

Section 49761 Tues & Thurs 8:00-8:50am
 Section 49763 Tues & Thurs 9:00-9:50am
 Section 49766 Mon & Wed 10:00-10:50am
 Section 49772 Mon & Wed 2:00-2:50pm
 Section 49965 Friday 10:00-11:50am
 Section 49967 Friday 12:00-1:50pm

Instructor: Jennifer Guinter, MA, LMT
 Office hours: MW 11:00am-12:00pm
 or by appointment—PHED 107
 Email: guinter@usc.edu
 Phone: 213-740-2488

Location: Yoga room in basement of PHED Building
(First day of class will meet initially in PE 210 –2nd floor gym in PE building)

COURSE DESCRIPTION

This class is an introduction to Yoga practice emphasizing the philosophy of Classical Yoga as recorded in Patañjali's *Yoga Sūtras*. Attention will be given to physical alignment, breathing techniques, and improving concentration skills. Each class will end with a short relaxation segment.

COURSE LEARNING OBJECTIVES

- Introduce students to the fundamentals of a Yoga practice in a safe, supportive, and academic environment.
- Demonstrate proper technique and body alignment in each *āsana* (posture).
- Understand how each of the *āsanas* relate to overall health and fitness.
- Identify physical and psychological benefits of Yoga.
- Learn Sanskrit terminology relating to *āsanas* and the *Yoga Sūtras*.

PHYSICAL EDUCATION PROGRAM 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, basic biomechanical principles and terminology.
- 2.) **Students will be exposed to a variety of activities providing them the opportunity to:**
 - Apply learned fundamental skills.
 - Empower themselves by setting and working toward realistic individual goals.
 - 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.

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.
- 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 Course reader available on Blackboard. For further reading consider purchasing *The Heart of Yoga: Developing a Personal Home Practice* by Desikachar, available as a paperback, Kindle, or audiobook for \$10.

Assignment	Points	Percentage
Assignment #1	15	7.5%
Assignment #2	15	7.5%
Midterm	50	25%
Final	50	25%
Practical Exam	20	10%
Attendance & Participation	50	25%
TOTAL	200	100%

Point/grade-base cutoffs

A: 180-200

B: 160-180

C: 140-160

D: 120-140

F: Below 120

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

USC BLACKBOARD™: <https://blackboard.usc.edu>

In addition to the course reader, class information and additional resources will be posted on Blackboard.

ATTENDANCE & PARTICIPATION

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. 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 for extenuating circumstances are allowed in another section of my Yoga 102a classes, but only upon approval.

You cannot make-up the Midterm and Final, and extra credit work is only available for the second homework assignment. It is your responsibility to attend class consistently and fulfill the requirements of this course.

EQUIPMENT & LOCKERS:

Students must bring their own yoga mat. All additional props will be provided in class: straps, blankets, bolsters, and blocks. Please bring a hand towel and water if needed. **Please return equipment neatly after use** in the storage cabinets in the hall next to the Yoga 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. Locker Rooms are open from 7:30am-3pm M-TH. Purchase locks in PED 107 (PE office). Lockers need to be cleared out the week of the PE Dept. finals.

GENERAL GUIDELINES FOR PRACTICE & CLASS POLICIES:

- Arrive to class on time.
- Complete assignments on time.
- Wear athletic clothing that allows freedom of movement. No shoes or socks are worn during practice.
- Avoid practicing yoga on a full stomach. Wait two hours after a meal or one hour after a light snack. No candy or chewing gum during practice.
- **Turn off cell phones.**
- Refer to Blackboard for additional handouts and assignments.
- **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. This will be kept STRICTLY confidential.**

ACADEMIC ACCOMODATIONS:

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

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 & Sexual Violence Prevention Services (RSVP) – (213) 740-4900 – 24/7

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

YOGA 120A: COURSE OUTLINE			
Topic		Note	Reading
Week 1: Jan 13-Jan 17			
Lecture	Introduction and Review of Syllabus; Guidelines & Methodology		
Practice	Introduction to 360° Breathing and Key <i>Āsanas</i>		
Week 2: Jan 20-Jan 24			
Lecture	Where Did Yoga Come From?		p. 1-5
Practice	Introduction to <i>Āsana</i> , Breathing, and Alignment with Props		
Mon, Jan 20: No class for Martin Luther King Jr. Day			
Week 3: Jan 27-Jan 31			
Lecture	Foundations of Modern Yoga: Patañjali's <i>Yoga Sūtras</i>		p. 7-8
Practice	Breath-initiated movement		
Jan 31: Last day to change grading options (Letter Grade, P/NP, Audit)			
Week 4: Feb 3-Feb 7			
Lecture	1 st Limb of <i>Ashtanga-Yoga: Yamas</i> Five Guidelines on Ethical Social Restraints		p. 7-8
Practice	Circle <i>Āsana</i> and <i>Metta</i> Meditation		
Week 5: Feb 10-Feb 14			
Lecture	2 nd Limb of <i>Ashtanga-Yoga: Niyamas</i> Five Guidelines on Ethical Internal Observances		p. 9-10
Practice	Surya Namaskar A&B, Breathing, and Alignment with Props		
HW 1 due	Yamas & Niyamas Writing Assignment (handwritten)	15 points	
Week 6: Feb 17-Feb 21			
Lecture	3 rd Limb of <i>Ashtanga-Yoga: Āsana</i>		p. 10-15
Practice	Yoga for Back Health		
Week 7: Feb 24-Feb 28			
Lecture	4 th Limb of <i>Ashtanga-Yoga: Prānāyāma</i>		p. 16-18
Practice	<i>Nadi Shodhana</i> (alternate nostril breathing), <i>Dirgha</i> (3 part breath), and a deeper look at <i>Ujayii</i> breath		
Feb 28: Last day to change grading option to pass/no pass or drop without a W			
Week 8: Mar 2-Mar 6			
Lecture	Midterm Exam Review		
EXAM	MIDTERM EXAM: bring laptop to class	50 points	

Week 9: Mar 9-Mar 13			
Lecture	5 th Limb of <i>Ashtanga-Yoga: Pratyahāra</i> Sense Withdrawal or Inwardness		p. 18-21
Practice	<i>Bhramari</i> (Bee Breath) and <i>Trātaka</i> (visual focus meditation) A closer look at <i>mudras</i> and <i>mantras</i>		
No class Mar 16-20			
Spring Break			
Week 10: Mar 23-Mar 27			
Lecture	6 th , 7 th , 8 th Limbs of <i>Ashtanga-Yoga: Dhāraṇa, Dhyāna</i> and <i>Samādhi</i> Concentration, Meditation, and Absorption (Part One)		p. 23-26
Practice	Walking Meditation		
Week 11: Mar 30-Apr 3			
Lecture	Developing a Home Practice		
Practice	Short home sequences		
HW 2 due	Home Practice Week Journal (handwritten)	15 points	
Apr 3: Last day to drop with a W on permanent record			
Week 12: Apr 6-Apr 10			
Lecture	6 th , 7 th , 8 th Limbs of <i>Ashtanga-Yoga: Dhāraṇa, Dhyāna</i> and <i>Samādhi</i> Concentration, Meditation, and Absorption (Part Two)		p. 23-26
Practice	Yoga Nidra		
Week 13: Apr 13-Apr 17			
Lecture	Perspectives on Modern Yoga: Power, Restorative, and Everything in Between		
Practice	Breath-initiated movement		
Week 14: Apr 20-Apr 24			
REVIEW	Practical & Final Review		
TEST	PRACTICAL TEST	20 points	
Week 15: Apr 27-May 1			
REVIEW	Final Review		
TEST	FINAL EXAM: bring laptop to class	50 points	

*Please note this is a tentative outline and may be subject to change.
Any changes will be announced in class and/or via email.