

University of Southern California

Physical Education Department

PHED 120A Introduction to Yoga

Instructor: Salena Collins -Black ERYT; 500

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Office hours: By appointment

Office: PHED 107

Course Description: This class is an introduction to Classical yoga and will include the practice of postures (asana), breathing techniques (pranayama), relaxation and meditation.

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 and techniques used for the purpose of relaxation and stress management.

To understand the basics of anatomy and nutrition.

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 bi- mechanical principles and terminology.

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.

Students will demonstrate proficiency through knowledge and acquired skills enabling them to:

Develop an appreciation of physical activity as a lifetime pursuit and a means to better health.

Course Reader: The reading material is posted on Blackboard under content.

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: The yoga room is in the sub-basement of the PE building, PED SB1.

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 and water if needed.

Lockers are available and recommended since the practice space needs to remain uncluttered. Locker Rooms are open from 7:30am-3pm M-TH and closed on Fridays, sign-up in room 107 (PE office).

The lockers will 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

Evaluation Criteria:

* Testing locations will be announced on Blackboard™

Cognitive 120 points	Assignment	20 points
	Midterm	50 points
	Final	50 points
Psychomotor 80 points	Active Participation	60 points
	Practice Test	20 points
	Point/grade-base cutoffs	
A		180
B		160
C		140
D		120
F		Below 120

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

Attendance: Because this is a Physical Education course, regular attendance is required for the participation portion of the 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.

General Guidelines for practice

Please notify me of any injuries, illness, or medical conditions (including pregnancy), prior to starting your practice. This is confidential and necessary to avoid complications and to help adapt the practice to your specific needs as best we can.

Please wear clothing that allows freedom of movement, athletic wear is best, no jeans or street clothes and no socks or shoes as yoga is practiced barefoot. Practicing on an empty stomach is recommended, but not a rule. Cell phones should be turned off.

No food or drinks (except water) are allowed inside the yoga room.

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, policy.usc.edu/scientific-misconduct.

Support Systems:

Student Health Counseling Services - (213) 740-7711 – 24/7 on call
engemannshc.usc.edu/counseling

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

National Suicide Prevention Lifeline - 1 (800) 273-8255 – 24/7 on call
suicidepreventionlifeline.org

Free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.

Relationship and Sexual Violence Prevention Services (RSVP) - (213) 740-4900 – 24/7 on call
engemannshc.usc.edu/rsvp

Free and confidential therapy services, workshops, and training for situations related to gender based harm.

Office of Equity and Diversity (OED) | Title IX - (213) 740-5086
equity.usc.edu, titleix.usc.edu

Information about how to get help or help a survivor of harassment or discrimination, rights of protected classes, reporting options, and additional resources for students, faculty, staff, visitors, and applicants. The university prohibits discrimination or harassment based on the following

protected characteristics: race, color, national origin, ancestry, religion, sex, gender, gender identity, gender expression, sexual orientation, age, physical disability, medical condition, mental disability, marital status, pregnancy, veteran status, genetic information, and any other characteristic which may be specified in applicable laws and governmental regulations.

Bias Assessment Response and Support - (213) 740-2421

studentaffairs.usc.edu/bias-assessment-response-support

Avenue to report incidents of bias, hate crimes, and microaggressions for appropriate investigation and response.

The Office of Disability Services and Programs - (213) 740-0776

dsp.usc.edu

Support and accommodations for students with disabilities. Services include assistance in providing readers/notetakers/interpreters, special accommodations for test taking needs, assistance with architectural barriers, assistive technology, and support for individual needs.

USC Support and Advocacy - (213) 821-4710

studentaffairs.usc.edu/ssa

Assists students and families in resolving complex personal, financial, and academic issues adversely affecting their success as a student.

Diversity at USC - (213) 740-2101

diversity.usc.edu

Information on events, programs and training, the Provost's Diversity and Inclusion Council, Diversity Liaisons for each academic school, chronology, participation, and various resources for students.

USC Emergency - UPC: (213) 740-4321, HSC: (323) 442-1000 – 24/7 on call

dps.usc.edu, emergency.usc.edu

Emergency assistance and avenue to report a crime. Latest updates regarding safety, including ways in which instruction will be continued if an officially declared emergency makes travel to campus infeasible.

USC Department of Public Safety - UPC: (213) 740-6000, HSC: (323) 442-120 – 24/7 on call

dps.usc.edu

Non-emergency assistance or information.

Department of Physical Education-Yoga- PHED 120A
Spring - Course Outline

Week 1 1/13	Day 1 Introduction/Orientation. Review of syllabus. No practice Day 2 – Use of Props/ modifications Practice: fundamentals of postures/ alignment/ breathing
Week 2	Overview of Philosophy General History Begin Home Meditation Practice (5min/day)
Week 3	Intro to Classical Yoga, the “8 limbs” of yoga Practice: fundamental postures, alignment, adjustments Last day to add/drop or change registration: Friday 1/31
Week 4	1 st limb of Yoga – Yama: Behavior and Social Conduct Practice: fundamental postures, alignment continued
Week 5	2 nd limb – Niyama: Personal discipline Practice: fundamental postures, alignment, continued Assignment Part 1: journal (3 days) – discovering habit patterns
Week 6	Restorative yoga Intro to Pranayama, Ujjayi Breathing Assignment Part 2: Analyze personal habits-application of yogic principles, cultivating healthy habits (dietary or environmentally) and taking personal responsibility for correcting negative habits (3 days)
Week 7	3 rd limb – Asana: Physical Disciplines Practice: Surya Namascar Anatomy & Physiology Assignment Part 3: answer short essay question (reflection, summary of experience)
Week 8	Midterm Review MIDTERMS: Wed- Th. online Assignment (all 3-parts) due day of Review
Week 9	4th limb – Pranayama: Breathing control Focus on the Fundamentals of respiration and the effects on stress reduction Vinyasa, Surya Namascar A and B using Ujjayi breathing
3/16- 22	SPRING BREAK
Week 10	Vinyasa yoga Restorative yoga
Week 11	5th limb- Pratyahara: Control of Sensory Perception Practice: Yoga Nidra (a guided, deep-relaxation practice called ‘yogic sleep’)
Week 12	Samyama (meditation): limb 6, 7 and 8
Week 13	PRACTICAL (ASANA) TEST
Week 14	Final Review

Week 15	Review and FINAL- Location TBA
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