STAC 109 – YOGA, HERITAGE HALLS LOCATION

**These sections are for Heritage Halls residents only**

PLEASE REFER TO THE WELCOME PAGE FOR GENERAL INFORMATION:
http://studentwellness.byu.edu/physical/activitycourses

COURSE CONTENT

Yoga is a Sanskrit word that means union, and that’s exactly what yoga is. It’s a way to exercise and/or meditate (depending on how you personally decide to practice it) that unifies the mind, body, and spirit. Basically meaning that after a practice you feel quiet in your mind, strong and energized in your body, and peaceful in your spirit.

During our time together in class we will weave a practice of the asanas in Ashtanga Vinyasa yoga with workshops on breath, bandhas, drishti, alignment, and yoga philosophy.

LEARNING OUTCOMES

It is assumed that each practitioner will come to appreciate yoga in his or her own way. Common goals we will strive for include:

1. Demonstrate an understanding of basic yoga principles and practices
2. Learn basic sequencing and alignment for an Ashtanga Vinyasa practice
3. Develop a yoga practice that supports and honors your body

GRADING

This course is graded PASS/FAIL

Students must meet the following criteria to pass this course.

1. Pass the attendance part of the course with 80%—no more than 5 hours absent
2. Pass the written part of the class with 75% on the written test.

Students who do not meet these criteria will receive a Fail (E) grade, which will impact their GPA

COURSE MATERIALS:

- Yoga mat. Due to storage restrictions in space in Heritage, you will need to purchase your own yoga mat. They are easily found at many stores including the BYU Bookstore.

Information and study materials for the test will be provided during class and can be located at http://studentwellness.byu.edu/physical/activitycourses.
ATTENDANCE/PARTICIPATION

• Because participation is the primary component of an activity class, attendance is requisite to pass the class.
• Students must attend and participate in 80% of all class sessions to pass the course (Department policy). There is no such thing as an excused absence for University business. The purpose of the allowed absences is to accommodate for illness, injury, or University business.
  • For twice a week semester classes or 4 times a week block and Spring/Summer term classes, this equals no more than 5 class periods missed.
  • For twice a week block or Spring/Summer term classes and once a week semester classes, this equals no more than 2 class periods missed.
  • For once a week block classes, this equals no more than 1 class period missed.
• Excessive tardiness is not acceptable. Three (3) incidents of tardiness equal one (1) absence. If a student arrives after class begins, it will count as a tardy. If the student arrives 10 minutes or more after the class begins or leaves early, it will count as an absence.
• Students adding late can make up classes missed prior to adding during a 2 week period following the add/drop deadline. They should see the instructor for options immediately upon adding.
A student incurring a prolonged injury or illness resulting in more than the allowed absences can withdraw from the class prior to the withdrawal deadline (see academic calendar). Students with a prolonged illness or injury occurring after the withdraw deadline can petition to withdraw at petitions.byu.edu. Call 801-422-2631 with questions about the petition process.
• If a student has any questions about this policy, contact Student Wellness, 112 RB, activity@byu.edu

WRITTEN EXAM

A written examination must be taken in the Testing Center. IMPORTANT: The test dates are posted at http://studentwellness.byu.edu/physical/activitycourses/. The test must be taken by one day prior to the last day of classes and will not be available during the last day of classes, Reading Days or Finals. Please note the following:
1. The exam will cover materials taught and/or referred to in class.
2. If a better grade is desired, a test may be retaken any number of times. Retakes are available for a $5.00 fee.
3. A 24-hour period is required between taking the same test over again. If you fail a test on the last day offered, you cannot take the test again.
4. A $5.00 late fee will be charged beginning 2pm on the last day of the exam.

DRESS & ATTIRE

Wear clothing that is loose enough to freely move in, yet tight enough that when gravity is working against you, the clothing will stay relatively in place. The practice is done in bare feet. Feel free to bring a pair of tight socks if you’re more comfortable with your feet covered.
  • Tops: T-shirt, yoga top, biking top, etc.
  • Bottoms: Yoga pants, dance pants, cropped sweats, long shorts, etc.
Please remember that clothing must be modest, clean, and properly mended. Shirts must cover the shoulders and full torso. Shorts or sweats must reach at least mid-thigh. Inappropriate logos or sayings will not be tolerated.

INJURY

Any injury occurring during scheduled class time should be immediately reported to your instructor.