

PHED 120A Introduction to Yoga

Spring 2019

Instructor: Linda Yaron, M.Ed.; E-RYT, CMT

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Office Hours: By appointment

Sections: 49766R MW 11:00-11:50; 49768R MW 12:00-12:50

Units: 1.0

Location: Yoga room in sub-basement (First day of class will meet initially in PE 210 – 2nd 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.
- Cultivate methods of breathing and meditation used for the purpose of relaxing and energizing the body.
- 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 reader and relevant articles 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.

Communication: I encourage students to reach out by email and will try to respond as soon as possible, and within 48 hours.

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 on your work, effort, and showing up (including showing up for your own daily meditation practice) in the areas listed below. More specifically, your practice will grow exponentially based on your approach of the following criteria: 1. Presence: time and awareness to show up for your practice; 2. Effort: diligence and precision with which you practice; 3. Curiosity: growth through a nonjudgmental approach; 4. Kindness: choosing gentleness and patience over harshness towards body and mind. You are responsible for the quality of your engagement with the course material and the activities related to it. All work is to be submitted to Blackboard on time and on Microsoft Word documents. Late work will not be accepted.

- **Attendance and Participation** (75 Points, 5 points/week). Your active learning and participation is an integral part of your learning in this course. You are expected to attend the section for which you are enrolled. It is your responsibility to sign the sign-in sheet each class.
- **Daily Home Meditation Practice** (35 Points). Reported on Weekly Meditation Reflection Forms Sunday evening of Weeks 2-6 (7 points/week). Each Monday will start a new meditation week. 5-10 minutes Weeks 1-3, 10-15 minutes Weeks 4-6. You are welcome to use an app, guided meditations, or break up time through the day.
- **Midterm** (25 Points). Online due by Wednesday Week 8.
- **Final** (25 Points). Online due by Wednesday noon Week 14.
- **Asana Final** (25 Points). In class Wednesday Week 14. Each student will lead the class in a yoga pose that includes alignment points and knowledge of the pose and incorporate yoga philosophy.
- **Outside Yoga Classes** (30 Points, 15 points each). Take two yoga or meditation classes outside of our class. Turn in paragraph write-up/reflection of the experience. Due by Wednesdays of Week 8 and 14. Include location, date, and how it went/your thoughts on it.
- **Meditation and Yoga Final Reflection** (37 Points). 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

Reflection and evaluation: Reflection is an integral part of the learning and teaching process. As such, you will complete a series of reflections on your practice through the course. We will also complete mid- and end-of-course evaluations for the course so that it can best serve the needs of students. Please feel free to also communicate feedback to me through the semester in person or by email.

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 for class practice.
- Please wear athletic clothing that allows freedom of movement. Practice is done barefoot.
- Practice on an empty stomach if possible. Do not eat or chew gum during practice.
- This is your time to unplug. Turn off or silence all cell phones. Note: vibrate is not silent.

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) Begin home meditation practice</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 the 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; arms to fully extend upwards</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> Posture of standing tall with boldness and ease <i>Practice:</i> Shoulder mobility and stability; a healthy neck and thoracic spine</p>
Week 8	<p><i>Topic:</i> Getting to your essence <i>Practice:</i> Twists for cleansing and detoxing Mid-semester evaluation Outside Yoga Class Write-Up #1 Due Midterm Due by Noon Wednesday</p>
Week 9	<p><i>Topic:</i> Freedom to let go and let in <i>Practice:</i> Hip mobility and stability</p>
Week 10	<p><i>Topic:</i> The process and transitions within and between poses <i>Practice:</i> Balancing poses to get present and grounded</p>
Week 11	<p><i>Topic:</i> Mindfulness in learning to trust your intuition and the body’s wisdom <i>Practice:</i> The power of inversions to rejuvenate the immune system; shoulder stand (sarvangasana) variations</p>
Week 12	<p><i>Topic:</i> Rejuvenating the body and mind <i>Practice:</i> Restorative yoga and pranayama breathing techniques</p>
Week 13	<p><i>Topic:</i> Finding stillness in the journey <i>Practice:</i> Yoga Nidra (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 Outside Yoga Class Write-Up #2 Due Asana in Class Final Monday Summative Online Final Due by noon Wednesday</p>
Week 15	<p>Yoga for times of challenge and finals End-of-Semester Evaluation</p>
Finals Week	<p>Final Reflection Due by Noon on Date of Scheduled Final</p>

To ensure a safe and supported practice, poses listed are subject to change based on class needs

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