

## Northland Preparatory Academy

**Yoga/Health Syllabus:** 2015-2016

**Instructor:** Carrie Cowger

**Room:** 821

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**Course Description and Objectives:** This course is designed to introduce students safely and accessibly to the basics of yoga and health education. It incorporates practices such as breathing exercises, warm-ups, experiential activities, yoga postures, and meditation techniques in order to strengthen students' awareness of the connection between their minds and their physical bodies. Units include but are not limited to: Mental/Emotional Health, Nutrition, Tobacco/Alcohol/Substance Abuse and Prevention and Systems of the Human Body. The class will empower students to shape their own existence with skillful-living tools such as self-regulation, self-inquiry, and self-care and includes emotional competencies such as stress management, emotion and behavior regulation, and self-appreciation and confidence.

**Assessment of Learning Outcomes:** This course will be graded using a total point system. Within a total point system a student has the ability to earn a certain number of total points. The actual number of points earned is compared to the total possible points in order to determine the student's grade. Categories to be graded include: weekly journal entries, homework, group projects, quizzes, unit tests, written reports, daily participation, and comprehensive final exams.

**Dressing Out/Tardies:** Students are required to dress out daily. Clothes need to be modest and comfortable. Failure to dress out or be on time will result in a deduction of daily points and a lower grade. Students will have approximately 5 minutes to dress out at the beginning of class and approximately 5 minutes to get redressed at the end of the period.

**Materials needed:**

1. Daily yoga attire
2. A small 3 ring binder filled with lined paper
3. Pens/pencils

**Yoga mats:** Yoga mats will be provided by the school. Students may bring their own, but are not required to.

**Weekly schedule:** Yoga will be taken 4 days a week and health will be studied one day a week. Students are still required to dress out even on the health day.