Instructor: Tera Purkey (Email: tera.purkey@hci.utah.edu)

Required Materials:
- Appropriate clothing
- Water bottle
- Optional: mat, towel, props

Course Objective:
The objective of this course is to improve range of motion, learn the basic guidelines for practicing yoga, and improve the student’s strength, flexibility, and endurance.

Course Description:
This course involves learning various styles of yoga such as hatha, vinyasa flow, ashtanga, yin/restorative and yoga nidra. In addition, we will be discussing yoga philosophy, breathing techniques and meditation.

Student Learning Outcomes:
By the end of this course, you will be able to:
- Demonstrate basic yoga poses and sequences
- Respond to instructor cues regarding alignment and body mechanics
- Apply knowledge gained in class to advance personal yoga practice

Class Expectations:
One aspect of yoga involves disconnecting from distractions that interrupt a yoga practice. This means no cellphones. Turn off your phones before class starts and keep them away from your mat. I may ask you to leave the classroom if you are using your phone in any way. No disruptive chatter is allowed either. Please respect the importance of cultivating a calm and focused environment for the learning and instruction of yoga.

Attendance Policy:
As per Exercise and Sport Science departmental policy, each student must attend 80% of the total number of classes to earn credit for this course. Students are only allowed to miss FIVE classes per semester. More than five absences will lead to failing this course. There are no make-ups allowed for student absences.

Tardiness Policy:
Students are recommended to arrive at least 5 minutes early. This will ensure that you have enough time to remove your shoes, silence your cell phone, lay your mat out, and arrange any props you may need. If you arrive after class has begun, quickly and quietly find a spot in the room to roll out your mat so as not to disturb your classmates. The classroom door will be closed 10 minutes after class begins to minimize interruptions. If you arrive more than 10 minutes late, you are considered tardy. Two tardies equals one absence.

Assignments:
Students taking this course for credit must successfully complete and turn in a final assignment. The final assignment must be turned in on or before the last day of class. This assignment will be a
short essay addressing whether you achieved what you wanted to from this class, and why or why not. More information on this assignment will be provided during class.

**Grading Criteria:**
Upon fulfillment of this course’s requirements, you will receive a CR (2.0 credits). If you have failed to fulfill the course’s requirements you will receive a NC (non-credit). All ESSF classes are for credit or no credit. You will not receive a letter grade.

**Course Policies:**

1. **The Americans with Disabilities Act.** The University of Utah seeks to provide equal access to its programs, services, and activities for people with disabilities. If you will need accommodations in this class, reasonable prior notice needs to be given to the Center for Disability & Access (CDA; [http://disability.utah.edu/](http://disability.utah.edu/); 162 Olpin Union Building; 801-581-5020). CDA will work with you and the instructor to make arrangements for accommodations. All written information in this course can be made available in an alternative format with prior notification to the CDA.

2. **Addressing Sexual Misconduct.** Title IX makes it clear that violence and harassment based on sex and gender (which includes sexual orientation and gender identity/expression) is a Civil Rights offense subject to the same kinds of accountability and the same kinds of support applied to offenses against other protected categories such as race, national origin, color, religion, age, status as a person with a disability, veteran’s status or genetic information. If you or someone you know has been harassed or assaulted, you are encouraged to report it to the Title IX Coordinator in the Office of Equal Opportunity and Affirmative Action, 135 Park Building, 801-581-8365, or the Office of the Dean of Students, 270 Union Building, 801-581-7066. For support and confidential consultation, contact the Center for Student Wellness, 426 SSB, 801-581-7776. To report to the police, contact the Department of Public Safety, 801-585-2677(COPS).

3. **The Code of Student Rights and Responsibilities.** The code, which specifies student rights as well as conduct involving cheating, plagiarism, collusion, fraud, theft, etc., is provided at [http://regulations.utah.edu/academics/6-400.php](http://regulations.utah.edu/academics/6-400.php).

4. **Wellness Statement.** Personal concerns such as stress, anxiety, relationship difficulties, depression, cross-cultural differences, etc., can interfere with a student’s ability to succeed and thrive at the University of Utah. For helpful resources contact the Center for Student Wellness, [http://wellness.utah.edu/](http://wellness.utah.edu/); 801-581-7776.