

Course Discipline Code & No: YOG 101 Title: Yoga I Effective Term WI 2010
 Division Code: HSS Department Code: PERD Org #: 11640
 Don't publish: ☐ College Catalog ☐ Time Schedule ☐ Web Page

Reason for Submission. Check all that apply.

- ☐ New course approval
☒ Three-year syllabus review/Assessment report
☐ Course change
☐ Reactivation of inactive course
☐ Inactivation (Submit this page only.)

Change information: Note all changes that are being made. Form applies only to changes noted.

- ☐ Consultation with all departments affected by this course is required.
☐ Course discipline code & number (was _____)*
 *Must submit inactivation form for previous course.
☒ Course title (was Intro to Hatha Yoga)
☒ Course description
☒ Course objectives (minor changes)
☐ Credit hours (credits were: _____)
☐ Total Contact Hours (total contact hours were: _____)
☐ Distribution of contact hours (contact hours were: lecture: _____ lab _____ clinical _____ other _____)
☐ Pre-requisite, co-requisite, or enrollment restrictions
☐ Change in Grading Method
☒ Outcomes/Assessment
☒ Objectives/Evaluation
☐ Other _____

Rationale for course or course change. Attach course assessment report for existing courses that are being changed.

Minor changes as the course has developed.

Approvals Department and divisional signatures indicate that all departments affected by the course have been consulted.

Department Review by Chairperson ☐ New resources needed ☐ All relevant departments consulted

Print: Laurice Anderson Signature: Laurice A. Anderson Date: 12-7-09
 Faculty/Preparer
 Print: Tracy Komarmy Signature: Tracy Komarmy Date: 12-7-09
 Department Chair

Division Review by Dean

☐ Request for conditional approval

Recommendation ☒ Yes ☐ No

Dean's/Administrator's Signature

Date

DEC 10 2009

Curriculum Committee Review

Recommendation

☐ Tabled ☒ Yes ☐ No

Curriculum Committee Chair's Signature

Date

Vice President for Instruction Approval

Vice President's Signature

Date

Approval ☒ Yes ☐ No ☐ Conditional

Do not write in shaded area.

Entered in: Banner C&A Database Log File 8/25/09 Basic skills spreadsheet updated ☐ Contact fee ☐

Please return completed form to the Office of Curriculum & Assessment.

***Complete ALL sections which apply to the course, even if changes are not being made.**

Course: YOG 101	Course title: Yoga I
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Credit hours: 2 If variable credit, give range: _____ to _____ credits	Contact hours per semester: <table border="1"> <thead> <tr> <th></th> <th>Student</th> <th>Instructor</th> </tr> </thead> <tbody> <tr> <td>Lecture:</td> <td>_____</td> <td>_____</td> </tr> <tr> <td>Lab:</td> <td>_____</td> <td>_____</td> </tr> <tr> <td>Clinical:</td> <td>_____</td> <td>_____</td> </tr> <tr> <td>Practicum:</td> <td>_____</td> <td>_____</td> </tr> <tr> <td>Other:</td> <td>30</td> <td>30</td> </tr> <tr> <td>Totals:</td> <td>30</td> <td>30</td> </tr> </tbody> </table>		Student	Instructor	Lecture:	_____	_____	Lab:	_____	_____	Clinical:	_____	_____	Practicum:	_____	_____	Other:	30	30	Totals:	30	30	Are lectures, labs, or clinicals offered as separate sections? ☐ Yes - lectures, labs, or clinicals are offered in separate sections ☒ No - lectures, labs, or clinicals are offered in the same section	Grading options: ☐ P/NP (limited to clinical & practica) ☐ S/U (for courses numbered below 100) ☒ Letter grades
	Student	Instructor																						
Lecture:	_____	_____																						
Lab:	_____	_____																						
Clinical:	_____	_____																						
Practicum:	_____	_____																						
Other:	30	30																						
Totals:	30	30																						

Prerequisites. Select one:

☒ College-level Reading & Writing

☐ Reduced Reading/Writing Scores

(Add information at Level I prerequisite)

☐ No Basic Skills Prerequisite

(College-level Reading and Writing is not required.)

In addition to Basic Skills in Reading/Writing:

Level I (enforced in Banner)

Course	Grade	Test	Min. Score	Concurrent Enrollment (Can be taken together)	Corequisites (Must be enrolled in this class also during the same semester)
☐ and ☐ or _____	_____	_____	_____	☐	_____
☐ and ☐ or _____	_____	_____	_____	☐	_____
☐ and ☐ or _____	_____	_____	_____	☐	_____
				☐	_____

Level II (enforced by instructor on first day of class)

Course	Grade	Test	Min. Score
☐ and ☐ or _____	_____	_____	_____
☐ and ☐ or _____	_____	_____	_____

Enrollment restrictions (In addition to prerequisites, if applicable.)

☐ and ☐ or Consent required

☐ and ☐ or Admission to program required

☐ and ☐ or Other (please specify):

Program: _____

Please send syllabus for transfer evaluation to:

Conditionally approved courses are not sent for evaluation.

Insert course number and title you wish the course to transfer as.

☐ E.M.U. as _____

☐ _____ as _____

☐ U of M as _____

☐ _____ as _____

☐ _____ as _____

☐ _____ as _____

Course YOG 101	Course title Yoga I	
Course description State the purpose and content of the course. Please limit to <u>500</u> characters.	This course introduces and applies fundamental disciplines and postures in yoga. 	
Course outcomes List skills and knowledge students will have after taking the course. Assessment method Indicate how student achievement in each outcome will be assessed to determine student achievement for purposes of course improvement.	Outcomes (applicable in all sections) 1. Students will be able to articulate the basic yoga disciplines. 2. Students will be able to demonstrate basic yoga postures.	Assessment Methods for determining course effectiveness 1. Department review of notebook created from in-class lecture and personal reflection regarding disciplines 2. Department review of videotape
Course Objectives Indicate the objectives that support the course outcomes given above. Course Evaluations Indicate how instructors will determine the degree to which each objective is met for each student.	Objectives (applicable in all sections) 1. Identify and explain five fundamental yoga disciplines * Yama (social practices) * Niyama (individual practices) * Pranayam (breath control) * Dhyana (meditation) * Dheana (concentration) 2. Demonstrate ten fundamental poses * Seated * Twist * Inversion * Balancing * Side bending * Prone * Standing * Supine * Forward bending * Nip opening	Evaluation Methods for determining level of student performance of objectives 1. In-class work 2. In-class work

MASTER SYLLABUS

List all new resources needed for course, including library materials.

Student Materials:

List examples of types		Estimated costs
Texts	Text	\$ 20.00
Supplemental reading	Straps	\$ 10.00
Supplies	Yoga attire	\$ 20.00
Uniforms	Notebook	\$ 2.00
Equipment	Dance clothes	\$ 52.00 total
Tools		
Software		

Equipment/Facilities: Check all that apply. (All classrooms have overhead projectors and permanent screens.)

Check level only if the specified equipment is needed for all sections of a course.

☐ Level I classroom

Permanent screen & overhead projector

X Level II classroom

Level I equipment plus TV/VCR

☐ Level III classroom

Level II equipment plus data projector, computer, faculty workstation

☐ Off-Campus Sites

☐ Testing Center

☐ Computer workstations/lab

☐ ITV

☐ TV/VCR

☐ Data projector/computer

X Other Room ML 158 only

Assessment plan:

Learning outcomes to be assessed (list from Page 3)	Assessment tool	When assessment will take place	Course section(s)/other population	Number students to be assessed
1. Students will be able to articulate the basic yoga disciplines.	Notebook	Winter 2013 Every 3 years after	1 section	10-20
2. Students will be able to demonstrate basic yoga postures.	Videotape	Winter 2013 Every 3 years after	1 section	10-20

Scoring and analysis of assessment:

1. Indicate how the above assessment(s) will be scored and evaluated (e.g. departmentally developed rubric, external evaluation, other). Attach the rubric.

Departmentally-developed rubric

2. Indicate the standard of success to be used for this assessment.

Seventy percent of all students score 60% or above on departmentally-developed rubric

3. Indicate who will score and analyze the data.

Full-time Performing Arts faculty will blind score.

4. Explain the process for using assessment data to improve the course.

Tri-annual departmental discussion of analysis.