



Course Syllabus

KINE 1150/KINE 2150 – Aerial Yoga

Catalog Description: This course will assist you in bringing into harmony the three aspects of body, mind, and spirit, through breath control, yoga postures, and visualization. Learn to relieve tension, have more core strength and energy, and feel more relaxed.

Prerequisites: General good physical condition and permission from instructor

Semester Credit Hours: 1

Lecture Hours per Week: 0

Lab Hours per Week: 3

Contact Hours per Semester: 48

State Approval Code: KINE 1150

Class section meeting time:

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

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

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

1. Perform various Hatha yoga poses using an aerial hammock for warm-up and exercise.
2. Perform various Hatha yoga poses using an aerial hammock for cool down.

COURSE CONTENT: Students in all sections of this course will learn the following content:

1. Focusing on breath and centering.
2. Poses using and aerial hammock that include balance, strength
3. Poses using an aerial hammock for cool-down
4. Poses that focus on relaxation and clearing.
5. Poses that target flexibility
6. Aspects of body, mind, and spirit, that affect personal health

Methods of Instruction/Course Format/Delivery:

Students will use a mat and aerial hammock 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):
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Course Grade: The grading scale for this course is:

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

Texts, Materials, and Supplies:

Supplies: Aerial hammocks and yoga mats are provided. 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, yoga pants, and t-shirts. Hair should be secured so as not to interfere with vision in inverted or twisting poses. No jewelry is allowed.

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 Matthews Student Center 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>