KINA 246 Yoga for Fitness / 73488

**Instructor:** Kasey Brown

## Contact information

**Email Address:** Kasey\_brown@cuesta.edu

**Phone Number:** NA

**Office Location/ Hours:** Online/ Tuesdays 9am-10am PST

**Instructor Contact Expectations:**

The best and fastest way to contact me is email.  I will generally respond to your emails within 24 hours during weekdays only.  During busy times of the semester, the response time may increase to 48 hours.  On weekends, I will do my best to get back to you ASAP but I cannot guarantee an expeditious response.

**Course Environment:**

This online course will be using a Web-based Learning Management System Canvas as the method to disseminate information. Canvas provides the framework for the course including PowerPoint presentations, student data files, the tools to receive and send course materials, and a grade book. Using the communication tools, you can communicate using e-mail, and you can share materials and ideas with other course participants via the discussion forums and groups.

**Class opens / Accessing Canvas:**

Prior to the Monday classes start August 17, 2020, you will receive an email to your my.Cuesta.edu address providing you with a reminder that class will be starting and log in procedures for Canvas, the learning management system (LMS) used to deliver course content. You can access Canvas by logging into MyCuesta, then clicking on the Resources Tab, then clicking on Canvas in the Online Learning Channel, or by typing the Canvas address (<https://cuesta.instructure.com/>) into your browser address bar. Do not bookmark / favorite the canvas site after your login, or you will get an error message next time you try to log in. You must access the canvas log in directly.

If you are not familiar with logging into canvas, please refer to the [Canvas Quick Reference Guide.](https://www.cuesta.edu/academics/documents/distance-docs/Canvas_Quick_Reference_Students.pdf) Once logged into Canvas you will be directed on where to get started. Be sure to read all the direction on the course home page.

If you are having difficulty logging into Canvas after August 17, 2020 and need assistance please email me or technical support at this email address: support@my.cuesta.edu.

**Online Learning:**

If you have never taken an online class or this is your first experience with Canvas, please be patient with yourself. Online classes are not inherently easier, although they may be much more convenient for many students. You should expect to spend at least as much time, if not more on this course as you would on a course that meets face to face. Since there is no lecture component, much of this time will be self-directed and there will be a substantial amount of reading, viewing, studying, and writing required. This course is completely online using Canvas; all coursework (discussions, assignments, quizzes) is submitted online. There are no face-to-face meetings. Please be prepared to spend 8 - 12 hours per week on coursework for this class

IS an ONLINE CLASS FOR YOU?

* First, go to the [Online Readiness Resources](https://www.cuesta.edu/academics/distance/index.html) to take a "self-assessment”. There are many resources that were designed to help you understand the basis for an online class and the skills necessary for success. (If the tutorials do **NOT** describe you, then taking this class online is **NOT** for you and I strongly suggest that you drop the online class and enroll in a traditional classroom section.)

## Regular Effective Contact policy:

Regular and Effective Instructor Contact will be met through weekly instructor initiated threaded discussion forums; weekly announcements to students; timely and effective feedback on student assignments; email, phone or messaging to individuals; and virtual office hours.

Students are required to log in a minimum of 2-3 times each week in order to access the required video assignments, as well as to upload the required course participation assignments, mid-term, and final exam.

## Course Description

Introduces the fundamentals of Yoga as it relates to fitness. Students will learn a series of physical postures (asanas) as well as practical methods of proper breathing, relaxation, meditation, and concentration that promote health, alleviate stress, improve skeletal alignment and increase muscular strength and flexibility. Transfer: CSU; UC (UC credit limit of 4 semester credits total in PEAD, KINA, and ATHL courses). (Formerly PEAC262)

## Student Learning Outcomes

1. Demonstrate, with an increasing degree of skill, Yoga postures (asanas) and breathing (pranayama) techniques.
2. Discuss the enhanced awareness between the mind-body connections while participating in Yoga.
3. Prepare a written or practical appreciation of Yoga through a written history or a practical Sun Salutation Flow.
4. Create fitness goals through a pre-activity assessment and evaluate effectiveness through post fitness assessment.

## Text Book and Materials

* There is no required textbook for this course, however *Light on Yoga: The Bible of Modern Yoga* by B.K.S. Iyengar is recommended for students who would like additional support materials.
* Technology tools outside the LMS:
	+ - [ConferZoom](http://www.conferzoom.org/)
		- [Adobe reader](https://get.adobe.com/reader/)
		- [Microsoft Office for Free (including word and powerpoint)](https://www.microsoft.com/en-us/education/products/office%22%20%5Co%20%22PPT%20free%20Version%20resources)
* Students are **REQUIRED** to supply their own Yoga mat to use for this course.
* Students will also need to purchase one Yoga block and one Yoga strap/belt.
* Some students might find it helpful to purchase a Yoga bolster as well. You can find these items to purchase online, as well as at Big 5, Dicks, Target, TJ Maxx (Yoga mats), and Ross (Yoga mats). The link provided below is another resource for purchasing supplies online.

[Yoga Accessories](https://www.yogaaccessories.com/yoga-props-on-sale.html?utm_source=msn&utm_medium=cpc&utm_campaign=custom_printing&msclkid=76e3189494c316a2d9874658ad0511f5)

## Technical Support

Cuesta students are encouraged to direct all technical support inquiries to support@my.cuesta.edu. If you are having issues with Canvas, you should contact the Canvas Support Hotline at (877) 921-7680, or click on the help button on the Canvas Navigation to report a problem.

If you are having difficulty viewing the course or logging in, it may be because you are not using the correct url[: https://cuesta.instructure.com/](file:///C%3A%5CUsers%5Cwilshusen%5CAppData%5CLocal%5CTemp%5C%20https%5Ccuesta.instructure.com%5C) or you are using your phone or using an unsupported browser.

Your learning environment is best accessed from a desktop or laptop computer, using Firefox or Chrome. This may solve your problem! Please review the [browser requirements and minimum computer specifications](http://www.cuesta.edu/student/aboutacad/distance/faqs_technical.html) at:

## Accommodations:

This course is designed using an accessible Learning Management System, and course materials have been created with ADA compliance in mind. If you have a disability and might need accommodations in this class such as extended time on exams or other resources. Please contact the instructor as soon as possible so that you can receive appropriate accommodations in a timely manner. You should also contact [DSPS (Disabled Student Programs & Services)](http://www.cuesta.edu/student/studentservices/dsps/index.html) at 805-546-3148 or

## College & Course Policies:

**Academic Honesty Policy:** Academic Honesty is essential to the academic community. Students expect that Cuesta College faculty be fair, truthful, and trustworthy. Faculty expect that Cuesta College students share these same values. Students who violate these principles by cheating, plagiarizing, or acting in other academically dishonest ways are subject to disciplinary procedures. Below are some examples of academically dishonest behavior. If you are unclear about a specific situation, ask your instructor.

Examples of Academic Dishonesty:

• Copying from another student’s exam

• Giving answers during a test to another student

• Using notes or electronic devices during an exam when prohibited

• Taking a test for someone else

• Submitting another student’s work as your own, e.g. copying a computer file that contains another student’s own work

• Knowingly allowing another student to copy/use your computer file(s) as his or her own work

• Completing an assignment for another student

• Plagiarizing or “kidnapping” other people’s thoughts, words, speeches or artistic works by not acknowledging them through proper documentation.

At the discretion of the instructor, students caught being academically dishonest may receive a failing grade on the assignments in question, be dropped from the class, or be failed in the course. Beyond this, the student may be subject to disciplinary action as determined by the Vice President of Student Services or designee. An appeals process is available to the student through the office of the Vice President of Student Services. It is recommended that the faculty member report any acts of academic dishonesty to the Vice President of Student Services or designee.

**For this course students who are caught being academically dishonest will receive a failing grade. No exceptions.**

In addition to my course policy, please note all students attending San Luis Obispo County Community College District at any district site and when representing Cuesta College in any off-campus activity, assume an obligation to conduct themselves in an acceptable manner compatible with the Student Code of conduct. Please review the [Cuesta College Student Code of conduct](https://www.cuesta.edu/about/documents/vpss-docs/StudentConducttrifold-brochure_2017.pdf) at:

**Add / Drop Policy:** If there is space available in the course, I will add students to the class beginning on Monday, August 17, 2020. Add codes are not valid prior to the first day of the semester so please do not ask. I will drop students from the class who do not submit their participation assignment for the first week of class by Thursday, August 20, 2020 by 11:59pm PST. I will also drop students from the course during the Cuesta College Required Drop Deadlines that have not submitted the required participation assignments on a regular basis. Please review the Cuesta College Student Calendar for drop deadlines. In addition to my policy, please review the Cuesta policy for drops. In addition to my policy, please review the Cuesta policy for drops

* [Add Policy](https://www.cuesta.edu/student/studentservices/admrreg/arpolicies/addcourse.html%22%20%5Co%20%22Cuesta%20Add%20Policy)
* [Drop Policy](https://www.cuesta.edu/student/studentservices/admrreg/arpolicies/dropcourse.html%22%20%5Co%20%22Cuesta%20Drop%20Policy)

**Waitlist Policy:** If there is space available after the first day of the semester (August 17, 2020) then I will add students according to the chronological order that they are listed on the Waitlist. If a student on the Waitlist fails to contact me on the first day of the course (August 17, 2020) then they will not be able to receive an Add Code and thus, will not be able to add the course. In addition to my course specific procedures, please review [Cuesta’s waitlist procedure and instructions](http://www.cuesta.edu/student/studentservices/admrreg/arpolicies/Waitlist.html):