SWELL 109 • YOGA

Please refer to the welcome page for general information:
https://studentwellness.byu.edu

COURSE CONTENT: Yoga teaches how to exercise and/or meditate in order to unify the mind, body and spirit, feeling quiet in your mind, strong and energized in your body, and peaceful in your spirit.

LEARNING OUTCOMES

1. Students will be able to apply basic yoga sequencing and alignment.
2. Students will be able to develop yoga knowledge and skills that support and honor their bodies.
3. Students will be able to explain the techniques and principles of yoga.
4. Students will be able to prioritize their wellness by setting goals, tracking progress, and cultivating connections to their peers and to Jesus Christ.

ATHLETIC ATTIRE: BYU Student Wellness expects all patrons to wear proper attire while participating in its athletic programs. In accordance with the CES Dress and Grooming Principles and Expectations, the following dress accommodations have been made for athletic participation, as well as to ensure the health and safety of all participants:

1. Patrons should wear proper attire applicable to the athletic activity.
2. Shirts, shorts or pants, and appropriate footwear must be worn at all times.
3. Undergarments and midriff should be covered with clothing.
4. Clothing with belts and/or exposed metal (buttons, snaps, rivets, and/or zippers) are not permitted.

Additional standards for specific facilities, areas, and programs may apply. Student Wellness reserves the right to determine proper program attire.

HONOR CODE: In keeping with the principles of the BYU Honor Code, students are expected to be honest in all of their academic work. Academic honesty means, most fundamentally, that any work you present as your own must in fact be your own work and not that of another. Violations of this principle may result in a failing grade in the course and additional disciplinary action by the university. Students are also expected to adhere to the Dress and Grooming Standards. Adherence demonstrates respect for yourself and others and ensures an effective learning and working environment. It is the university's expectation, and every instructor's expectation in class, that each student will abide by all Honor Code standards. Please call the Honor Code Office at 422-2847 if you have questions about those standards.

INHERENT RISK: In consideration of my being enrolled in Yoga at BYU, **I ACKNOWLEDGE AND AGREE TO ASSUME THE INHERENT RISKS OF THE ACTIVITIES ASSOCIATED WITH THIS CLASS**. I acknowledge the risks involved in this class may include, but are not limited to: Injuries from martial arts or gymnastic-like movement; abrasions, dislocations, cuts, bruises, blisters, broken bones, strains, sprains, falls, concussions, torn muscles, internal injuries, spinal injuries; injuries caused by other participants, blows to the body, face or head, exhaustion, dehydration, physical or emotional distress; injuries from contact with equipment; injuries occurring from colliding with other participants or objects; bad decision-making; inattention of or actions of other participants; misuse or failure of equipment; damage to clothing and other personal items and other risks, hazards, or accidents, whether foreseen or unforeseeable.

FEES & EQUIPMENT: All students participating in this course are required to provide their own mats, including students participating in sections at the Cannon Center or Heritage Halls (i.e. Helaman & Heritage

Halls residents). Mats may not be stored in classrooms. If you would like to obtain a locker rental, please visit the Student Wellness Member Services desk located at RB 112.

QUESTIONS OR CONCERNS: If you have questions or concerns, please visit with your instructor or contact Student Wellness in 112 Richards Building or email swellassistant@byu.edu.