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| **University of Southern California**  **Department of Physical Education** |

***PHED 120a: Yoga***

**Spring 2014**

**Section 49764: MW 10:00 – 10:50am**

**Section 49766: MW 11:00 – 11:50am**

**Section 49768: MW 12:00 – 12:50pm**

**Instructor: Steve Hsu**

**Office: PED 213**

**Office Hours: By appointment**

**Phone: (213) 740-6301**

**Email:** [**stevehsu@usc.edu**](mailto:stevehsu@usc.edu)

**Course Description:**

This class is an introduction to the elementary techniques of Classical Yoga with a general introduction to Yoga philosophy based upon Patanjali’s *Yoga Sutras*.

**Course Objective:**

To introduce the student to the fundamentals of a Yoga practice in a safe, supportive, and academic environment.

**Course Textbook:**

Dykema, Ravi. (2011). Yoga for Fitness and Wellness, 2nd Edition. Bellmont, CA: Wadsworth, Cengage Learning. There will be a copy available for loan at Leavey Library. You will also need one Grade Master scantron – skew number 25420 for Midterm and Final Exams.

**BlackboardTM:** [**http://blackboard.usc.edu**](http://blackboard.usc.edu)

Class information will be posted. We will use resources posted on BlackboardTM in addition to the course booklet.

**Grading Policy and Evaluation Criteria:**

Cognitive = 50% (120 points) Psychomotor = 50% (120 points)

1. Final = 50 points 1. Active Participation = 100 points
2. Midterm = 50 points 2. Yoga Poses Performance Test #1 = 10 points
3. Essay = 20 points 3. Yoga Poses Performance Test #2 = 10 points

216 – 240 points = A

192 – 215 points = B

168 – 191 points = C \*Plus and minus grades will be issued accordingly

144 – 167 points = D for each letter grade range based on grade percentage

Below 144 points = F earned.

**Grading Policy and Evaluation Criteria (continued):**

*\*****Consistent attendance and active participation*** *is a minimum requirement for completing a performance class and is a large determinant and component of your final grade. Tardiness and/or leaving early will not be tolerated as it disrupts the class and practice. If you are late or leave early, you will only receive partial credit for attending the class.*

*\*****Extra credit work and make-up work are not available****. You are not permitted to make-up absences in another section.* ***You cannot make-up the Midterm and Final****. It is your responsibility to attend class consistently and fulfill the requirements of this course.*

**Location:**

We meet in the Exercise Room located in the basement of the Physical Education building.

**Equipment and Lockers:**

* All props will be provided in class: mats, straps, blankets, bolsters, and blocks. Please bring your own hand towel and water if needed. You may use your own mat or other equipment. The storage cabinets are in the hall next to the Exercise Room.
* **USC Physical Education IS NOT responsible for any lost, stolen or damaged property**. If you choose to bring any valuables to class, it is strongly recommended that they be locked up during class. Locker rooms are available in the PE building and Lyons Center.

**General Guidelines for Practice:**

* Wear clothing that allows freedom of movement. Absorbent, cotton-type material or athletic wear is best. No jeans or street clothes. No shoes or socks are worn during practice; we practice yoga barefoot.
* It is recommended that you avoid practicing yoga on a full stomach to prevent discomfort from performing yoga poses. Wait three hours after a meal or one hour after a light snack.
* Turn off cell phones.
* Refrain from talking during practice, unless asked to do so.
* No candy or chewing gum during practice.
* **Notify your instructor of any existing injuries, health problems, and medical conditions – *including pregnancy* - on the first class meeting. If you develop any new injuries, health problems, and medical conditions and/or become pregnant during the semester, you must inform your instructor.**

**Academic Accomodations:**

Students requesting academic accommodations based on disability are required to register with Disability Services and Programs (DSP) each semester. A letter of verification for approved accommodations can be obtained from DSP when adequate documentation is filed. Please be sure the letter is delivered to me as early in the semester as possible. DSP is open Monday – Friday, 8:30am – 5:00pm. The office is in the Student Union 301 and the phone number is (213) 740-0776.

**USC Yoga – Spring 2014**

**COURSE OUTLINE\***

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| Week 1 (1/13, 1/15) | **Introduction/Orientation:** Review of Syllabus and The Use of Props --- **Read Ch. 1** |
| Week 2 (1/20, 1/22)  **Martin Luther King’s Birthday – 1/20 = no class** | **Lecture:** General History and Overview of Yoga Philosophy **--- Read Ch. 1 & 7** |
| Week 3 (1/27, 1/29)  **Last day to add/drop or change registration status is Friday 1/31** | **Lecture:** The Yamas --- **Read Ch. 2**  **Practice:** Savasana (corpse pose) and Savasana partner adjustment; deep diaphragmatic breathing |
| Week 4 (2/3, 2/5) | **Lecture:** The Niyamas --- **Read Ch. 2 & 3**  **Practice:** Asana – yoga postures/poses  **Essay**: Due by the second class meeting of the week for TTH sections or due Friday for Friday sections |
| Week 5 (2/10, 2/12) | **Lecture:** Asana (Anatomy & Physiology Overview) --- **Read Ch. 5: p. 69-82; 107-109**  **Practice:** Foundation for Standing Poses |
| Week 6 (2/17, 2/19)  **President’s Day – 2/17 = no class** | **Lecture:** Asana (fundamentals) --- **Read Ch. 5**  **Practice:** Standing Poses **and Ch. 6** |
| Week 7 (2/24, 2/26) | **Lecture:** Asana *continued* --- **Read Ch. 5 & 6**  **Practice:** Standing Poses *continued* and Backbends and Shoulderstand |
| Week 8 (3/3, 3/5)  **MIDTERM on Wednesday** | **Review for Midterm**  **MIDTERM Exam–** Location TBA |
| Week 9 (3/10, 3/12)  **Spring Break = 3/17 – 3/22** | **Lecture/Practice:** Practice for Performance Test #1  **Performance Test #1: Wednesday** |
| Week 10 (3/24, 3/26) | **Lecture:** Vinyasa & Surya Namaskar A & B *continued* --- **Read Ch. 5: p. 121 - 122**  **Practice:** Vinyasa & Surya Namaskar A & B |
| Week 11 (3/31, 4/2) | **Lecture:** Restorative Yoga --- **Read Ch. 4** **for**  **Practice:** Restorative Poses  **next 2 weeks** |
| Week 12 (4/7, 4/9)  **Last day to drop class with a “W” is**  **Friday 4/11** | **Lecture:** Restorative Yoga and Pranayama  **Practice:** Restorative Poses and Viloma Pranayama |
| Week 13 (4/14, 4/16) | **Lecture:** Relaxation, Meditation - **Read Ch. 6**  **Practice:** Restorative Poses and Meditation |
| Week 14 (4/21, 4/23) | **Lecture/Practice:** Practice for Performance Test #2 – **Read Ch. 8**  **Performance Test #2: Wednesday** |
| Week 15 (4/28, 4/30)  **FINAL on Wednesday**  (P.E finals are held a week earlier than core classes) | **Review for Final**  **FINAL Exam**– Location TBA |

**\*Please note this is a tentative outline and may be subject to change. Any changes will be announced in class and/or via email.**