

**South Plains College**  
**Department of Kinesiology**  
**SYLLABUS- KINE 1106**  
**Yoga**

**Instructor:** Sean Bingham  
**Office:** Kinesiology Building #106  
**Office Hours:** T/TH 9:15am-11:00am  
& Friday 9am-12pm

**Office Phone:** 806.716.2233  
**Email:** [sbingham@southplainscollege.edu](mailto:sbingham@southplainscollege.edu)  
**Text:** Will set up Remind app text messages

**Materials:**

Yoga mat, 101 Essential Tips for Yoga (*text is available in SPC bookstore and highly recommended but not required*), water, towel, blanket, journal or notebook, and clothing appropriate for a variety of exercises. (No jeans or khakis.) Improper attire may result in the student not being permitted to participate as movement may be hindered. *Yoga blocks and straps are provided, but feel free to bring your own.*

**Objectives:**

- (1) Demonstrate competence in basic yoga skills and poses,
- (2) improve flexibility, balance, and strength,
- (3) experience mental and physical benefits of yoga,
- (4) explore stress management and meditative postures, and
- (5) compare a variety of yoga styles.

**Course Evaluation:**

Your grade in this course will directly reflect your effort and daily class participation. Simply showing up does not guarantee an “A” in the class. A positive attitude and a willingness to participate will ensure a good grade as well as a rewarding class experience. Student Learning Outcomes listed in General Course Syllabus will be evaluated as follows:

- |   |                  |
|---|------------------|
| • Participation/Attendance, Attitude, & Skill Mastery (3 pts/day) | 60 points        |
| • 3 Assignments/Journal entries                                   | 15 points        |
| • 3 Quizzes ( <i>cannot be made up</i> )                          | 15 points        |
| • Post-Physical Fitness Test                                      | <u>10 points</u> |

TOTAL 100 points

**Total: 100 points**

<b><u>Final Grade</u></b>	<b><u>Point Percentage</u></b>	<b><u>Point Total</u></b>
A	90-100%	90-100
B	80-89%	80-89
C	70-79%	70-79
D	60-69%	60-69
F	Below 60%	Below 60

**REMIND APP** – I will use the REMIND APP in this course as another means of communication. To sign up for this tool, you need to text this number **81010** and send the following code as the text message **@kine1106y**

You will receive a response confirming your registration. This is just another option to communicate with me if you choose to use it. Further Instructions on downloading the app will be on Blackboard.

### **Attendance Policy:**

- There are **NO** excused absences! All absences are equal. (Absence = 0 participation points)
- Non-participating notation—NP—will be recorded if a student is unable to participate but does attend class. However, 2 NPs = 1 ABSENCE. There is a **LIMIT** of 2 NPs per semester. NPs are for illness only. (If you have any reason that prevents you from participating for an extended period of time, you need to withdraw from the course.)
- Be on time to class! Class begins at the exact time listed on your schedule.
- 3 TARDIES = 1 ABSENCE. Depending on the amount of time you are late, I will determine if it will be recorded as a tardy or absence. Same rules apply when a student **LEAVES CLASS EARLY**.
- In certain situations, classes may be made-up to avoid grade penalties outlined above. (See me if this occurs.) **A MAXIMUM OF 2 CLASSES MAY BE MADE UP.**

### **General Guidelines:**

- Cell phones must be turned **OFF!** (*If your phone rings, buzzes, or flashes you will lose 1 letter grade!*)
- No foul language
- No inappropriate clothing
- No food or drink except water (*Do not eat a heavy meal or consume energy drinks before class!*)
- No headphones
- No hats/caps – Tie long hair back

Please note: This syllabus is subject to change at the instructor's discretion at any point during the semester.

### **Course Syllabus Statement**

<https://www.southplainscollege.edu/syllabusstatements/>

### **Covid Information**

<https://www.southplainscollege.edu/emergency/covid19-faq.php>