

UTD

COURSE SYLLABUS - SPRING 2015

Course Number: PHIN 1120 Section: 001 (20075)

Course Title: Introduction to Hatha Yoga

Class Time: T/TH 4:00- 5:15pm

Class Location: ORANGE Multi Purpose Room (**across from bookstore**)

Credit Hrs: 1 Prerequisite: None

Instructor: Terry Gold, 28 yrs teaching experience in the Iyengar Hatha Yoga

Phone: (972) 497-9767

Email: yogagold@utdallas.edu OR terryyogagold@yahoo.com

Catalog Description: The practice of cardiovascular and meditative yoga postures to enhance flexibility and increase stamina, body awareness and breath.

Textbook: the Iyengar Way by Mehta ISBN# 0-679-72287-4 (recommended)

Course Requirements: (1) wear comfortable clothing or leotards or shorts so bare feet and legs visible (not baggy pants), (2) eat no more than a light meal at least 2 hrs before class, (3) inform instructor of any injuries or limitations, (4) ATTEND CLASS – to understand yoga, one must practice – ATTEND CLASS!

Attendance Policy: (1) Grades will not be penalized for being late to class, only if you do not show up. If too many classes are missed, then a lack of practice will show. I'll allow 5 missed classes for whatever reason (try not to miss the first 5). After that, one letter grade will be deducted for next 2 missed classes. Over 10 classes missed for any reason, will lead to a failing grade. In any event, inform me if you have to miss.

Test Policy: (1) If you miss a scheduled test, it can be made up the following class (2) 1st test is at mid-term; 2nd test is 1 to week prior to the final exam. It is a mini-final to prepare you for the final (3) final exam is mandatory (final=40% of grade).

Course Objectives: (1) execute yoga postures (2) identify and name yoga poses (3) learn brief historical background and philosophical system of hatha yoga

Method of Evaluation: (1) 2 pre-announced tests, part written, part performance – worth 5 % each (2) final exam, all inclusive – worth 40%
(3) participation/attendance – worth 50%

FOR 'Student Conduct & Discipline' Rules & Regs: <http://go.uttdallas.edu/syllabus-policies>

FIRST ASSIGNMENT:

EMAIL yogagold@utdallas.edu

(1) your name (2) any injuries (3) interest in taking Yoga