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

***PHED 120a: Yoga***

**Spring 2016**

**Section 49769: TTH 12:00 – 12:50pm**

**Section 49772: MW 2:00 – 2:50pm**

**Course = 1 unit**

**Instructor: Steve Hsu**

**Office: PED 213**

**Office Hours: By appointment**

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

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

**Department website:** <http://www.usc.edu/dept/LAS/phed>

**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.

**Physical Education Department Objectives:**

1. **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 and basic biomechanical principles and terminology

1. **Student will be exposed to a variety of activities providing them the opportunity to:**

* Apply learned fundamental skills
* Participate in a motivating and nurturing environment resulting in a greater sense of well-being and self-esteem
* Participate in active learning to stimulate continued inquiry about physical education, health, and fitness

1. **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
* Develop an appreciation of physical activity as a lifetime pursuit and a means to better health

**Course Reader:**

Course reader is posted on USC Blackboard.

**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 Yoga 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.**

**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](mailto: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/*](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.

**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 2016**

**COURSE OUTLINE\***

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| Week 1 (1/11 - 1/14) | **Introduction/Orientation:** Review of Syllabus and The Use of Props --- **Read Ch. 1** |
| Week 2 (1/18 - 1/21)  **Martin Luther King’s Birthday – 1/18 = no class meeting** | **Lecture:** General History and Overview of Yoga Philosophy **--- Read Ch. 1 & 7**  **Practice:** Body alignment and kinesthetic awareness through yoga poses |
| Week 3 (1/25 - 1/28)  **Last day to add/drop or change registration status is Friday 1/29** | **Lecture:** The Yamas --- **Read Ch. 2**  **Practice:** Savasana (corpse pose) with partner adjustment and deep diaphragmatic breathing; Asana (anatomy & physiology overview) |
| Week 4 (2/1 - 2/4) | **Lecture:** The Niyamas --- **Read Ch. 2 & 3**  **Practice:** Asana – yoga postures/poses  **Essay**: Due by the second class meeting of the week |
| Week 5 (2/8 - 2/11) | **Lecture:** Asana (fundamentals) --- **Read Ch. 5: p. 69-82; 107-109**  **Practice:** Foundation for Standing Poses |
| Week 6 (2/15 - 2/18)  **President’s Day – 2/15 = no class meeting** | **Lecture:** Asana (fundamentals) --- **Read Ch. 5**  **Practice:** Standing Poses **and Ch. 6** |
| Week 7 (2/22 - 2/25) | **Lecture:** Asana *continued* --- **Read Ch. 5 & 6**  **Practice:** Standing Poses *continued* and Backbends and Shoulderstand |
| Week 8 (2/29 - 3/3)  **MIDTERM on Wednesday and Thursday** | **Review for Midterm**  **MIDTERM Exam–** Location TBA |
| Week 9 (3/7 - 3/10)  **Last day to drop classes without a “W” or change enrollment status from P/NP to Letter Grade is Friday 3/11**  ***Spring Recess = 3/14 – 3/20*** | **Lecture/Practice:** Practice for Performance Test #1  **Performance Test #1: Wednesday and Thursday** |
| Week 10 (3/21 - 3/24) | **Lecture:** Vinyasa & Surya Namaskar A & B *continued* --- **Read Ch. 5: p. 121 - 122**  **Practice:** Vinyasa & Surya Namaskar A & B |
| Week 11 (3/28 - 3/31) | **Lecture:** Restorative Yoga --- **Read Ch. 4** **for**  **Practice:** Restorative Poses  **next 2 weeks** |
| Week 12 (4/4 - 4/7)  **Last day to drop class with a “W” is**  **Friday 4/8** | **Lecture:** Restorative Yoga and Pranayama  **Practice:** Restorative Poses and Viloma Pranayama |
| Week 13 (4/11 - 4/14) | **Lecture:** Relaxation, Meditation - **Read Ch. 6**  **Practice:** Restorative Poses and Meditation |
| Week 14 (4/18 - 4/21) | **Lecture/Practice:** Practice for Performance Test #2 – **Read Ch. 8**  **Performance Test #2: Wednesday and Thursday** |
| Week 15 (4/25 - 4/28)  **FINAL Exam on Wednesday and Thursday** | **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.**