

University of Southern California

PHYSICAL EDUCATION DEPARTMENT

PHED 120A Introduction to Yoga

Instructor: Stephanie Sweet-Eggert, MS, HHC

Email: seggert@usc.edu

Office hours:

Tu. & Thu. 9:00am

Mon. 1-2:30pm

Also by appointment

Office: PED 108

Class Meeting Location: YOGA ROOM in sub-basement

First day of class will meet in PE 210 – 2nd floor gym in PE building

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 pranyama 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

COURSE READER: Dykema, Ravi. Yoga for Fitness and Wellness 2nd ed. 2011. Wadsworth. The textbook is available at the Leavey Library. You will also need one Grade Master scantron – skew number **25420** for Midterm and Final Exams.

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.

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. **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

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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.
- 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.

Evaluation Criteria:

* Testing locations will be announced

Cognitive 130 points (52%)	Psychomotor 120 points (48%)
<ul style="list-style-type: none">• Assignments = 30 points.<ul style="list-style-type: none">○ (Assignment #1 = 10 pts.)○ (Assignment #2 = 20 pts.)	<ul style="list-style-type: none">• Active Participation = 100 points
<ul style="list-style-type: none">• Midterm = 50 points	<ul style="list-style-type: none">• Practical Exam = 20 points
<ul style="list-style-type: none">• Final = 50 points	

TOTAL: 250

Point/grade-base cutoffs

A: 225-250

B: 200-224

C: 175-199

D: 150-174

F: Below 149

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

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USC Yoga – Spring 2014

COURSE OUTLINE*

Week & dates	Topic	Read/assignment
Week 1 1/13 – 1/17	Introduction/Orientation: Review of Syllabus and The Use of Props	Read Ch. 1
Week 2 1/20-1/25	General History and Overview of Yoga Philosophy Intro to Asana Introduction to Pranayama and Meditation	Read Ch. 1 & 7
Week 3 1/27-1/31	NO CLASS MONDAY, 1/20 (MLK day) The Yamas & Savasana (corpse pose) and Intro to Pranayama, Stress-relieving yogic technology	Read Ch. 2
1/31	Last day to drop/add or change registration status	
Week 4 2/3-2/7	The Niyamas & Savasana, Intro to Kundalini Yoga Meditation	Read Ch. 2 & 3 Assignment #1 due
Week 5 2/10-2/14	Asana (Anatomy & Physiology Overview) & Foundation for Standing Poses	Read Ch. 5: p. 69- 82; 107-109
Week 6 2/17-2/21	NO CLASS MONDAY, 2/17 (President's Day) Asana (fundamentals) & Standing Poses	Read Ch. 5
Week 7 2/24-2/28	Asana <i>continued</i> . Standing Poses <i>continued</i> . Intro to backbends and shoulderstand	Read Ch. 6
Week 8 3/3-3/7	Review for Midterm MIDTERM – Location TBA	MIDTERM
Week 9 3/10-3/14	Vinyasa & Surya Namaskar A w/ Ujjayi Breathing	Ch. 4, pg. 51, 56
3/17-3/22	☺ SPRING BREAK ☺	
Week 10 3/24-3/28	Relaxation, Meditation, Yoga Nidra (“yogic sleep”) Intro to nutrition	Review Ch. 5: p. 121 - 122
Week 11 3/31 – 4/4	Vinyasa & Surya Namaskar B w/ Ujjayi Breathing Yogic Nutrition	Read Ch. 4
Week 12 4/7 – 4/11	Restorative Yoga Yogic Nutrition. Review for practical	
4/11	Last day to drop class with a “W”	
Week 13 4/14 – 4/18	Practical Exam	Practical exam
Week 14 4/21- 4/25	Restorative Yoga	Read Ch. 8 Assignment #2 due
Week 15 4/28 – 5/2	Review for Final FINAL Exam – Location TBA (P.E finals are held a week earlier than core classes)	FINAL

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.