unsure about whether your work reflects an appropriate level of "academic honesty" do not hesitate to discuss the matter with the instructor before the work is started.