Yoga: Core Strength
PHED – 2996
Section – 506
Fall Semester 2026
Online class
FA26_PHED_2996_506_KingG

Instructor: Glenda King

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Office Hours: by appointment (in person or virtual)

Course Schedule:

8-week self-paced course available online via Canvas. 8-week course begins August 17 and ends October 7.

Description:

This 8-week course is designed to help students strengthen the core-line of the whole body. The core-line of the body begins at the perineum (pelvic floor) and continues up the body behind the navel, diaphragm, center of neck to crown of head. Focus will be on the lower body core (pelvic floor, belly, and low back) and the upper body core (diaphragm, arms, chest). What this means is that not only will there be a lot of ***lower body/belly strengtheners*** but there will be a lot of ***upper body/arms/wrists strengtheners***. Upper body core strengtheners include planks, forearm planks, down dog, etc. Lower body core strengtheners include boat pose, backbends, twists, chair pose, etc. But, really, in yoga the whole body is connected so it is likely that while the upper body is engaged so will the lower body be engaged. We will try to hold each pose for approximately 15-30 seconds. The basics of pranayama, or the control of the breath, will be introduced. Props will be used to support modifications if needed. All fitness levels welcome.

Required Materials:

Yoga mat (preferably sticky so that feet/hands don't slip)
2 Yoga blocks (4"x 9"x 6" – can be found fairly inexpensively on Amazon)
Yoga strap (a long leather belt or something non-stretchy can be substituted)
All yoga props can be found in the Bookstore in the Learning Center.

Homework:

Each Monday there will be an approximately 45-minute video uploaded for you to follow along and practice with the instructor. You have the full week to practice whenever you choose. Feel free to use the video more than once weekly as regular practice will make you stronger.

After the practice session ends write in your journal explaining how to do each of **3 core** (not stretching) **poses** of your choice to receive participation points. Class Journal is due the following Sunday.

--each Class Journal consists of you (1) describing how to do each of **3 core poses** (your choice). Include 3 technical details for each pose described in your own words. The choice of these 3 poses must be different every week***. Do Not choose any of the stretching poses which we will occasionally do.*** Also, (2), what was your **emotional response** to the poses you chose and how you felt you did: challenging or not? too easy or not? You can talk about alignment, strength, flexibility or breathing, for example. Direct responses to your own body—do not generalize. Weekly Journal is 100 words minimum.

--each Weekly Journal entry should be on one running (or continuing) document. Each week you will add to that same document, upload it and send it to me via the Assignment portal. Do not send me a new document each week!

--Title each week, for example: Week 1, Week 2, etc. Label each pose with it name.

Critiques: Once an assignment is turned in I will send back critiques (constructive criticism) on your journal entry for the week. Did you follow the above instructions, did your hand in the assignment on time?

Late Assignments: Your will have one full week to do the assignment. There will be a penalty of 1 point for each day late after the due date up to 5 points off for each week. So, if you are late 7 days for an assignment the most points taken off for that week is 5.

There will be 8 Journal Assignments to go along with 8 video classes. No Final--just weekly class participation.

All recorded Class Videos and Weekly Class Journals will be found on UNM Canvas under **Assignments**. Due dates listed below.

Please reach out to me via email if you have any questions.

Course Schedule:

Week	Assignments	Due Date
1	Core Yoga: Weekly Journal 1	Sunday, August 23
2	Core Yoga: Weekly Journal 2	Sunday, August 30
3	Core Yoga: Weekly Journal 3	Sunday, September 6
4	Core Yoga: Weekly Journal 4	Sunday, September 13
5	Core Yoga: Weekly Journal 5	Sunday, September 20
6	Core Yoga: Weekly Journal 6	Sunday, September 27
7	Core Yoga: Weekly Journal 7	Sunday, October 4
8	Core Yoga: Weekly Journal 8	**Wednesday, October 7**

Course Evaluation:

1. The class is graded on a scale of 0-100 points**.**
2. 96 points will be distributed as participation points. In order to receive all participation points you must complete a Weekly Journal. Each Weekly Journal is worth 12 points x 8 weeks = 96**.**
3. 4 points will be distributed as responses to questions about the syllabus. I want to make sure you have read it. These 4 questions are included in the first week's assignment only.
4. Points will be subtracted not only for lateness but for not following instructions or for including obviously wrong details of poses***. Points will also be subtracted for no or low attendance---you must practice the whole video class!***
5. Below is the grading scale:

   A = 90 – 100% - 90-100 points
   B = 80 – 89.9% - 80-89 points
   C = 70 – 79.9% - 70-79 points
   D = 60 – 69.9% - 60-69 points
   F = <59.9% <59 points

Accomodations: UNM is committed to providing equitable access to learning opportunities for students with documented disabilities. As your instructor, it is my objective to facilitate an inclusive classroom setting, in which students have full access and opportunity to participate. To engage in a confidential conversation about the process for requesting reasonable accommodations for this class and/or program, please contact Accessibility Resource Center at arcsrvs@unm.edu or (505) 277-3506.

UAP 2720 and 2740. Our classroom and university should foster mutual respect, kindness, and support. If you have concerns about discrimination, harassment, or violence, please seek support and report incidents. Find confidential services at LoboRESPECT Advocacy Center, the Women's Resource Center, and the Arcoiris Center. UNM prohibits discrimination on the basis of sex (including gender, sex stereotyping, gender expression, and gender identity). All instructors are "responsible employees" who must communicate reports of sexual harassment, sexual misconduct and sexual violence to Compliance, Ethics and Equal Opportunity. For more information, please see UAP 2720 and UAP 2740.