

# University of Southern California

Department of Physical Education

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**Instructor:** Lindsay Costello  
**Email:** [LCostell@usc.edu](mailto:LCostell@usc.edu)  
**Office Hours:** By appointment  
**Office:** PED 107

**Class Meets:** Yoga Room 201  
**Course:** PHED 120A Introduction to Yoga  
Friday's 9-10:50am, 11-12:50pm

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## **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	Assignment	20 points	Point/grade-base cutoffs	
		Midterm	50 points	A
	Final	50 points	B	192-215
			C	168-191
Psychomotor 120 points	Attendance & Participation	100 points	D	144-167
	Pose Performance Test #1	10 points	F	Below 144
	Pose Performance Test #2	10 points		

\*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.

**ATTENDANCE:** Because this is a Physical Education course, regular attendance is required for the participation portion of the grade, 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/department/department-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](http://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](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.

<b>Week &amp; dates</b>	<b>FALL 2016 - COURSE OUTLINE Topic</b>	<b>Tasks</b>
Week 1 8/26	<b>Introduction/Orientation:</b> Review of Syllabus The Use of Props	
Week 2 9/2	Overview of Philosophy and General History Practice: Body alignment and kinesthetic awareness through fundamental asanas Practice: Surya Namaskar A and B	<b>Read Pgs. 3-5; 9-14</b>
Week 3 9/9	The Yamas: Behavior and Social Conduct Practice: Fundamental asanas, alignment, continued	<b>Read Pgs. 6-7; 14; 28; Review 9-13</b>
<b>9/9</b>	<b>Last day to drop/add or change registration status</b>	
Week 4 9/16	The Niyamas: Personal Discipline Practice: Fundamental asanas, alignment, continued	<b>Read Pgs. 8-9 Review 9-13</b>
Week 5 9/23	Asana: Physical Discipline Practice: Fundamental asanas, alignment, continued	<b>Review Pgs. 9-12</b>
Week 6 9/30	Asana continued Practice: Fundamental asanas, alignment, continued Review for Physical Asana test #1	
Week 7 10/7	Physical Asana Test Review for Midterm Practice: Asana	<b>POSE TEST #1</b>
<b>10/7</b>	<b>Last day to change to Pass/No Pass, drop without a "W"</b>	
Week 8 10/14	<b>MIDTERM:</b> Location TBA	<b>MIDTERM</b>
Week 9 10/21	Pranayama: Breathing Control focusing on the fundamental of respiration and the affects on stress reduction Practice: Applying pranayama in asana	<b>Read Pgs. 15-17</b>
Week 10 10/28	Introduction to Vinyasa Yoga Practice: Surya Namaskar A and B w/Ujjayi Breathing	<b>Read Pg. 13</b>
Week 11 11/4	Continuation of Vinyasa Practice: linking asana through pranayama and continuing pranayama throughout longs holds	
Week 12 11/11	Pratyahara: Control of Sensory Perception Dharana: Concentration Dhyana: Meditation	<b>Read Pgs. 18-25</b>
<b>11/11</b>	<b>Last day to drop class with a "W"</b>	
Week 13 11/18	Review for Physical Asana Test #2 Linkage of Seven limbs to Samadahi <b>PERSONAL ESSAY DUE</b>	<b>ESSAY</b>
<b>11/23-11/27</b>	<b>THANKSGIVING BREAK- REVIEW Pgs. 12-13</b>	<b>NO CLASS</b>
Week 14 12/2	Physical Asana Test Review for Final Practice: Restorative Yoga	<b>POSE TEST #2 Read Pg. 12</b>
Week 15 12/9	<b>FINAL</b> – Location TBA (P.E finals are held a week earlier than core classes)	<b>FINAL</b>

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