

****Disclaimer****

This syllabus is to be used as a guideline only. The information provided is a summary of topics to be covered in the class. Information contained in this document such as assignments, grading scales, due dates, office hours, required books and materials may be from a previous semester and are subject to change. Please refer to your instructor for the most recent version of the syllabus.



DCE 115 Yoga I

MTWTh 6:00-7:30 PM FAC 28 5/16/22-6/24/22

Instructor: “Vo Vera” Angelo Sapienza

Office Location: N/A

Email: asapienz@asu.edu

Telephone: N/A

Office hours: Mondays 5:00-6:00PM by appointment made via email only.

Course Description

DCE 115: Theory and practice of Yoga per Patanjali’s 8-limbs path of Yoga, with influence from Hatha, Vinyasa, Ashtanga, and other styles and methodologies. This course will introduce and explore a synthesis of physical fitness and spiritual wellness practices, including asana (postures), mind-body centering techniques, pranayama (breathwork), and meditation. It is designed to help students identify and approach their personal goals for focus, strength, mobility, flexibility, inner awareness, and reactivity to the external environment. Student individual goals are inclusive of experiences in class and out of class—on and off of the mat.

Enrollment Requirements

N/A

Course Objectives

- Develop a knowledge of efficient static and kinetic body alignment
- Develop a knowledge of asana/yoga poses
- Develop a knowledge of mind-body centering techniques
- Be able to cultivate a personal practice and reflective process for mind-body centering



Student Learning Outcomes

Students participating fully in this course will be able to:

- Demonstrate correct placement and alignment for asana.
- Demonstrate knowledge of Yoga history, philosophy, terminology and culture.
- Utilize the theory of the body's relationship to gravity and the center of gravity used in exercises, transitions, and postures.
- Demonstrate knowledge of asana by developing asana sequences and transitions.
- Reflect on personal movement practice and goals.
- Demonstrate greater proficiency in coordination, balance, mobility, precision, focus, and inner awareness.

Course Access

Your ASU courses can be accessed by both my.asu.edu and myasucourses.asu.edu bookmark both in the event that one site is down.

Additional Requirements

If this course is or for whatever reason has to meet online, it will require the following technologies

- Web browsers ([Chrome](#), [Mozilla Firefox](#), or [Safari](#))
- [Adobe Acrobat Reader](#) (optional)
- [Adobe Flash Player](#) (optional)
- Microsoft Office ([Microsoft 365 is free](#) for all currently-enrolled ASU students)
- Reliable broadband internet connection (DSL or cable) to stream videos
- [Zoom](#) for virtual class meetings
- A YouTube, Vimeo, or Instagram account, or another video hosting platform account that is able to host public videos.

Hardware

- Webcam (optional to use a wide-angle lens over the lens so more of your body in space can be observed)
- Microphone
- Headset or earbuds (optional)
- Speaker (can use computer speakers)
- Device to play music from while in class (for example phone, iPod, or computer)
- Room to dance



In-Class Policies

- Turn phone to silent or airplane mode. If you must operate your phone, exit the room first.
- Phones, Bluetooth- or satellite-capable watches, computers, bags and other items must remain out of possession while in the classroom.
- Keep all electronics 6' or more away from mat.
- If there is an emergency, call 911.
- No gum, chew or food in mouth.
- If online, student's room is the classroom, and should be treated as such.

- Video must be on and audio must be muted, unless otherwise instructed.
- Student must be observable, in camera's frame, and attentive to the class.
- Keep others out of the camera view.
- Netiquette-style communication, and professional, kind behavior is expected at all times.
- If in person:
 - Face coverings may be required. Check with the government's ever-changing guidelines for more. All are welcome to step away to take off the covering.
 - Social distancing may be required. If it is not required, kindly vocalize your personal boundaries to others.
 - No open food or drinks allowed in the studio; even water must be in a closed container.
 - Professional, kind communication and behavior are expected at all times.

In-Class Agreements

- 1) Have fun!
- 2) Stop and ask for clarity.
- 3) Give yourself permission to practice unapologetically.

Attire

Wear attire that makes more visible the alignment, the articulation of body parts in space, and movement initiation. Any clothing that hides physical appearance may compromise successful evaluation. Breathable material is also highly recommended, as well as warm layers during portions of class that involve minimal movement. Hair back off the face. No strong perfumes, fragrances or body odors.

Correspondence

For all email correspondence, students must professionally email instructor via ASU account. Paper documentation is not accepted. Take a picture or scan it, then email to instructor. Include in email which class student is enrolled in.

Signing In

Students must sign in every class with either printed name or initials, to provide record of attendance. Instructor will make verbal announcements for the first two weeks of class to sign in. If student does not sign in, an unexcused absence may be recorded. If student arrives after the sign-in sheet has been put away, student may be marked absent. Please do not email instructor prior to or after class about being late or absent without first attaching official documentation to the email.

Make-Up Assignments

There are no make-ups for unexcused absences. If you expect your absence to be excused, first acquire the school-sanctioned letter, doctor's note of excusal, or other documentation, then email me with the documentation and date(s). Do not email a picture of someone's flat tire, a doctor's visit receipt, or to just check in and let me know that the documentation is in route. This will keep your correspondence with the instructor succinct and effective.

Observing Class Due to Tardiness, Injury or Illness

If observing in class, arrive early, speak to the instructor, (in private, if necessary,) hand write a one-page observation paper in detail on what was covered in class. As class ends, take a picture of it and email to instructor that day. Include in the paper the any themes, aspects of awareness, epiphanies, and learned technical vocabulary or conceptual material. Students observing are asked to participate in non-movement exercises including meditation, guided visualization and Corpse Pose. If tardy and you are unable to sign in, mention this in your email. Students must ultimately email or have official documentation emailed, describing the nature of illness or injury. The instructor and student will negotiate the terms of continued participation in the class. Full

class credit, however, cannot be obtained by observing class in this manner. Whether not a tardy is incurred, each class observed will result in a 1/3 absence. Students observing for more than two (2) weeks in succession will be advised to take a medical withdrawal.

Injuries

Students injured in class must notify the instructor immediately. All injuries incurred during class time must be reported to the Department of Dance office within twenty-four (24) hours. The injury will be officially documented by office personnel.

Tactile Teaching

It is understood that the study of dance involves tactile teaching. The instructor may ask to appropriately position the student's body for better understanding of dance technique. If this is unacceptable for any reason, kindly and firmly decline. If the assignment involves tactile learning between students, each student must first ask for permission every time.

Student Success and the Classroom Learning Community

To be successful:

- You are part of the learning community in this course and expected to engage with the material, discussion and activities with care and integrity, and to respect the rights of others in carrying out all academic assignments and classroom discussions. I expect active and informed participation in our class discussions, activities and creative practices. Part of the responsibility for that community learning is the health and wellbeing of others. As such, masks are required in the space to protect one another. We will follow all ASU policies and recommendations.

Additional Success Strategies:

- check the course daily
- read announcements
- read and respond to course email messages as needed
- complete assignments by the due dates specified
- communicate regularly with your instructor and peers
- create a study and/or assignment schedule to stay on track
- access [ASU Student Resources](#)

Required Primary and Secondary Materials

In the event that a class must be cancelled or changed, an alternative assignment may be provided that entails reading or watching free material on Canvas.



Anti-Discrimination Statement

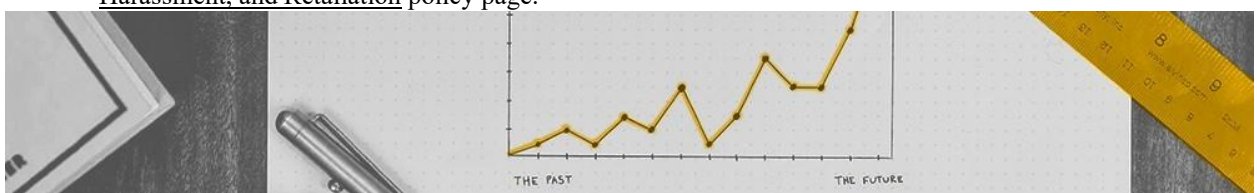
The Herberger Institute of Design and the Arts at Arizona State University upholds, values, and cherishes student and faculty diversity, no matter the circumstance. As members of the ASU community, we are charged with challenging injustices and social inequities of any kind through education. These values are an integral part of our standing as an institution and must be upheld by all members of the ASU community, including but not limited to all Herberger Institute of Design and the Arts staff, faculty and students. The call is clear and present at ASU for every member of our community to do their part in fostering a culture of Inclusive Excellence that contributes meaningfully to lasting equity for all. For students and faculty alike, this culture of Inclusive Excellence creates role models, broadens perspectives, combats negative stereotyping and enables artists, designers and makers of the 21st century to think creatively, critically and, above all, compassionately about our impact on the world at large.

This course and Arizona State University welcomes all students regardless of race/ethnicity, gender identities, gender expressions, sexual orientation, socio-economic status, age, disabilities, religion, regional background, Veteran status, citizenship status, nationality and other diverse identities that we each bring to class. Each of us bear intersectional perspectives that are born out of our backgrounds and identities, and each of us has a contribution to make towards our culture of Inclusive Excellence. As your instructor, I expect that all of my students abide by the following community agreements:

- to bring a willingness to deeply inspect your own assumptions about the world, identifying areas in which you may need to unlearn implicit biases and behaviors
- to help others learn by respectfully voicing your thoughts and reactions, acknowledging that they are partial to and shaped by the way you make sense of the world
- to demonstrate a curious and eager inquiry into how others make sense of the world

Diversity of experiences, backgrounds and opinions are essential to cultivating a rich academic environment which in turn strengthens our capacity to be ethical and empathetic creative-thinkers. I aim for students of all backgrounds to be well served by this course and that the diversity students bring to this class be viewed as a resource, strength and benefit. The materials of this course, including readings and assignments, will reflect this commitment to diverse and inclusive knowledge. If a student feels that there has been a discrepancy between my teaching practices and the university's commitment to Inclusive Excellence, you are encouraged to discuss your concerns directly with me. I value your learning experience and welcome all opportunities to enrich the efficacy of this course for all student groups. Here are resources available to all students to report incidents of bias, harassment, and other forms of discrimination inside and outside the classroom:

- Unsure of whether the concern you experience or witness falls under the criteria of bias, harassment, and other forms of discrimination? You can fill out the Herberger Institute Community of Care form at herbergerinstitute.asu.edu/caring describing the situation. One of the members of the Herberger Institute Behavioral Response Team will connect with you.
- Anyone who believes that they have been subjected to discrimination, harassment, or retaliation in violation of this policy, or who believes that this policy has been violated, should report the matter immediately to the Office of University Rights and Responsibilities or the Dean of Students office or directly fill out an incident report.
- Unless a person is restricted by law from doing so, any employee who is informed of or has a reasonable basis to believe that sexual harassment has occurred, shall immediately report all information regarding the occurrence(s) to the Office of University Rights and Responsibilities or the Title IX Coordinator or the Dean of Students office.
- More reporting pathways are available to students on the University's Prohibition Against Discrimination, Harassment, and Retaliation policy page.



Assignments

All assignments can be found in Canvas under the Modules tab.

Grading

Assignment Name	Points	Percent of Grade
Proficiency & Improvement in Poses & Alignment	10	10%
Knowledge Worksheet	1	1%
Introduce Yourself	2	2%
Research Paper & Presentation	10	10%
Reflection Paper	5	5%
Participation & Journals	72	72%
TOTAL:	100	100%

Grade Scale

A +	A	A-	B +	B	B -	C +	C	D	E
97-100	93-96	90-92	87-89	83-86	80-82	77-79	70-76	60-69	0-59

Rounding Policy

Rounding up grades is not practiced in this course.

Y GRADE

The Y (Satisfactory) grade is an option for all classes and does not impact DARS requirements, although it is NOT included in GPA. If students will have the option for a Y grade in this course, then please include the conditions and processes they should follow to request a Y grade.

Incomplete Policy

The incomplete is not a routine process for successful completion of coursework. Rather, it is a limited academic exception intended to address situations where a student who has been doing acceptable work experiences exceptional extenuating circumstances beyond the student's control preventing their timely completion of the course. In evaluating requests for incompletes, I not only assess the nature of the extenuating circumstances and whether such circumstances were beyond the student's control, but also whether the student's record of performance in the class demonstrates the likelihood for successful completion of the remaining coursework. All incomplete contracts must also be approved from the academic unit leads. Finally, while policy dictates the maximum time for contract completion, I take into account what materials are outstanding and consider the appropriate extension. Statistically at ASU, the shorter the contract length the more likely students will be able to successfully complete their classroom obligations. You can read more about the [Incomplete Policy here](#).

Syllabus Addendum Policy

This is a student-instructor contract. Information within this course Syllabus, including course requirements and policies, are subject to change by the discretion of the instructor. In the case this occurs, students will be notified of the addendum via an announcement during class and on Canvas. Students are responsible for the information contained in this Syllabus, the Syllabus page in your Canvas course and the **College Policies & Student Services** page found in the First Steps module of your Canvas course.



Policies and Procedures

Attendance Policy (<https://provost.asu.edu/fall-2021-learning-expectations>)

Attendance and participation for the duration of the class period is mandatory. If you have more than 3 absences (unexcused), your final grade will be lowered 1/3 grade for each subsequent absence (i.e., B to B-). You should notify the instructor of your absence via email only after you have obtained proper documentation (i.e., a doctor's note). Repeated tardiness and leaving class early will be recorded, and as a result, your final grade will be lowered. It is the student's responsibility to keep track of his/her absences.

Attendance and participation in class activities is an essential part of the learning process, and students are expected to attend class regularly. Some absences are, however, unavoidable. Excused absences for classes will be given without penalty to the grade in the case of (1) a university sanctioned event [ACD 304-02]; (2) religious holidays [ACD 304-04; a list can be found here <https://eoss.asu.edu/cora/holidays>]; (3) work performed in the line-of-duty according [SSM 20118]; and (4) illness, quarantine or self-isolation related to illness as documented by a health professional.

Anticipated absences for university-sanctioned events, religious holidays, or line-of-duty activity should be communicated to the instructor by email at least 7 days before the expected absence.

Absences for illness, quarantine or self-isolation related to illness should be documented by a health professional and communicated to the instructor as soon as documentation is obtained by email.

Excused absences do not relieve students from responsibility for any part of the course work required during the period of absence. Faculty will provide accommodations that may include participation in classes remotely, access to recordings of class activities, and make-up work.

Excused absences related to religious observances/practices in accord with [ACD 304-04](#), "Accommodation for Religious Practices." Students may be excused for the observance of religious holidays. Students should notify the instructor at the beginning of the semester about the need to be absent from class due to religious observances. Students will be responsible for materials covered during their absence and should consult with the instructor to arrange reasonable accommodation for missed exams or other required assignments.

Excused absences related to university sanctioned activities in accord with [ACD 304-02](#), "Missed Classes Due to University-Sanctioned Activities." Students required to miss classes due to university sanctioned activities will not be counted absent. However, absence from class or examinations due to university-sanctioned activities does not relieve students from responsibility for any part of the course work required during the period of the absence. Students should inform the instructor early in the semester of upcoming scheduled absences and immediately upon learning of unscheduled required class absences. Reasonable accommodation to make up missed exams or other required assignments will be made. Consult the instructor BEFORE the absence to arrange for this accommodation.

Line-of-duty absence and missed assignment policy

A student who is a member of the National Guard, Reserve, or other U.S. Armed Forces branch who misses classes, assignments or examinations due to line-of-duty responsibilities shall have the opportunity to make up the coursework in accordance with [SSM 201-18 Accommodating Active Duty Military Personnel](#). This accommodation also applies to spouses who are the guardian of minor children during line-of-duty activities. This policy does not excuse students from course responsibilities during their absence. Students should first notify the Pat Tillman Veterans Center of their activation and then the instructor to discuss options.

Instructor Absence Policy

Students should wait for an absent instructor 15 minutes in class sessions of 90 minutes or less, and 30 minutes for those lasting more than 90 minutes, unless directed otherwise by someone from the academic unit.

Academic Integrity and Student Honor Code

The ASU student honor code affirms the commitment of ASU to uphold the values, principles, and ethics of academic integrity. All students are expected follow the code which states,

“We, the students of Arizona State University, have adopted this code as an affirmation of our commitment to academic integrity and our participation in ethical education. We embrace the duty to uphold ASU’s Honor Code, and in light of that duty, we promise to refrain from academic dishonesty. We pledge to act with integrity and honesty to promote these values among our peers. We agree to always abide by the Sun Devil Way and uphold the values of the New American University.”

Every student is expected to produce his/her original, independent work. Any student whose work indicates a violation of the ASU Academic Integrity Policy including cheating, plagiarism, and dishonesty will be subject to disciplinary action. Plagiarism is defined as deliberately passing off someone else’s words or ideas as your own. All necessary and appropriate sanctions will be issued to all parties involved with plagiarizing any and all course work. Plagiarism and any other form of academic dishonesty that is in violation with the Student Code of Conduct will not be tolerated. Arizona State University and the Herberger Institute for Design and the Arts expect the highest standards of academic integrity from all students. Failure to meet these standards may result in suspension or expulsion from the university or other sanctions as specified in the ASU Student Academic Integrity Policy (<http://provost.asu.edu/academicintegrity>), “[e]ach student must act with honesty and integrity, and must respect the rights of others in carrying out all academic assignments.” This policy also defines academic dishonesty and sets a process for faculty members and colleges to sanction dishonesty. Violations of this policy fall into five broad areas that include but are not limited to:

- Cheating on an academic evaluation or assignments
- Plagiarizing
- Academic deceit, such as fabricating data or information
- Aiding Academic Integrity Policy violations and inappropriately collaborating □
Falsifying academic records

I sanction any incidents of academic dishonesty in my courses using University and HIDA guidelines. Should you have any question about whether or not something falls subject to this clause, feel free to contact me or review the university policy on academic integrity at the above link. Per ASU policy, a student may not avoid the consequences of academic dishonesty by withdrawing from a course, and may be placed back in the course in order to face sanctions resulting from academic integrity violations. You are responsible for abiding by this policy.

Student Learning Community Conduct

ASU adheres to a university-wide Student Code of Conduct. The philosophy behind this policy states, the aim of education is the intellectual, personal, social, and ethical development of the individual. The educational process is ideally conducted in an environment that encourages reasoned discourse, intellectual honesty, openness to constructive change and respect for the rights of all individuals. Self-discipline and a respect for the rights of others in the university community are necessary for the fulfillment of such goals. The Student Code of

Conduct is designed to promote this environment at each of the state universities. You are expected to treat your instructor and your fellow classmates with respect and kindness. In all correspondence and in Discussion Board postings, you should show respect for the viewpoints of others who may disagree with you or see things from a different perspective. Criticizing, ridiculing, insulting, or belittling others will not be accepted. Keep in mind that electronic communications do not have the advantage of nonverbal cues that are so much a part of interpersonal communication. Humor or satire can sometimes be misinterpreted in strictly electronic communication forums. In addition, all students should be aware of their [Rights and Responsibilities](#) at Arizona State University.

Copyright

Students must refrain from uploading to any course shell, discussion board, or website used by the course instructor or other course forum, material that is not the student's original work, unless the students first comply with all applicable copyright laws; faculty members reserve the right to delete materials on the grounds of suspected copyright infringement. The course content, including lectures and other handouts, is copyrighted material. Students may not share outside the class, upload, sell, or distribute course content or notes taken during the conduct of the course (see [ACD 304-06](#), "Commercial Note Taking Services" for more information). THIS CONTENT IS PROTECTED AND MAY NOT BE SHARED, UPLOADED, SOLD, OR DISTRIBUTED.

Statement on ASU's Community of Care standards

The Herberger Institute for Design and the Arts complies with the spirit and the letter of ASU's community of care standards with regard to social distancing, masking, and student, faculty, and staff safety and well-being. <https://eoss.asu.edu/communityofcare>

Threatening or disruptive behavior

Self-discipline and a respect for the rights of others in the classroom or studio and university community are necessary for a conducive learning and teaching environment. Threatening or violent behavior will result in the administrative withdrawal of the student from the class. Disruptive behavior may result in the removal of the student from the class. Threatening, violent, or disruptive behavior will not be tolerated in this class, and will be handled in accordance with ASU policy (SSM 104-02).

For more information please visit:
<https://eoss.asu.edu/dos/srr/PoliciesAndProcedures> and
<https://eoss.asu.edu/dos/safety/ThreateningBehavior>.

Withdrawal

If you are unable to complete the course, it is your responsibility to arrange for withdrawal from the class. You will not be automatically withdrawn and unless you are officially withdrawn from the course you will receive a final grade based upon the total points you have earned for the semester. Students are required to pay all tuition and fees for any registered course unless enrollment is officially cancelled during the 100% refund period. Please visit the Academic Calendar to review the withdrawal deadlines for this semester. For more information on Drop/Add and Withdrawal visit <https://students.asu.edu/drop-add>

Special Accommodations

Your instructor will make any reasonable adaptations for limitations due to any disability documented with the Student Accessibility and Inclusive Learning Services (SAILS), including learning disabilities.

Please contact the instructor during office hours or by appointment to discuss any special needs you may have. You must contact the SAILS to process the paperwork for special course accommodations. To request academic accommodations due to a disability, please contact the SAILS (<https://eoss.asu.edu/drc>); Phone (480) 965-1234; TDD (480) 965-9000). Students who feel they will need disability accommodations in this class but have not registered SAILS should contact SAILS immediately. Students should contact the Center on the campus that your class is being held. Campus-specific [location and contact information](#) can be found on the SAILS website. SAILS offices are open 8 a.m. to 5 p.m. Monday – Friday. Check the [above](#) website for eligibility and documentation policies (<https://eoss.asu.edu/drc>). This is a very important step as accommodations may be difficult to make retroactively. If you have a letter from their

office indicating that you have a disability which requires academic accommodations, in order to assure that you receive your accommodations in a timely manner, please present this documentation to me as soon as possible so that your needs can be addressed effectively.

Title IX and Mandated Reporter Policy

Title IX is a federal law that provides that no person be excluded on the basis of sex from participation in, be denied benefits of, or be subjected to discrimination under any education program or activity. Both Title IX and university policy make clear that sexual violence and harassment based on sex is prohibited. An individual who believes they have been subjected to sexual violence or harassed on the basis of sex can seek support, including counseling and academic support, from the university. If you or someone you know has been harassed on the basis of sex or sexually assaulted, you can find information and resources at <https://sexualviolenceprevention.asu.edu/faqs>.

As a mandated reporter, I am obligated to report any information I become aware of regarding alleged acts of sexual discrimination, including sexual violence and dating violence. ASU Counseling Services, <https://eoss.asu.edu/counseling>, is available if you wish to discuss any concerns confidentially and privately.

Policy on Sexual Discrimination

Policy on sexual discrimination as described in [ACD 401](#), "Prohibition Against Discrimination, Harassment, and Retaliation", including the fact that the instructor is a mandated reporter and therefore obligated to report any information regarding alleged acts of sexual discrimination. Arizona State University is committed to providing an environment free of discrimination, harassment, or retaliation for the entire university community, including all students, faculty members, staff employees, and guests. ASU expressly prohibits discrimination, harassment, and retaliation by employees, students, ~~contractors, or agents~~ of the university based on any protected status: race, color, religion, sex, national origin, age, disability, veteran status, sexual orientation, gender identity, and genetic information.

Student Services & Resources

You will find a list of student resources at <https://eoss.asu.edu/resources>

Resources included are advisement, registration, financial aid, disability services, counseling, tutoring, library, and more.

Novel Coronavirus Information and Updates

You will find information and Frequently Asked Questions here <https://eoss.asu.edu/communityofcare>

You will find Novel Coronavirus updates and announcements here <https://eoss.asu.edu/health/announcements/coronavirus>

Non-emergency Student Care process

If you are concerned for a your own or a fellow student's well-being, please review the information and complete the form at herbergerinstitute.asu.edu/caring and the HIDA Care Team will reach out. FOR EMERGENCIES CALL 911. (Be prepared with the physical address of the location.)

Academic Calendar and Important Dates

The academic calendar can be found here <https://students.asu.edu/academic-calendar>

