



**Michigan
Technological
University**

Course Syllabus

PE0367-MINDFULNESS YOGA

Department of Kinesiology & Integrative Physiology

College of Science and Art

Track A (.5 Credit) – Summer 2022

Instructor Information

Instructor: Richelle Winkler
Office Location: MVI, Costa Rica
E-mail: rwinkler@mtu.edu
Office Hours: T/R 10-12:00

Course Identification

Course Number: PE0367 Course
Name: Mindful Yoga
Course Location: Monteverde Institute, Costa Rica or Friends School
Class Times: M/T 4:00pm or F 7:00am
Prerequisites: None

Course Description/Overview

Students will learn strategies to deal with stress, focusing on mindfulness and meditation, along with basic yoga postures. We will Learn basic breathing techniques, EFT and other tools to bring mental clarity, emotional balance and focus into their daily life.

Course Resources

Course Website(s)

[Canvas](http://www.courses.mtu.edu) (www.courses.mtu.edu)

Course Fees/Supplies

Yoga Mats are available -but students can bring their own.

Wear comfortable clothing that allows full range of movement .(no jeans). I recommend doing yoga barefoot for better traction. Bring water. Try to avoid eating large meals before class . Small snacks are okay.

Please keep me informed of any injuries, as they may change your ability to do certain poses.

Course Learning Objectives

Upon successful completion of this course, students will be able to:

- Demonstrate an understanding of yoga asanas.
- Demonstrate the skills needed to be proficient when participating in a yoga class.
- Demonstrate engagement and social interaction while participating in yoga.
Demonstrate improved mind/body awareness through mindful meditations, leading to more optimal mental health and well being, stress reduction, flexibility , and balance

Grading Scheme

Grading System

S (Satisfactory) – Credit given; no grade points; not included in GPA; given for Pass-Fail courses.

E (Effort Unsatisfactory) – No credit; no grade points; given for Pass-Fail courses.

Grading Policy

Final grades will be based on attendance and participation

Course Policies

Attendance Policy

There are NO excused absences in Physical Education classes because they are graded as pass or fail and based primarily on attendance.

- Classes are offered two to three times per week. Each class is 75 minutes long. Students are expected to attend twice per week between May 23 and June 20. Students must sign in to receive credit for attendance. Students who attend fewer than 7 classes will fail the course.

The only exception is if the student has an extenuating circumstance that has been documented through the Dean of Students' Office. In those cases, a plan to make up the missed sessions will be developed by the course instructor.

It is strongly recommended that students not waste their allowable absences!

Medical Attention Policy

It is the policy of the Kinesiology & Integrative Physiology Department that if a student needs medical attention during class, it is the responsibility of the student to seek medical attention. In case of serious injury, we will call an ambulance (911) or transport the student to the local emergency clinic. If you have any physical conditions that I should know about, i.e., diabetic, asthma, heart condition, injuries, please let me know. Confidence will be maintained.

We are all members of an academic community where it is our shared responsibility to cultivate a climate where all students/individuals are valued and where both they and their ideas are treated with respect.

Michigan Tech is committed to advancing the mental health and well-being of its students. If you or someone you know is feeling overwhelmed, depressed, and/or in need of support, services are available. For help or to find additional resources, contact Counseling Services at 906-487-2538 or visit the [Counseling Services website](http://www.mtu.edu/counseling). (www.mtu.edu/counseling).

Academic Integrity Rules

The following types of actions are a violation of policy 109.1:

- Signing in someone else on the class roster (cheating, facilitating academic misconduct)
- Filling out a class makeup form without performing the activity as required (cheating, fabrication)
- Failing to meet course requirements and asking for a passing grade (cheating, fabrication, facilitating academic misconduct)

In addition, cell phones, Blackberries, iPods, PDAs, or any other electronic devices are not to be used during class periods.

For more details on academic integrity, please review the [Academic Integrity Policy of Michigan Tech](http://www.admin.mtu.edu/usenate/policies/p109-1.htm) (<http://www.admin.mtu.edu/usenate/policies/p109-1.htm>).

University Policies

Student work products (exams, essays, projects, etc.) may be used for purposes of university, program, or course assessment. All work used for assessment purposes will not include any individual student identification.

Michigan Tech has standard policies on academic misconduct and complies with all federal and state laws and regulations regarding discrimination, including the Americans with Disabilities Act of 1990. For more information about reasonable accommodations or equal access to education or services at Michigan Tech, please call the Dean of Students Office at 906-487-2212. More information is also available from the [Syllabi Policies webpage](http://www.mtu.edu/ctl/instructionalresources/syllabus/syllabus_policies.html) (http://www.mtu.edu/ctl/instructionalresources/syllabus/syllabus_policies.html)

