



WACO, TEXAS

**COURSE SYLLABUS
AND
INSTRUCTOR PLAN**

PILATES AND YOGA

PHED 1147.XX

SECTIONS 15, 35, 40

DAWN HAYDEN

NOTE: This is a 16-week course.

COVID 19 Notice:

McLennan Community College is committed to providing you with every resource you need to reach your academic goals. We are also concerned for your safety. We are working through COVID-19 guidelines to make sure we offer a safe environment for you and our faculty. This will include smaller class sizes to manage social distancing and proper cleaning techniques. You will have the advantage of a physical classroom experience but may also need to work part of the time online as we adjust to limited classroom capacity. This will also allow us the flexibility to move online if so directed by federal, state and/or local COVID 19 guidelines. Faculty and staff are preparing now to ensure that you have the best experience in the midst of these uncertain times.

YOGA AND PILATES

PHED 1147.1

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INSERT SEMESTER & YEAR

YOGA AND PILATES

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Course Description:

Pilates and yoga are gentle, yet effective, training methods that will strengthen, shape, stretch, define, and relax the body. The actions and positions strive to improve posture, balance, "core" strength, and flexibility utilizing correct body alignment while promoting breathing and body awareness.

Prerequisites and/or Corequisites:

Notification to Instructor of Medical Restrictions and/or Health Problems

Course Notes and Instructor Recommendations:

Yoga/Pilates is designed for participants at any level, any background, or any age; however, awareness of physical limitations should be determined by the student and any necessary modifications should be made to poses provided by the instructor to ensure good physical health.

Instructor Information:

Instructor Name: Dawn Hayden

MCC Email: dhayden@mclennan.edu

Office Phone Number: PHED (254) 405-0692

Office Location: MATH/PHED BUILDING Office 110

Office/Teacher Conference Hours: by Appointment Only

Other Instruction Information:

Required Text & Materials:

No required text.

Handouts may be given in class. It is recommended students to wear stretchy or loose fitting clothing appropriate for exercise.

Students may bring personal yoga mat and accessories.

MCC Bookstore Website: <http://www.mclennan.edu/bookstore/>

Methods of Teaching and Learning:

Instructor demonstrations of poses, required class participation in physical activity, short lectures, student performances/presentations, handouts, mid-term and final exams.

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Course Objectives and/or Competencies:

1. To be present and participate in teacher led Pilates and yoga poses to improve overall physical fitness and conditioning including posture, balance, muscle strength, muscle endurance, tone, agility, flexibility, breathing and relaxation.
2. To learn skills related to yoga/Pilates
3. To become aware of the importance of personal fitness goals and their relationship to a regular lifetime exercise program
4. To become aware of the importance of posture by completing pre/post posture evaluations
5. To experience the physical, mental and psychological benefits of yoga/Pilates
6. To understand basic Pilates and yoga definitions, terms, and poses.
7. To understand and recognize the importance of the 5 basic fitness components.
8. To realize the importance of and instill motivation to maintain a regular lifetime fitness program.
9. To learn basic anatomy

Course Outline or Schedule:

Sections 15, 35, 40

Week 1 Beginning assessments of flexibility and strength

Weeks 2-6 Learning and practice of yoga and pilates poses, beginner and intermediate level.

Week 7 Mid Term exam

Weeks 8-15 Learning and practice of yoga and pilates poses, continuing beginner, intermediate levels and introducing more advanced poses.

Week 16 Ending assessments of flexibility and strength and Final Exam

Course Grading Information:

Grades will be determined by combining grades earned in attendance, participation, midterm exam, Beginning and Ending physical assessments and final exam.

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A 90-100

B 80-89

C 70-79

D 60-69

Fitness assessments are graded on participation, NOT on level of flexibility or strength. Skill assessments are graded on participation and demonstrated knowledge of terms and poses. Penalty for violation of academic integrity such as cheating on the written midterm or final exam is to receive a zero grade on the exam.

Late Work, Attendance, and Make Up Work Policies:

Students are considered late after roll is called. If a student is late three times, it equals one absence. Students are required to attend 75% of classes during the semester in order to pass.

Late work must be turned in at the first of the next class period or it will not be accepted. Exceptions are illnesses where the instructor has been notified and doctor's excuses are provided. In this case, classes may be made up and the absence will be erased from the grade book.

Student Behavioral Expectations or Conduct Policy:

"Students are expected to maintain classroom decorum that includes respect for other students and the instructor, prompt and regular attendance, and an attitude that seeks to take full advantage of the education opportunity." Electronic devices such as cell phones must be silenced and not used during class, including placing or receiving calls, texting, gaming, browsing, and emailing. Students should dress in comfortable clothing which allows the body to move freely. Yoga and pilates are generally performed barefooted.

*** [Click Here for the MCC Academic Integrity Statement](#)**

(www.mclennan.edu/academic-integrity)

The link above will provide you with information about academic integrity, dishonesty, and cheating.

*** [Click Here for the MCC Attendance/Absences Policy](#)**

(<https://www.mclennan.edu/highlander-guide/policies.html>)

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Click on the link above for the college policies on attendance and absences. Your instructor may have additional guidelines specific to this course.

** You will need to access each link separately through your Web browser (for example: Mozilla Firefox, Chrome, Microsoft Edge or Safari) to print each link's information.*

McLennan

C O M M U N I T Y

COLLEGE

ACADEMIC RESOURCES/POLICIES

Student Support/Resources:

MCC provides a variety of services to support student success in the classroom and in your academic pursuits to include counseling, tutors, technology help desk, advising, financial aid, etc. A listing of these and the many other services available to our students is available at <http://www.mclennan.edu/campus-resource-guide/>

College personnel recognize that food, housing, and transportation are essential for student success. If you are having trouble securing these resources or want to explore strategies for balancing life and school, we encourage you to contact a success coach by calling (254) 299-8226. Students can visit the Completion Center Monday-Friday from 8 a.m.-5 p.m. to schedule a meeting with a success coach and receive additional resources and support to help reach academic and personal goals. Paulanne's Pantry (MCC's food pantry) provides free food by appointment to students, faculty and staff based on household size. Text (254) 870-7573 to schedule a pantry appointment. The Completion Center and pantry are located on the Second Floor of the Student Services Center (SSC).

MCC Foundation Emergency Grant Fund:

Unanticipated expenses, such as car repairs, medical bills, housing, or job loss can affect us all. Should an unexpected expense arise, the MCC Foundation has an emergency grant fund that may be able to assist you. Please go to <https://www.mclennan.edu/foundation/scholarships-and-resources/emergencygrant.html> to find out more about the emergency grant. The application can be found at https://www.mclennan.edu/foundation/docs/Emergency_Grant_Application.pdf.

Minimum Technical Skills:

Students should have basic computer skills, knowledge of word processing software, and a basic understanding of how to use search engines and common web browsers.

Backup Plan for Technology:

In the event MCC's technology systems are down, you will be contacted/notified through your MCC student email address. Please note that all assignments and activities will be due on the date specified in the Instructor Plan, unless otherwise noted by the instructor.

* [Click Here for the Minimum System Requirements to Utilize MCC's D2L|Brightspace](https://www.mclennan.edu/center-for-teaching-and-learning/Faculty%20and%20Staff%20Commons/requirements.html)
(<https://www.mclennan.edu/center-for-teaching-and-learning/Faculty%20and%20Staff%20Commons/requirements.html>)

Click on the link above for information on the minimum system requirements needed to reliably access your courses in MCC's D2L|Brightspace learning management system.

Email Policy:

McLennan Community College would like to remind you of the policy (<http://www.mclennan.edu/employees/policy-manual/docs/E-XXXI-B.pdf>) regarding college email. All students, faculty, and staff are encouraged to use their McLennan email addresses when conducting college business.

A student's McLennan email address is the preferred email address that college employees should use for official college information or business. Students are expected to read and, if needed, respond in a timely manner to college emails.

Instructional Uses of Email:

Faculty members can determine classroom use of email or electronic communications. Faculty should expect and encourage students to check the college email on a regular basis. Faculty should inform students in the course syllabus if another communication method is to be used and of any special or unusual expectations for electronic communications.

If a faculty member prefers not to communicate by email with her/his students, it should be reflected in the course syllabus and information should be provided for the preferred form of communication.

Email on Mobile Devices:

The College recommends that you set up your mobile device to receive McLennan emails.

Forwarding Emails:

You may forward the emails that come to your McLennan address to alternate email addresses; however, the College will not be held responsible for emails forwarded to an alternate address that may become lost or placed in junk or spam filters.

Accommodations/ADA Statement

Any student who is a qualified individual with a disability may request reasonable accommodations to assist with providing equal access to educational opportunities. Students should contact the Accommodations Coordinator as soon as possible to provide documentation and make necessary arrangements. Once that process is completed, appropriate verification will be provided to the student and instructor. Please note that instructors are not required to provide classroom accommodations to students until appropriate verification has been provided by the Accommodations Coordinator. Instructors should not provide accommodations unless approved by the Accommodations Coordinator. For additional information, please visit mclennan.edu/disability.

Students with questions or who require assistance with disabilities involving physical, classroom, or testing accommodations should contact:

disabilities@mclennan.edu

254-299-8122

Room 319, Student Services Center

* [Click Here for more information about Title IX](http://www.mclennan.edu/titleix)
(www.mclennan.edu/titleix)

We care about your safety, and value an environment where students and instructors can successfully teach and learn together. If you or someone you know experiences unwelcomed behavior, we are here to help. Individuals who would like to report an incident of sexual misconduct are encouraged to immediately contact the Title IX Coordinator at

titleix@mclennan.edu or by calling Dr. Drew Canham (Chief of Staff for Equity & Inclusion/Title IX) at 299-8645. Individuals also may contact the MCC Police Department at 299-8911 or the MCC Student Counseling Center at MCC by calling 299-8210. The MCC Student Counseling Center is a confidential resource for students. Any student or employee may report sexual harassment anonymously by visiting the following website: <http://www.lighthouse-services.com/mclennan/>.

McLennan's Title IX webpage (<http://www.mclennan.edu/titleix/>) contains more information about definitions, reporting, confidentiality, resources, and what to do if you or someone you know is a victim of sexual misconduct, gender-based violence or the crimes of rape, acquaintance rape, sexual assault, sexual harassment, stalking, dating violence, or domestic violence.

** You will need to access each link separately through your web browser (for example Mozilla Firefox, Chrome, Microsoft Edge, or Safari) to print each link's information.*