



WACO, TEXAS

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**COURSE SYLLABUS**

**AND**

**INSTRUCTOR PLAN**

**PILATES AND YOGA**

**PHED 1147.1**

**SECTIONS 15, 30,45 AND F 1**

**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 including your safety. We will continue to monitor the evolving situation with COVID 19 and adjust our safety guidelines to make sure we offer a safe environment for you and our faculty. Please make sure to consult your faculty and the MCC website at <https://www.mclennan.edu/crisis-management/coronavirus-updates/index.html> on any changes to these guidelines.

COURSE NAME  
COURSE NUMBER & SECTION NUMBER

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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 Issues

**Course Notes and Instructor Recommendations:**

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

**Instructor Information:**

Instructor Name: Dawn Hayden  
MCC Email: [dhayden@mcclennan.edu](mailto:dhayden@mcclennan.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 presented in class.  
Recommended that students wear stretchy or loose fitting clothing appropriate for exercise.  
Pilates and Yoga are typically performed barefoot.

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

**Methods of Teaching and Learning:**

Instructor demonstrations of exercises, student performance of exercises, lectures, written and practical exams, student presentations.

COURSE NAME  
COURSE NUMBER & SECTION NUMBER

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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 basic skills related to Pilates and Yoga.
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 and ability to improve posture and flexibility by completing pre/end semester evaluations.
5. To experience the physical, mental and psychological benefits of Pilates and Yoga.
6. To understand basic Pilates and Yoga definitions, terms, and poses.
7. To realize the importance of and instill motivation to maintain a regular lifetime fitness program.
8. 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.

COURSE NAME  
COURSE NUMBER & SECTION NUMBER

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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:**

LATE WORK must be turned in at the first of the next class period or it will not be accepted.

Students are considered late when arriving after roll is called. If a student is late three times, it equals one absence which cannot be made up.

ATTENDANCE Students are required to attend 75% of classes during the semester in order to pass. Exceptions are illnesses where the instructor has been notified and doctor's excuses are provided at the beginning of the first day of return to class. In this case, classes may be made up and the absence will be erased from the grade book.

MAKE UP WORK for absences may include the following: participate in an outside exercise class and bring a signed, dated note from the instructor or workout in the MCC exercise room and bring a signed dated note from the room attendant. This note must be presented on the first day of return to class with the doctor's note at the beginning of class.

**Student Behavioral Expectations or Conduct Policy:**

. Students are expected to maintain classroom decorum than 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.

COURSE NAME  
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Electronic devices such as cell phones must be silenced and not used during class, including placing or receiving call, texting, gaming, browsing, taking photos and emailing. An exception may be when the internet is needed for a class assignment or emergency.

**[Click Here for the MCC Attendance/Absences Policy](https://www.mclennan.edu/highlander-guide/policies.html)**

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

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

# McLennan

C O M M U N I T Y

# COLLEGE

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## ACADEMIC RESOURCES/POLICIES

### **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. For additional information, please visit [www.mclennan.edu/disability](http://www.mclennan.edu/disability).

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

[disabilities@mclennan.edu](mailto:disabilities@mclennan.edu)

254-299-8122

Room 319, Student Services Center

### **Title IX:**

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](mailto:titleix@mclennan.edu) or by calling Dr. Drew Canham (Chief of Staff for Diversity, Equity & Inclusion/Title IX) at (254) 299-8645. Individuals also may contact the MCC Police Department at 299-8911 or the MCC Student Counseling Center at MCC at (254) 299-8210. The MCC Student Counseling Center is a confidential resource for students. Any student or employee may report sexual harassment anonymously by visiting <http://www.lighthouse-services.com/mclennan/>.

Go to McLennan's Title IX webpage at [www.mclennan.edu/titleix/](http://www.mclennan.edu/titleix/). It 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.

**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 or emailing [SuccessCoach@mclennan.edu](mailto:SuccessCoach@mclennan.edu). Students may 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](https://www.mclennan.edu/foundation/docs/Emergency_Grant_Application.pdf).

**MCC Academic Integrity Statement:**

Go to [www.mclennan.edu/academic-integrity](http://www.mclennan.edu/academic-integrity) for information about academic integrity, dishonesty, and cheating.

**Minimum System Requirements to Utilize MCC's D2L|Brightspace:**

Go to <https://www.mclennan.edu/center-for-teaching-and-learning/Faculty-and-Staff-Commons/requirements.html> for information on the minimum system requirements needed to reliably access your courses in MCC's D2L|Brightspace learning management system.

**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 notified via 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.

**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 their 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. If you need assistance with set-up, you may email [Helpdesk@mclennan.edu](mailto:Helpdesk@mclennan.edu) for help.

**Forwarding Emails:**

You may forward 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 be lost or placed in junk or spam filters.

**Disclaimer:**

The resources and policies listed above are merely for informational purposes and are subject to change without notice or obligation. The College reserves the right to change policies and other requirements in compliance with State and Federal laws. The provisions of this document do not constitute a contract.