



Course Syllabus

KINE 1145-2145 – Pi-Yo

Revision Date: Spring 2016

Catalog Description: This course will assist you in adding core strengthening to your yoga workouts. PiYo is a hybrid, athletic workout inspired by the mind/body practices of Yoga and strengthening/toning of Pilates. This class includes principles of sports training, stretch, flexibility and balance while offering stress reduction and improving one's fitness level to pump up calorie burn and build muscle.

Lecture Hours = 0 Lab hours = 3

Prerequisites: General good physical condition or permission from physician

Semester Credit Hours: 1

Lecture Hours per Week: 0

Lab Hours per Week: 0

Contact hours per Semester: 48

State Approval Code: 31.0508

Core Components and Related College Student Learning Outcomes

This course counts as part of the academic requirements of the Panola College Core Curriculum and an Associate of Arts or Associate of Science degree. Yes No: If no, skip to Instructional Goals.

The items below marked with an X reflect the state-mandated outcomes for this course **IF this is a CORE course:**

Critical Thinking Skills – to include creative thinking, innovation, inquiry and analysis, evaluation and syntheses of information

CT1: Generate and communicate ideas by combining, changing, or reapplying existing information

CT2: Gather and assess information relevant to a question

CT3: Analyze, evaluate, and synthesize information

Communication Skills – to include effective development, interpretation, and expression of ideas through written, oral, and visual communication

CS1: Develop, interpret, and express ideas through written communication

CS2: Develop, interpret, and express ideas through oral communication

CS3: Develop, interpret, and express ideas through visual communication

Empirical and Quantitative Skills – to include the manipulation and analysis of numerical data or observable facts resulting in informed conclusions

EQS1: Manipulate and analyze numerical data and arrive at an informed conclusion

EQS2: Manipulate and analyze observable facts and arrive at an informed conclusion

Teamwork – to include the ability to consider different points of view and to work effectively with others to support a shared purpose or goal

TW1: Integrate different viewpoints as a member of a team

TW2: Work with others to support and accomplish a shared goal

Personal Responsibility – to include the ability to connect choices, actions, and consequences to ethical decision-making

PR1: Evaluate choices and actions and relate consequences to decision-making

Social Responsibility – to include intercultural competence, knowledge of civic responsibility, and the ability to engage effectively in regional, national, and global communities

SR1: Demonstrate intercultural competence

SR2: Identify civic responsibility

SR3: Engage in regional, national, and global communities

Instructional Goals and Purposes: The purpose of this course is to offer yoga techniques for increased physical and mental flexibility and relaxation; and to offer techniques to strengthen core muscles.

LEARNING OUTCOMES: After studying all materials and resources presented in the course, the student will be able to:

1. Perform various Hatha yoga poses for warm-up focusing on breathing and centering.
Poses will include balance, strength, and flexibility
2. Perform a complete Pilates routine including core work, abdominal series, leg kick series, and back strengthening.
3. Perform various Hatha yoga poses for cool-down focusing on relaxation and clearing.
Poses will target flexibility and relaxation.
4. Discuss aspects of body, mind, and spirit, that affect personal health

Methods of Instruction/Course Format/Delivery:

Students will use a mat and various props (blankets and blocks) to perform exercises. Demonstration and return demonstration will be the primary method of instruction.

Assessment: Grades will be based on

1) Attendance (maximum 60 points): 2) Participation (maximum 40 points):

26-30 classes = 60 points; Full participation for classes attended = 40 pts

22-25 classes = 50 points; Greater than average = 30

18-21 classes = 40 points; Average = 20;

14-17 classes = 30 points; Less than average = 10

10-13 classes = 20 points; Poor = 0

9 or fewer classes = 10 points

Course Grade: The grading scale for this course is:

A = 90-100%; B = 80-89%; C = 70-79%; D = 60-69%; F = below 60

Texts, Materials, and Supplies:

Supplies: Mats and yoga props are provided but many people like to bring their own. References are supplied but no textbook is required.

Course Attire: Students are encouraged to wear comfortable but somewhat “fitted” clothes such as stretch shorts, leggings, sweat pants, and t-shirts. Hair should be secured so as not to interfere with vision in inverted or twisting poses. Pi-Yo is practiced in bare feet.

Other:

For current texts and materials, use the following link to access bookstore listings:

<http://www.panolacollegestore.com>

For testing services, use the following link: <http://www.panola.edu/elearning/testing.html>

If any student in this class has special classroom or testing needs because of a physical learning or emotional condition, please contact the ADA Student Coordinator in Support Services located in the Administration Building or go to <http://www.panola.edu/student-success/disability-support-services/> for more information.

Withdrawing from a course is the student's responsibility. Students who do not attend class and who do not withdraw will receive the grade earned for the course.

Student Handbook, *The Pathfinder*: <http://www.panola.edu/student-success/documents/pathfinder.pdf>