

**PHED 120A Introduction to Yoga**

**Spring 2018**

**Instructor:** Linda Yaron, M.Ed.; RYT 500

**Email:** lyaron@usc.edu

**Office Hours:** By Appointment

**Sections:** 49768 MW 12:00-12:50; 49771 TuTh 1:00-1:50, 49773 TuTh 2:00-2:50, 49967 Fri 12:00-1:50

**Units:** 1.0

**Location:** Yoga room in sub-basement (First day of class will meet initially in PE 210 – 2<sup>nd</sup> floor gym in PE building)

**Course Description:** This course is an introduction to yoga. Students will learn the basic yoga fundamentals, including the practice of postures (asana), breathing techniques (pranayama), and meditation. Students will gain a deeper understanding of how to work with the mind, body, and breath to nurture whole being health and wellness.

**Learning Outcomes:**

- Learn the fundamentals of yoga practice in a safe, supportive, and academic environment.
- Become aware of safe body alignment that supports individual needs in practice.
- Develop an understanding of how to increase strength, flexibility, and balance through yoga.
- Learn methods of breathing and meditation used for the purpose of relaxation and stress management.
- Understand the basics of anatomy and nutrition as they apply to yoga.

**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
2. 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
3. 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:** The readers are posted on Blackboard (<https://blackboard.usc.edu>).

**Equipment:** You will need your own yoga mat (5mm or 1/4" is best). All other props will be provided: straps, blankets, bolsters, and blocks. Please bring your own hand towel if needed.

**Lockers:** Locker rooms are open from 7:30am-3pm M-TH and closed on Fridays. Sign-up in Room 107 (PE Office). Lockers will need to be cleared out the week of PE Department 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 away during class.

**Grades:** Though typically yoga is not taught in a context in which grades are assigned, since this is a University course, you will receive one. This class is designed for all students and grades will not be based on how "well" you can do a pose or meditate. They will be based work, effort, and showing up (including showing up for your own daily meditation practice) in the areas listed below. You are responsible for the quality of your engagement with the course material and the activities related to it. It is your responsibility to make sure you sign attendance sheets.

- 75 Points: Attend class daily and participate in sessions. 5 points for each week. You are expected to attend the section for which you are enrolled.
- 70 Points: Daily home meditation practice. Reported on Weekly Report Forms (5 points each week). 15 minutes/day weeks 1-7; 20 minutes/day starting week 8. You are welcome to use an app, guided meditations, or break up the time through the day.
- 25 Points: Midterm
- 25 Points: Final
- 25 Points: Asana Practice Final
- 15 Points: Yoga Class Write-up. Take a yoga or meditation class outside of our class. Turn in paragraph reflection of the experience at end of course. Include location, date, and how it went/your thoughts on it.
- 17 Points: Meditation and Yoga Final Reflection. Write a 2-page reflection on how your yoga and meditation practice evolved over the semester. Include your next steps.

**Grading Scale:** There are 252 total points possible. The overall grading scale is as follows  
A 237 / A- 232 / B+ 225 / B 223 / B- 220 / C+ 210 / C 200 / C- 190 / D 180

**General Guidelines for Practice:**

- Please notify me of any injuries, illness, or medical conditions (including pregnancy), prior to starting practice. This information is necessary to safely adapt the practice to your specific needs and will be kept confidential.
- Be on time to ensure a safe space and container for class practice.
- Please wear athletic clothing that allows freedom of movement. Practice is done barefoot.
- Practicing on an empty stomach is recommended.
- This is your time to unplug. Turn off or silence all cell phones. Note: vibrate is not silent.
- For safety, please do not eat or chew gum during practice.

### Course Outline-Yoga- PHED 120A

Week 1	<p><i>Topic:</i> Yoga as union; the “beginner” mind  <i>Practice:</i> Modifications, alignment, and breath to safely support the practice in every body; Savasana (corpse pose)  <b>Begin home meditation practice (15 Min/day)</b></p>
Week 2	<p><i>Topic:</i> What is yoga?  <i>Practice:</i> Getting grounded and rooted to rise up: finding the base and center of each pose; Tadasana (mountain pose) as a blueprint</p>
Week 3	<p><i>Topic:</i> “8 limbs” of yoga  <i>Practice:</i> Victorious breath (ujjayi) and tapping into your center;  Foundations of posture, movement, and breath</p>
Week 4	<p><i>Topic :</i> Yoga as life coach (yama and niyama)  <i>Practice:</i> Finding your flow and letting it guide you;  Joining breath with movement in surya namascar A</p>
Week 5	<p><i>Topic:</i> The warrior within: building strength from the inside out  <i>Practice:</i> “Fierce pose” (utkatasana) in surya namascar B</p>
Week 6	<p><i>Topic:</i> Back strengthening for spinal core stability  <i>Practice:</i> Back extensions to expansively open to joy</p>
Week 7	<p><i>Topic:</i> Freedom to let go and let in with non-clinging; Midterm Review  <i>Practice:</i> Hip stability for a strong center  Meditation</p>
Week 8	<p><i>Topic:</i> Balancing your individual body constitution (dosha).  The power of nutrition and scents from an ayurvedic lens  <i>Practice:</i> twists for cleansing and detoxing  <b>Midterm Due by 11:59pm; Home meditation practice 20 Min/Day</b></p>
Week 9	<p><i>Topic:</i> Posture of standing tall with boldness and ease  <i>Practice:</i> Shoulder mobility and stabilization</p>
Week 10	<p><i>Topic:</i> Mindfulness in yoga practice  <i>Practice:</i> Concentration on transitions between the pose, the breath, and the practice-on and off the mat</p>
Week 11	<p><i>Topic:</i> Learning to trust your intuition and the body’s wisdom for clear discernment of truth. Recognizing the five roots of suffering (kleshas).  <i>Practice:</i> The power of inversions to rejuvenate the immune system;  shoulder stand (sarvangasana) variations</p>
Week 12	<p><i>Topic:</i> Energy centers (chakras), channels (nadis), and directions (vayus)  <i>Practice:</i> Restoring the body and mind through posture and breath  (restorative yoga, pranayama)</p>
Week 13	<p><i>Topic:</i> Working with thoughts and distraction in the present moment.  Finding stillness in the journey through meditation;  <i>Practice:</i> Yoga Nidra and iRest (deep-relaxation practice of “yogic sleep”)  Pratyahara (sense withdrawal), dharana (concentration), dhyana (meditation)</p>
Week 14	<p><i>Topic:</i> Next steps for continuing the practice of yoga beyond this class  <i>Practice:</i> Asana Practice Summary  <b>Yoga Class Write-Up Due; Last Weekly Report Forms Due</b></p>
Week 15	<p><b>Asana Practice Final; Summative Online Final Due by 11:59PM on date of last class.</b></p>

Finals Week	<b>Final Reflection Due By 11:59pm on date of scheduled final</b>
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*To ensure a safe and supported practice, poses listed are subject to change based on class needs.*

## **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](http://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>.

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.

*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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://dps.usc.edu)

**Academic Accommodations:**

Students requesting academic accommodations based on a 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, 8:30 am -5:00 pm. The office is in Student Union 301 and the phone number is (213) 740-0776.

