
Instructor: Andre Haralyi
Phone: (213) 740-2488
Class Meets: Yoga Room* (basement of PED)
**1st day of class meets in PE210*

Email: haralyi@usc.edu
Office Hours: By appointment
Office: PED 107; Room 106-D

COURSE DESCRIPTION:

This class is an introduction to the elementary techniques of Classical Yoga emphasizing: spinal alignment, breathing techniques, understanding of basic anatomy, an increase in muscle strength and flexibility and a general introduction to Yoga philosophy based upon Patanjali's Yoga Sutras. Each class will end with a short relaxation segment.

COURSE LEARNING OBJECTIVES:

- To introduce the student to the fundamentals of a Yoga practice in a safe, supportive and academic environment.
- Demonstrate proper technique and body alignment in each asana (pose) through basic understanding of anatomy
- Analyze the purpose of each of the asanas as they relate to overall health and fitness
- Identify the physical and psychological benefits of yoga
- Learn Sanskrit terminology relating to asanas and *Yoga Sutras*

PHYSICAL EDUCATION PROGRAM OBJECTIVES:

Students will understand the importance of sound health and fitness principles as they relate to better health and will be able to:

- Recognize the physical and mental benefits of increased activity.
- Understand anatomy, basic biomechanical principles and terminology.

Students will be exposed to a variety of activities providing them the opportunity to:

- Apply learned fundamental skills.
- Empower themselves by setting and working toward realistic individual goals.
- Participate in a motivating and nurturing environment resulting in greater sense of well-being & self-esteem.
- Participate in active learning to stimulate continued inquiry about physical education, health and fitness.

Students will demonstrate proficiency through knowledge and acquired skills enabling them to:

- Create a safe, progressive, methodical and efficient activity based plan to enhance improvement and minimize risk of injury.
- Identify common health & fitness myths along with trends involved with the evolving nature of physical education.
- Develop an appreciation of physical activity as a lifetime pursuit and a means to better health.

COURSE READER: Course reader available on Blackboard.

USC BLACKBOARD™: <https://blackboard.usc.edu>

In addition to the course reader, Blackboard is where class information and additional resources will be posted.

EVALUATION CRITERIA:

Testing locations will be announced on Blackboard™

Cognitive 120 points	Assignments	20 points	Point/grade-base cutoffs	
	Midterm	50 points	A	216-240
	Final	50 points	B	192-215
Psychomotor 120 points	Participation	100 points	C	168-191
	Practical Test	20 points	D	144-167
	Total points :	240 points	F	Below 144

Plus and minus grades will be issued accordingly for each letter grade based on grade percentage.

COURSE REQUIREMENTS:

1. Attend Class Daily
2. Participate in Class Workouts
3. Complete Assignments
4. Complete Midterm
5. Take Final Exam

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.

PARTICIPATION:

Because this is a Physical Education course, regular participation is required and is a large component of your final grade. Tardiness and/or leaving early will not be tolerated as it disrupts the class and practice – this is especially true of 50-minute class sections. If you are late or leave early, you will only receive partial credit for attending the class. You will be expected to attend the section for which you are enrolled. Make-ups are only allowed for emergency situations and then only upon approval from instructor. Make-up absences may only take place in sections of the same class with the same instructor. *You are **not** permitted to make-up absences in another instructor's section. ***Extra credit work and make-up work are not available unless noted by instructor. Midterm and Final make-ups are only available in emergency situations, yet note, that the exam grade will drop a letter grade from exam's score. It is your responsibility to attend class consistently and fulfill the requirements of this course.***

EQUIPMENT:

Students must bring their own yoga mat. All additional props will be provided in class: straps, blankets, bolsters, and blocks. Please bring a hand towel and water if needed. **Please return equipment neatly after use** in the storage cabinets in the hall next to the Yoga Room.

GENERAL GUIDELINES FOR PRACTICE & CLASS POLICIES:

- Arrive to class on time.
- 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.
- 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.
- Prior reading of assigned material will be helpful.
- Refer to blackboard for additional handouts and assignments.
- **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. This will be kept STRICTLY confidential.**

LOCKERS:

Locker Rooms are open from 7:30am-3pm M-TH. Purchase locks in PED 107 (PE office). Lockers need to be cleared out the week of the PE Dept. finals. **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.

STATEMENT ON ACADEMIC CONDUCT AND SUPPORT SYSTEMS

ACADEMIC CONDUCT:

Plagiarism – presenting someone else's ideas as your own, either verbatim or recast in your own words – is a serious academic offense with serious consequences. Please familiarize yourself with the discussion of plagiarism in *SCampus* in Section 11, *Behavior Violating University Standards* <https://scampus.usc.edu/1100-behavior-violating-university-standards-and-appropriate-sanctions/>. Other forms of academic dishonesty are equally unacceptable. See additional information in *SCampus* and university policies on scientific misconduct, <http://policy.usc.edu/scientific-misconduct/>.

Discrimination, sexual assault, and harassment are not tolerated by the university. You are encouraged to report any incidents to the *Office of Equity and Diversity* <http://equity.usc.edu/> or to the *Department of Public Safety* <http://capsnet.usc.edu/departments/departments-public-safety/online-forms/contact-us>. This is important for the safety whole USC community. Another member of the university community – such as a friend, classmate, advisor, or faculty member – can help initiate the report, or can initiate the report on behalf of another person. *The Center for Women and Men* <http://www.usc.edu/student-affairs/cwm/> provides 24/7 confidential support, and the sexual assault resource center webpage sarc@usc.edu describes reporting options and other resources.

SUPPORT SYSTEMS:

A number of USC's schools provide support for students who need help with scholarly writing. Check with your advisor or program staff to find out more. Students whose primary language is not English should check with the *American Language Institute* <http://dornsife.usc.edu/ali>, which sponsors courses and workshops specifically for international graduate students. *The Office of Disability Services and Programs* http://sait.usc.edu/academicsupport/centerprograms/dsp/home_index.html provides certification for students with disabilities and helps arrange the relevant accommodations. If an officially declared emergency makes travel to campus infeasible, *USC Emergency Information* <http://emergency.usc.edu/> will provide safety and other updates, including ways in which instruction will be continued by means of blackboard, teleconferencing, and other technology.

USC YOGA – FALL 2016 - COURSE OUTLINE*

Department of Physical Education-Yoga- PHED 120A			
Fall 2016- Course Outline			
Dates	Topic		Read
Week 1			
8/23	Orientation	Introduction - Review of Syllabus; No Practice	
8/25	Lecture + Practice	Guidelines & Methodology Fundamentals of Postures- Alignment- Breathing Use of Props	
Week 2			
8/30	Lecture + Practice	Introduction to Yoga Definition; Origin; History	Chapter 1
9/1	Lecture + Practice	The Diversity of Yoga The Four Paths of Yoga	Chapter 1
Week 3			
9/6	Lecture + Practice	Intro to Classical Yoga The “8 limbs” of Raja Yoga	Chapter 2
9/8	Practice	Foundations of Posture, Movement and Breath Control	
	NOTICE	3rd week Last day to change grading option (letter grade, P/NP, audit)	
Week 4			
9/13	Lecture + Practice	1 st Limb of Raja Yoga – Yama 5 Precepts or Moral Conducts Definition; Guidelines; Purpose; Function	Chapter 2
9/15	Practice	Foundations of Posture, Movement and Breath Control	
Week 5			
9/20	Lecture + Practice	2 nd Limb of Raja Yoga – Niyama 5 Observances Definition; Guidelines; Purpose; Function	Chapter 2
9/22	Practice	Foundations of Posture, Movement and Breath Control	
Week 6			
9/27	Lecture + Practice	3 rd Limb of Raja Yoga – Asana 1 Definition; Guidelines; Purpose; Function	Chapter 2 + Appendix
9/29	Practice	Postures	
	Assignment 1	ESSAY: How can you apply the concepts of Yamas and Niyamas to improve your everyday life, health and relationships? 1 pages; Double space; Times New Roman 12; Margins 1:1:1:1; Include: Name, Class, Title	
Week 7			
10/4	Lecture + Practice	3 rd Limb of Raja Yoga – Asana 2 Anatomy & Physiology Definitions Skeleton and Muscular systems Planes of Motion	Chapter 2 + Appendix
10/6	Practice	Postures	

Week 8			
10/11	REVIEW	Midterm Review	
10/13	TEST	MIDTERM	
Week 9			
10/18	Lecture + Practice	4th Limb of Raja Yoga – Pranayama 1 Definition; Guidelines; Purpose; Function Anatomy and Physiology of Breath	Chapter 2
10/20	Practice	Breath Control	
	NOTICE	Last day to drop without a W and to switch a P/NP status to letter grade	
Week 10			
10/25	Lecture + Practice	4th Limb of Raja Yoga – Pranayama 2 Focus on Stress reduction	Chapter 2
10/27	Practice	Breath Control	
Week 11			
11/1	Lecture + Practice	5th Limb- Pratyahara Sense Withdrawal or Inwardness Definition; Guidelines; Purpose; Function	Chapter 2
11/3	Practice	Control over the Senses	
	Assignment 2	ESSAY: How Asana and Pranayama techniques may help you to manage stress? 1 pages; Double space; Times New Roman 12; Margins 1:1:1:1; Include: Name, Class, Title	
Week 12			
11/8	Lecture + Practice	6th, 7th, 8th Limbs of Raja Yoga: Dharana (Concentration), Dhyana (Meditation) and Samadhi (Absorption) Definition; Guidelines; Purpose; Function	Chapter 2
11/10	Practice	Concentration	
Week 13			
11/15	REVIEW	Practical Test Review	
11/17	TEST	PRACTICAL TEST	
	NOTICE	Last day to drop a class with a W on permanent record	
Week 14			
11/22	Practice	Restorative Yoga	
11/24	NO CLASSES	THANKSGIVING BREAK	
Week 15			
11/29	REVIEW	Final Test Review	
12/01	TEST	FINAL TEST	

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