

**Montana State University-Billings**  
**College of Allied Health Professions**  
**Department of Health and Human Performance**  
**FALL 2008**

**COURSE RUBRIC & TITLE:** HHP 188-2 Yoga (TR 2:00-3:00)  
**INSTRUCTOR:** Elizabeth Klarich, Certified Yoga Instructor  
**INSTRUCTOR PHONE & E-MAIL:** (406) 245-6256 klarich2e@msn.com

**TEXT:**  
The Wellness Option, Five Weeks to Healing Stress by Valerie O'Hara, Ph.D.

**COURSE DESCRIPTION**

The primary purpose of this class is to learn yoga techniques for stress reduction, relaxation, increasing flexibility, strength, balance and concentration. Each class period will include exercises and discussion, with an emphasis on answering questions and sharing ideas, addressing concerns and personalizing poses to fit each students needs. The goal of each class is to feel renewed and re-energized, as well as to learn ways to implement yoga into daily living. The goal of the semester is to learn ways to use yoga for personal benefit plus to be able to use and access yoga information for enhancing well-being. The instructor can be contacted any time at (406) 245-6256 [klariche@msn.com](mailto:klariche@msn.com)

**GRADING**

Consists of performance in 5 areas (20% each): Attendance will be taken. No more than 2 excused absences allowed to receive an A.

**COURSE REQUIREMENTS**

1. Students are expected to arrive dressed in comfortable loose-fitting clothes, bring required textbook, **The Wellness Option - Five Weeks to Healing Stress** by Valerie O'Hara, PhD and a journal to class for note-taking, along with a yoga mat, (also blanket & pillow if desired).
2. A personal biography listing expectations of class, reasons for taking class, medical conditions, injuries and limitations that could affect performance in class, plus questions about class, as well as how to be contacted due 9/4/08.
3. A 500 word research paper with at least 2 sources (must list sources) on a yoga topic approved by instructor due 10/14/08.
4. The Mid-Term Test over material from the required text - first 5 chapters 10/16/08.
5. Demonstration presentations of a yoga technique (include benefits, cautions and instructions) from text or other source (must give source) which can be done solo, duo or group begin 11/6/08.
6. A paper based on outline provided by instructor, 1-3 paragraphs per heading for 19 headings due 11/25/08.
7. Final exam over the outline for written paper, text and class material 12/4/08.

All requirements must be completely fulfilled and tests passed strongly to receive an A.  
Partial fulfillment of requirements and test passed less than strongly receive B, C, D, accordingly.  
Failure to fulfill requirements results in an F."

**COURSE SCHEDULE**

Personal Biography	9/4/08
500 Word Research Paper	10/14/08
Mid-Term Test	10/16/08
Demonstrations Begin	11/6/08
19 Heading paper	11/25/08
Final Exam	12/4/08