
PHED 120 A - Introduction to Yoga (1 unit)**Sections: 49765 Tuesday, Thursday: 10:00 - 10:50 am****49767 Tuesday, Thursday: 11:00 - 11:50 am****49965 Friday: 10:00 - 11:50 am****Instructor: Andre Haralyi****Email: haralyi@usc.edu****Office Hours: By appointment****Phone: (213) 740-2488****Office: PED 107****Classes: Yoga Room - PED basement***** First Class will be held on PED 210**

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, class information and additional resources will be posted on Blackboard.

Assignments	Points	% of Grade	Point/grade-base cutoffs						
			Grade	>	%	Points	<	%	Points
Quiz 1 & 2	20	10%	A	>	94%	188			
Midterm	50	25%	A-	>	90%	180	<	93.99%	188
Final Exam	50	25%	B+	>	87%	174	<	89.99%	180
Practical Exam	20	10%	B	>	84%	168	<	86.99%	174
Participation	60	30%	B-	>	80%	160	<	83.99%	168
Total Points	200	100%	C+	>	77%	154	<	79.99%	160
			C	>	74%	148	<	76.99%	154
			C-	>	70%	140	<	73.99%	148
			D+	>	67%	134	<	69.99%	140
			D	>	64%	128	<	66.99%	134
			D-	>	60%	120	<	63.99%	128
			F				<	59.99%	120

EVALUATION CRITERIA:
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:

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. 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.** 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 Part B, Section 11, “Behavior Violating University Standards” policy.usc.edu/scampus-part-b. 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>.

Support Systems:

Student Counseling Services (SCS) – (213) 740-7711 – 24/7 on call

Free and confidential mental health treatment for students, including short-term psychotherapy, group counseling, stress fitness workshops, and crisis intervention. engemannshc.usc.edu/counseling

National Suicide Prevention Lifeline – 1 (800) 273-8255

Provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. www.suicidepreventionlifeline.org

Relationship and Sexual Violence Prevention Services (RSVP) – (213) 740-4900 – 24/7 on call

Free and confidential therapy services, workshops, and training for situations related to gender-based harm. engemannshc.usc.edu/rsvp

Sexual Assault Resource Center

For more information about how to get help or help a survivor, rights, reporting options, and additional resources, visit the website: sarc.usc.edu

Office of Equity and Diversity (OED)/Title IX Compliance – (213) 740-5086

Works with faculty, staff, visitors, applicants, and students around issues of protected class. equity.usc.edu

Bias Assessment Response and Support

Incidents of bias, hate crimes and microaggressions need to be reported allowing for appropriate investigation and response. studentaffairs.usc.edu/bias-assessment-response-support

The Office of Disability Services and Programs

Provides certification for students with disabilities and helps arrange relevant accommodations. dsp.usc.edu

Student Support and Advocacy – (213) 821-4710

Assists students and families in resolving complex issues adversely affecting their success as a student EX: personal, financial, and academic. studentaffairs.usc.edu/ssa

Diversity at USC

Information on events, programs and training, the Diversity Task Force (including representatives for each school), chronology, participation, and various resources for students. diversity.usc.edu

USC Emergency Information

Provides safety and other updates, including ways in which instruction will be continued if an officially declared emergency makes travel to campus infeasible. emergency.usc.edu

USC Department of Public Safety – UPC: (213) 740-4321 – HSC: (323) 442-1000 – 24-hour emergency or to report a crime.

Provides overall safety to USC community. dps.usc.edu

Open Registration	Thu-Fri	January 4-5
Classes Begin	Mon	January 8
Martin Luther King’s Birthday	Mon	January 15
President’s Day	Mon	February 19
Spring Recess	Sun-Sun	March 11-18
Classes End	Fri	April 27
Study Days	Sat-Tue	April 28-May 1
Exams	Wed-Wed	May 2-9
Commencement	Fri	May 11

Spring Semester 2018 - 73 instructional days

Yoga 120 A - Course Outline		
Topic		Note
Week 1 - JAN 8 to 12		
Lecture	Orientation, Introduction and Review of Syllabus; Guidelines & Methodology	
Practice	Fundamentals of Postures, Alignment and Breathing; Use of Props	
Week 2 - JAN 15 to 19		
Lecture	Introduction to Yoga: Definition, Origin, History and the Diversity of Yoga	
Practice	Fundamentals of Postures, Alignment and Breathing	
Week 3 - JAN 22 to 26		
Lecture	Intro to Classical Yoga: The "8 limbs" of Rāja Yoga	
Practice	Foundations of Posture, Movement and Breath	
Week 4 - JAN 29 to FEB 2		
Lecture	1 st Limb of Rāja Yoga – Yama: 5 Precepts or Moral Conducts	
Practice	Foundations of Posture, Movement and Breath	
Week 5 - FEB 5 to 9		
Lecture	2 nd Limb of Rāja Yoga – Niyama: 5 Observances	
Practice	Foundations of Posture, Movement and Breath Control	
Quiz 1	Online quiz	10 points
Week 6 - FEB 12 to 16		
Lecture	3 rd Limb of Rāja Yoga – Āsana 1: Postures	
Practice	Physical Practice	
Week 7 - FEB 19 to 23		
Lecture	Āsana 2 - Hatha Yoga: Anatomy & Physiology, Musculoskeletal system and Planes of Motion	
Practice	Physical Practice	
Week 8 - FEB 26 to MAR 2		
REVIEW	Midterm Review	
TEST	MIDTERM	50 points
Week 9 - MAR 5 to 9		
Lecture	4 th Limb of Rāja Yoga – Prānāyāma 1	
Practice	Breath exercises	
MAR 12 to 16		
No Class	Spring Recess March 11 - 18	
Week 10 - MAR 19 to 23		
Lecture	Prānāyāma 2 - Hatha Yoga approach: Anatomy and Physiology of Breath	
Practice	Breath exercises	

Week 11 - MAR 26 to 30		
Lecture	5 th Limb of Raja Yoga - Pratyahāra : Sense Withdrawal or Inwardness	
Practice	Control over the Senses	
Quiz 2	Online quiz through blackboard	10 points
Week 12 - APR 2 to 6		
Lecture	6 th , 7 th , 8 th Limbs of Rāja Yoga: Dhāraṇa (Concentration), Dhyāna (Meditation) and Samādhi (Absorption)	
Practice	Practice of Concentration	
Week 13 - APR 9 to 13		
REVIEW	Practical Test Review	
TEST	PRACTICAL TEST	20 points
Week 14 - APR 16 to 20		
Practice	Restorative Yoga	
Week 15- APR 23 to 27		
REVIEW	Final Test Review	
Week 16 - APR 30 to MAY 4		
TEST	FINAL TEST	50 points

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