

**YOGA  
KNH 1960**

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<b>INSTRUCTOR:</b>	Carmine Anastasio	<b>OFFICE HRS:</b>	By appointment only
<b>OFFICE:</b>	316 Nutter Center	<b>EMAIL:</b>	Carmine.anastasio@wright.edu
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**ATTENDANCE COMPENTENCY:**

Attendance is defined as active participation in the class.

**COGNITIVE COMPETENCY:**

A written examination will be given in which the student must score 70% or higher in order to pass the course.

**CELL PHONE POLICY:**

Please turn off all cell phones during class. Phoning, texting, etc. will not be tolerated.

**ACCOMMODATION FOR DISABILITIES** Students with a disability who may need accommodations to complete the requirements of the class must register with the Office of Disabilities Services, and arrange to meet with his or her professor during the first week of the class.

**GRADING CRITERIA:**

1. KNH guidelines require at least 80% attendance rate for passing a course. Attendance will be taken each period.
2. KNH guidelines require a written exam and a skills test to be given. A midterm exam will be given during the middle of the semester. The date will be announced in class. The final exam will be taken during the last week of class.

**SUMMARY OF REQUIREMENTS:)**

Attendance: 80%

Cognitive (written exam): 70%

Technique:

**WEEK ONE: History and Methods of Yoga**

**WEEK TWO: Breathing Techniques**

**WEEK THREE: Sun Salute and midterm date announced**

**WEEK FOUR: Strength postures**

**WEEK FIVE: Limberness postures**

**WEEK SIX:           Balance postures**

**WEEK SEVEN:       Review and final exam**