

University of Southern California
Department of Physical Education

PHED 120a: Yoga
Spring 2019

Section 49767: TTH 11:00am – 11:50am
Section 49772: MW 2:00pm – 2:50pm
Course = 1 unit

Instructor: Steve Hsu
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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
- 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:

Course reader is posted on USC Blackboard.

Blackboard™: <http://blackboard.usc.edu>

Class information will be posted. We will use resources posted on Blackboard™ in addition to the course booklet.

Grading Policy and Evaluation Criteria:

Cognitive = 50% (120 points)

1. Final = 50 points
2. Midterm = 50 points
3. Anatomy Quiz = 20 points

Psychomotor = 50% (120 points)

1. Active Participation = 60 points
2. Yoga Poses Performance Test #1 = 30 points
3. Yoga Poses Performance Test #2 = 30 points

216 – 240 points = A

192 – 215 points = B

168 – 191 points = C

144 – 167 points = D

Below 144 points = F

*Plus and minus grades will be issued accordingly for each letter grade range based on grade percentage 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 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

USC Yoga – Spring 2019
COURSE OUTLINE*

Week 1 (1/7 - 1/10)	Introduction/Orientation: Review of Syllabus and The Use of Props --- Read Ch. 1
Week 2 (1/14 - 1/17)	Lecture: General History and Overview of Yoga Philosophy --- Read Ch. 1 & 7 Practice: Body alignment and kinesthetic awareness through yoga poses
Week 3 (1/21 - 1/24) Martin Luther King’s Birthday – 1/21 = no class meeting Last day to add/drop or change registration status is Friday 1/25	Lecture: The Yamas --- Read Ch. 2 Practice: Savasana (corpse pose) with partner adjustment and deep diaphragmatic breathing; Asana (anatomy & physiology overview)
Week 4 (1/28 - 1/31)	Lecture: The Niyamas --- Read Ch. 2 & 3 Practice: Asana – yoga postures/poses
Week 5 (2/4 - 2/7)	Lecture: Asana (fundamentals) --- Read Ch. 5: p. 69-82; 107-109 Practice: Foundation for Standing Poses
Week 6 (2/11 - 2/14)	Lecture: Asana (fundamentals) - Read Ch. 5 Practice: Standing Poses and Ch. 6 Anatomy Quiz: second class meeting of this week – bring a pencil and Grademaster form
Week 7 (2/18 - 2/21) Presidents’ Day – 2/18 = no class meeting	Lecture: Asana <i>continued</i> --- Read Ch. 5 & 6 Practice: Standing Poses <i>continued</i> and Backbends and Shoulderstand
Week 8 (2/25 - 2/28) MIDTERM on Wednesday and Thursday	Review for Midterm MIDTERM Exam – Location TBA
Week 9 (3/4 - 3/7) Last day to drop classes without a “W” or change enrollment status from P/NP to Letter Grade is Friday 3/8 Spring Recess = 3/10 – 3/17	Lecture/Practice: Practice for Performance Test #1 Performance Test #1: Wednesday and Thursday
Week 10 (3/18 - 3/21)	Lecture: Vinyasa & Surya Namaskar A & B <i>continued</i> --- Read Ch. 5: p. 121 - 122 Practice: Vinyasa & Surya Namaskar A & B
Week 11 (3/25 - 3/28)	Lecture: Restorative Yoga --- Read Ch. 4 for Practice: Restorative Poses next 2 weeks
Week 12 (4/1 - 4/4) Last day to drop class with a “W” is Friday 4/5	Lecture: Restorative Yoga and Pranayama Practice: Restorative Poses and Viloma Pranayama
Week 13 (4/8 - 4/11)	Lecture: Relaxation, Meditation - Read Ch. 6 Practice: Restorative Poses and Meditation
Week 14 (4/15 - 4/18)	Lecture/Practice: Practice for Performance Test #2 – Read Ch. 8 Performance Test #2: Wednesday and Thursday
Week 15 (4/22 - 4/25) 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.