

# University of Southern California

## PHYSICAL EDUCATION DEPARTMENT

### PHED 120A Introduction to Yoga

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**Instructor:** David Romero 500hr - CYT

**Email:** rome284@usc.edu

**Office hours:** By appointment

**Office:** PED 120A

**First day of class ONLY will meet in PE 210 – 2<sup>nd</sup> floor gym in PE building**

**Class Meeting Location: YOGA ROOM in sub-basement**

#### **COURSE DESCRIPTION:**

This class will explore various forms of Hatha Yoga, the branch of yoga that works primarily with the body through postures or asanas. Introduction to meditation, breathing techniques or pranayama will be emphasized along with spinal alignment. In addition, increase muscle strength and flexibility; understanding of basic anatomy and nutritional perspectives. Each class will end with a short meditation and relaxation segment.

#### **COURSE OBJECTIVE:**

- To introduce the student to the fundamentals of a Yoga practice in a safe, supportive and academic environment.
- To learn proper body alignment, increase strength and flexibility.
- To learn the basics of breathing techniques (pranayama)
- To understand basics of anatomy and nutritional guidelines
- To understand various forms of yoga mediation

#### **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 bio mechanical principles and terminology.
- Examine the effect of nutrition, rest and other lifestyle factors that contribute to better health.

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

- Apply learned fundamental skills.
- Utilize physical activity as a tool to manage stress.
- 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:** **The course reader is posted in CONTENT on Blackboard.** A secondary resource if desiring a deeper perspective is: Dykema, Ravi. Yoga for Fitness and Wellness 2<sup>nd</sup> ed. 2011. Wadsworth. The textbook is available at the Leavey Library and an online link for download is provided on Blackboard.

**Blackboard™:** <https://blackboard.usc.edu>

We will use it in addition to the course reader. Class information will be posted on the blackboard, as well as resources.

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

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#### **EQUIPMENT and LOCKERS:**

- All props will be provided in class: straps, blankets, bolsters, and blocks. You are strongly encouraged to bring your own mat- if not, they'll be provided. Please bring your own hand towel and water if needed. The storage cabinets are in the hall next to the Exercise Room. **Please return equipment neatly after use.**
- 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.

#### **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.

#### **GENERAL GUIDELINES FOR PRACTICE & CLASS POLICIES:**

- 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. Please remove all hats prior to entering yoga studio.
- It is recommended that you avoid practicing yoga on a full stomach to prevent discomfort from performing yoga poses. Wait 2-3 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.***
- **NO LATE WORK ACCEPTED**

**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 not allowed except for emergency situations and then only upon approval from instructor.

***\*Extra credit work and make-up work are not available unless noted by instructor. 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.***

#### **Academic Integrity**

Students who violate University standards of academic integrity are subject to disciplinary sanctions, including failure in the course and suspension from the University. Since dishonesty in any form harms the individual, other students and the University, academic integrity policies will be strictly enforced. I expect you will familiarize yourself with the Academic Integrity guidelines found in the current Student handbook.

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#### Evaluation Criteria:

\* Testing locations will be announced

Cognitive 130 points (56%)	Psychomotor 100 points (43%)
<ul style="list-style-type: none"> <li>• Assignments = 30 points.                             <ul style="list-style-type: none"> <li>o (Assignment #1 = 10 pts.)</li> <li>o (Assignment #2 = 10 pts.)</li> <li>o (Assignment #3 = 10 pts.)</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Active Participation = 60 points</li> </ul>
<ul style="list-style-type: none"> <li>• Midterm = 50 points</li> </ul>	<ul style="list-style-type: none"> <li>• Practical Exam = 40 points</li> </ul>
<ul style="list-style-type: none"> <li>• Final = 50 points</li> </ul>	

**TOTAL: 250**

#### Point/grade-base cutoffs

**A: 216-230**

**A-: 207-215**

**B+: 200-206**

**B: 193-199**

**B-: 184-192**

**C+: 177-183**

**C: 170-176**

**C-: 161-169**

**D+: 154-160**

**D: 147-153**

**D-: 138-146**

**F: Below 137**

Plus and minus will be issued for each grade, based on percentage range.

## USC Yoga – Fall 2017

### COURSE OUTLINE\*

Week 1 8/21	Day 1 Introduction/Orientation. Review of syllabus. No practice Day 2 – Use of Props/ modifications Practice: fundamentals of postures/ alignment/ breathing
Week 2 8/28	Overview of Philosophy General History- Chapter 1
Week 3 9/4	<b>Labor Day 9/4</b> Intro to Classical Yoga, the “8 limbs” of yoga Practice: fundamental postures, alignment, adjustments <b>Last day to change grading options (Letter Grade, P/NP, Audit)</b>
Week 4 9/11	1 <sup>st</sup> limb of Yoga – Yama: Behavior and Social Conduct Practice: fundamental postures, alignment continued

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Week 5 9/18	2 <sup>nd</sup> limb – Niyama: Personal discipline Practice: fundamental postures, alignment, continued
Week 6 9/25	3 <sup>rd</sup> limb – Asana: Physical Disciplines Anatomy & Physiology
Week 7 10/2	Practice: Surya Namascar, Restorative Yoga, Intro to Pranayama, Ujjayi Breathing
Week 8 10/9	Midterm Review <b>MIDTERMS:</b> Wed- Th. Location TBA <b>Assignment Part 1: Dietary journal (3 days) – discovering habit patterns</b>
Week 9 10/16	Vinyasa, Surya Namascar A and B using Ujjayi breathing <b>LAST DAY TO DROP WITHOUT A “W” AND TO SWITCH A PASS/ NO PASS STATUS TO A LETTER GRADE</b>
Week 10 10/23	<b>4th limb</b> – Pranayama: Breathing control Focus on the Fundamentals of respiration and the affects on Stress reduction
Week 11 10/30	Vinyasa yoga & Restorative yoga
Week 12 11/6	<b>5th limb</b> - Pratyahara: Control of Sensory Perception Practice: <i>Yoga Nidra</i> (a guided, deep-relaxation practice called ‘yogic sleep’) <b>Assignment Part 2: Short Essay on Yamas and Niyamas</b>
Week 13 11/13	<b>6-8th Limbs:</b> <i>Dharana, Dhyana, and Samadhi (Meditation)</i> <b>Last day to drop class with a W on permanent record</b>
Week 14 11/20	<b>PRACTICAL (ASANA) TEST</b> <b>THANKSGIVING NOV. 22-26</b> <b>Assignment Part 3: Short Essay - In your own words - what was your opinion about yoga prior to the class vs. half way through the semester.</b>
Week 15 11/27	Review and <b>FINAL-</b> Location TBA

Sat Nam ☺

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