

University of Southern California

PHYSICAL EDUCATION DEPARTMENT

PHED 120A Introduction to Yoga

Instructor: David Romero B.S. Biology & 750hr - CYT

Email: rome284@usc.edu

Office hours: By appointment

Office: PED 120A

First day of class ONLY will meet in PE 210 – 2nd floor gym in PE building

Class Meeting Location: YOGA ROOM in sub-basement

COURSE DESCRIPTION:

This class will explore various forms of Hatha Yoga, the branch of yoga that works primarily with the body through postures or asanas. Introduction to meditation, breathing techniques or pranayama will be emphasized along with spinal alignment. In addition, increase muscle strength and flexibility; understanding of basic anatomy and nutritional perspectives. Each class will end with a short meditation and relaxation segment.

COURSE OBJECTIVE:

- To introduce the student to the fundamentals of a Yoga practice in a safe, supportive and academic environment.
- To learn proper body alignment, increase strength and flexibility.
- To learn the basics of breathing techniques (pranayama)
- To understand basics of anatomy and nutritional guidelines
- To understand various forms of yoga mediation

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 bio mechanical principles and terminology.
- Examine the effect of nutrition, rest and other lifestyle factors that contribute to better health.

Students will be exposed to a variety of activities providing them the opportunity to:

- Apply learned fundamental skills.
- Utilize physical activity as a tool to manage stress.
- 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: **The course reader is posted in CONTENT on Blackboard.** A secondary resource if desiring a deeper perspective is: Dykema, Ravi. *Yoga for Fitness and Wellness 2nd ed.* 2011. Wadsworth. The textbook is available at the Leavey Library and an online link for download is provided on Blackboard.

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

We will use it in addition to the course reader. Class information will be posted on the blackboard, as well as resources.

LOCATION: We meet in **the Exercise Room located in the basement of the Physical Education building.**

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EQUIPMENT and LOCKERS:

- All props will be provided in class: straps, blankets, bolsters, and blocks. You are strongly encouraged to bring your own mat- if not, they'll be provided. Please bring your own hand towel and water if needed. The storage cabinets are in the hall next to the Exercise Room. **Please return equipment neatly after use.**
- 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.

COURSE REQUIREMENTS:

1. Attend Class Daily
2. Participate in Class Workouts
3. Complete Assignments
4. Complete Midterm
5. Take Final Exam

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

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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

ACADEMIC ACCOMODATIONS:

Any student requesting academic accommodations based on a disability is required to register with Disability Services and Programs (DSP) each semester. A letter of verification for approved accommodations can be obtained from DSP. Please be sure the letter is delivered to me (or to TA) as early in the semester as possible. DSP is located in STU 301 and is open 8:30 a.m.–5:00 p.m., Monday through Friday. Website for DSP and contact information: (213) 740-0776 (Phone), (213) 740-6948 (TDD only), (213) 740-8216 (FAX) ability@usc.edu.

GENERAL GUIDELINES FOR PRACTICE & CLASS POLICIES:

- 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 bare-foot. Please remove all hats prior to entering yoga studio.
- It is recommended that you avoid practicing yoga on a full stomach to prevent discomfort from performing yoga poses. Wait 2-3 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.**
- **NO LATE WORK ACCEPTED**

ATTENDANCE: Because this is a Physical Education course, regular attendance is required for the participation portion of the grade, 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 – this is especially true of 50-minute class sections. 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 not allowed except for emergency situations and then only upon approval from instructor.

****Extra credit work and make-up work are not available unless noted by instructor. 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.***

Academic Integrity

USC seeks to maintain an optimal learning environment. General principles of academic honesty include the concept of respect for the intellectual property of others, the expectation that individual work will be submitted unless otherwise allowed by an instructor, and the obligations both to protect one's own academic work from misuse by others as well as to avoid using another's work as one's own. All students are expected to understand and abide by these principles. SCampus, the Student Guidebook, contains the University Student Conduct Code (see University Governance, Section 11.00), while the recommended sanctions are located in Appendix A.

EMERGENCY PREPAREDNESS/COURSE CONTINUITY IN A CRISIS

In case of a declared emergency if travel to campus is not feasible, USC executive leadership will announce an electronic way for instructors to teach students in their residence halls or homes using a combination of Blackboard, teleconferencing, and other technologies. See the university's site on [Campus Safety and Emergency Preparedness](#).

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Evaluation Criteria:

* Testing locations will be announced

| Cognitive 130 points (56%) | Psychomotor 100 points (43%) |
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| <ul style="list-style-type: none"> • Assignments = 30 points. <ul style="list-style-type: none"> o (Assignment #1 = 10 pts.) o (Assignment #2 = 10 pts.) o (Assignment #3 = 10 pts.) | <ul style="list-style-type: none"> • Active Participation = 60 points |
| <ul style="list-style-type: none"> • Midterm = 50 points | <ul style="list-style-type: none"> • Practical Exam = 40 points |
| <ul style="list-style-type: none"> • Final = 50 points | |

TOTAL: 230

Point/grade-base cutoffs

A: 216-230

A-: 207-215

B+: 200-206

B: 193-199

B-: 184-192

C+: 177-183

C: 170-176

C-: 161-169

D+: 154-160

D: 147-153

D-: 138-146

F: Below 137

Plus and minus will be issued for each grade, based on percentage range.

USC Yoga – Fall 2019

COURSE OUTLINE*

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|----------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Week 1 8/26 | Day 1 Introduction/Orientation. Review of syllabus. No practice Day 2 – Use of Props/ modifications Practice: fundamentals of postures/ alignment/ breathing |
| Week 2 9/2 | LABOR DAY MONDAY SEPTEMBER 2ND NO CLASS Overview of Philosophy General History- Chapter 1 |
| Week 3 9/9 | Intro to Classical Yoga, the “8 limbs” of yoga Practice: fundamental postures, alignment, adjustments Last day to change grading options (Letter Grade, P/NP, Audit) |
| Week 4 9/16 | 1 st limb of Yoga – Yama: Behavior and Social Conduct Practice: fundamental postures, alignment continued |

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| Week 5 9/23 | 2 nd limb – Niyama: Personal discipline Practice: fundamental postures, alignment, continued Assignment Part 1: Dietary journal (3 days) – discovering habit patterns |
| Week 6 9/30 | 3 rd limb – Asana: Physical Disciplines Anatomy & Physiology |
| Week 7 10/7 | Practice: Surya Namascar, Restorative Yoga, Intro to Pranayama, Ujjayi Breathing |
| Week 8 10/14 | Midterm Review MIDTERMS: Wednesday Location TBA FALL RECESS OCTOBER 17-18th |
| Week 9 10/21 | Vinyasa, Surya Namascar A and B using Ujjayi breathing LAST DAY TO DROP WITHOUT A “W” AND TO SWITCH A PASS/ NO PASS STATUS TO A LETTER GRADE |
| Week 10 10/28 | 4th limb – Pranayama: Breathing control Focus on the Fundamentals of respiration and the affects on Stress reduction |
| Week 11 11/4 | Vinyasa yoga & Restorative yoga Assignment Part 2: Short Essay on Yamas and Niyamas |
| Week 12 11/11 | 5th limb - Pratyahara: Control of Sensory Perception Practice: <i>Yoga Nidra</i> (a guided, deep-relaxation practice called ‘yogic sleep’) |
| Week 13 11/18 | 6-8th Limbs: <i>Dharana, Dhyana, and Samadhi (Meditation)</i> Last day to drop class with a W on permanent record |
| Week 14 11/25 | PRACTICAL (ASANA) TEST ON MONDAY THANKS GIVING BREAK NOV 27th - DEC 1st Assignment Part 3: Short Essay - In your own words - what was your opinion about yoga prior to the class vs. half way through the semester. |
| Week 15 12/2 | Review and FINAL- 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.