# Logo Description automatically generatedYoga 110 – Syllabus

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| **Teacher** | Michael Morton | **Extra Help or Office Hours** |
| **E-mail** | michael.morton@nbed.nb.ca | Appointments for extra help at lunch time can be arranged when required. |
| **Room** | Mini Gym |

* *If you have a preferred name and/or pronouns, please speak with me privately and I will do my best to use them appropriately.*

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| **Course Description:** | **Major assessments that are not completed will be recorded as Incomplete (INC) and the final mark will be changed to INC until the assessment is completed and handed in.**  **An INC at the end of the course will result in the student not earning a credit in the course.** |
| This course introduces students to the ancient tradition of yoga in its various forms & styles. With its vast capacity to bring vibrant health to body, mind & emotions, the intention is for students to develop a lifelong personal practice of yoga, not only to maintain exceptional physical condition, but also to develop healthy relationships with self, others and the earth. |
| **Prerequisites:** |
| *N/A* |
| **Corequisites:** |
| *N/A* |

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| **Instructional & Assessment Plan:** | | |
| **Grade Weighting** | **GCOs/Units/Strands** | **Overview** | |
| 40% | Practice | Dedication toward improvement of skills | |
| 30% | Knowledge | Philosophy, history, practical information | |
| 10% | Etiquette | Practicing standard yoga studio customs | |
| 20% | Exam | Written and practical components | |

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| **Final assessment plan:**  *There is a self-directed performance exam during class time the week prior to exams. There is also a written exam during exam week.* |

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| **Punctual Work Exemption Policy:**  A student may request to exempt an exam or final assessment in ***one*** course (at the discretion of the teacher) with a ***maximum*** of one late assignment or in-class assessment per semester in any one class. More than one late assignment or late in-class assessment in any class will result in ineligibility to exempt in ***all*** classes. Students must be passing all 5 courses to obtain an exemption. |

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| **Required Supplies:** |  |
| * A change of athletic clothing that will stay in place during inversions * Water bottle | * Yoga mats are provided, but bringing a personal mat from home is encouraged * Laptop |
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| **Textbook/Resources:** | |
| [*http://kvhsathletics.weebly.com/yoga-110.html*](http://kvhsathletics.weebly.com/yoga-110.html) | |

**Marks Reporting on PowerSchool**

Instruction, assessment, and grade reporting in this class is **outcome-based**. Lessons and evaluations focus on specific topics/skills.

This means that grades in PowerSchool will be organized by individual or groups of course outcomes, rather than by task type such as “test, assignment, quiz, lab.” If you open the Comments section for each item, however, you will see what specific tasks relate to that outcome and their individual scores. This grade is not simply an average of the individual scores in the comment box. All grades contributing to a student’s overall mark in this course are decided through careful consideration of all the available evidence (including products, observations, and conversations) and are intended to accurately describe each individual student’s abilities and progress toward meeting the outcomes.

Students are expected to participate positively in all components of the course. Please accept/seek help right away if you’re struggling, and don’t give up! Some aspects of the course may be more challenging than others, but you are supposed to try your best! I promise to help as much as I can, but ultimately your success in this course depends on the effort you’re willing to put forth.

**Assessment Policy:**

* You will be evaluated through observation of practice and etiquette, written assignments, quizzes, presentations, and one-on-one conversations/conferences.
* Collaboration is encouraged for practice work and assignments, however if it is clear that you have copied or not contributed your fair share, you will have to do the work again, under supervision.
* We will set due dates and quiz dates together as a group, usually at least a week in advance.
* You are responsible for all the material covered in class, regardless of absences. Come see me ASAP if you have missed or know you will miss time.
* Missed quizzes must be written immediately upon your return, outside of class time.
* I am open to occasional re-assessment on a case-by-case basis, but you must prove that you have done all assigned practice work, made an obvious effort to improve learning, and talk to me about what went wrong.