

## PED 112 Section 1

### Yoga Sculpt & Core

Professor: Ann Davis

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Office# 849-2781

Office Hours: MWF: 1:30-3:30 TTh: 12:30-3:30 Kines. Dept

#### PLNU Mission

#### To Teach ~ To Shape ~ To Send

Point Loma Nazarene University exists to provide higher education in a vital Christian community where minds are engaged and challenged, character is modeled and formed, and service becomes an expression of faith. Being of Wesleyan heritage, we aspire to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life.

**Course Description:** Development of personal fitness through a variety of workouts including: core stability balls, light weights, resistance bands, and mat work. Yoga and Pilates will be incorporated in the work outs.

#### IDEA Objectives:

- Gaining factual knowledge (terminology, classifications, methods, trends)
- Developing a clearer understanding of, and commitment to, personal values

**Student Learning Outcomes:** Students will learn appropriate and varied workouts targeted to improve muscular strength, endurance, flexibility, and body composition, including how to:

1. Understand proper, safe, effective workout utilizing the core stability ball and mats.
2. Develop and tone major muscles in the body, including core (chest, back, and abdominals), legs, shoulders, triceps and biceps using resistance bands and light weights.
3. Combine some yoga and Pilates techniques that emphasize numerous repetitions in several planes of motion.
4. Demonstrate a basic working knowledge of resistance training as well as understanding theory behind the benefits associated with injury prevention.
5. Students will meet or show proficiency/progress toward basic or fundamental skill level.

#### Course Requirements:

- 1. Attendance:** Each student is expected to attend all class sessions. Each student is allowed 3 class absences only (see University policy). No excused absences except for university endorsed activities (see catalogue). 150 pts are given for roll.
- 2. Participation:** Each student will be expected to work out during class and participate to the best of his/her ability. 5 pts. x 30 meetings = 150 pts.
- 3. Grading:** 181 pts total 94-100% A 89-93% A- 84-88% B+ 80-83% B etc.
- 4. Equipment:** You will need a yoga mat and 3 or 5 lb dumbbells.

### **ATTENDANCE AND PARTICIPATION**

Regular and punctual attendance at all classes is considered essential to optimum academic achievement. If the student is absent from more than 10 percent of class meetings, the faculty member has the option of filing a written report which may result in de-enrollment. If the absences exceed 20 percent, the student may be de-enrolled without notice. If the date of de-enrollment is past the last date to withdraw from a class, the student will be assigned a grade of W or WF consistent with university policy in the grading section of the catalog. See [Academic Policies](#) in the (undergrad/graduate as appropriate) academic catalog.

### **INCOMPLETES AND LATE ASSIGNMENTS**

All assignments are to be submitted/turned in by the beginning of the class session when they are due—including assignments posted in Eclass.

### **ACADEMIC HONESTY**

Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. As explained in the university catalog, academic dishonesty is the act of presenting information, ideas, and/or concepts as one's own when in reality they are the results of another person's creativity and effort. Violations of university academic honesty include cheating, plagiarism, falsification, aiding the academic dishonesty of others, or malicious misuse of university resources. A faculty member who believes a situation involving academic dishonesty has been detected may assign a failing grade for a) that particular assignment or examination, and/or b) the course following the procedure in the university catalog. Students may appeal also using the procedure in the university catalog. See [Academic Policies](#) for further information.

### **ACADEMIC ACCOMMODATIONS**

While all students are expected to meet the minimum academic standards for completion of this course as established by the instructor, students with disabilities may request academic accommodations. At Point Loma Nazarene University, students must request that academic accommodations by filing documentation with the [Disability Resource Center](#) (DRC), located in the Bond Academic Center. Once the student files documentation, the Disability Resource Center will contact the student's instructors and provide written recommendations for reasonable and appropriate accommodations to meet the individual needs of the student. See [Academic Policies](#) in the (undergrad/graduate as appropriate) academic catalog.