

University of Southern California
Physical Education Department

PHED 120A Introduction to Yoga

Instructor: Clio Manuelian

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Office hours: By appointment

Office: PHED 106B

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 explore the importance of health and fitness principles. As they understand better health, they will be able to:

Recognize the physical and mental benefits of increased activity.

Discover greater self-awareness and determine greater self-regulation.

Gain insight into anatomy, basic bio mechanical principles and terminology of yoga.

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 and access greater ease.

Students will demonstrate proficiency through practice, enabling them to:

Develop an appreciation of yoga as a lifetime pursuit and a means to better mental & physical health.

Blackboard™ and Course Reader: The course reader is posted on Blackboard under content; the lecture reviews are posted under “Weekly Review.”

Class information and resources will also be posted on Blackboard.

Location: Yoga room located in the sub-basement of the PED 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 a towel 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

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. No jewelry or watches.

Practicing on an empty stomach is recommended, but not a rule.

No cell phones - This is your time for yourself, to step away from distractions.

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.

Evaluation Criteria:

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.

Academic Accommodations

Students requesting academic accommodations based on a disability 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 the instructor or TA as early in the semester as possible. DSP is open Monday-Friday, 8:30am-5:00pm. The office is in Student Union 301 and the phone number is (213) 740-0776

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 Section 11, *Behavior Violating University Standards* <https://scampus.usc.edu/1100-behavior-violating-university-standards-and-appropriate-sanctions/>. 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/>.

Discrimination, sexual assault, and harassment are not tolerated by the university. You are encouraged to report any incidents to the *Office of Equity and Diversity* <http://equity.usc.edu/> or to the *Department of Public Safety* <http://capsnet.usc.edu/department/department-public-safety/online-forms/contact-us>. This is important for the safety whole USC community. Another member of the university community – such as a friend, classmate, advisor, or faculty member – can help initiate the report, or can initiate the report on behalf of another person. *The Center for Women and Men* <http://www.usc.edu/student-affairs/cwm/> provides 24/7 confidential support, and the sexual assault resource center webpage sarc@usc.edu describes reporting options and other resources.

Support Systems

A number of USC's schools provide support for students who need help with scholarly writing. Check with your advisor or program staff to find out more. Students whose primary language is not English should check with the *American Language Institute* <http://dornsife.usc.edu/ali>, which sponsors courses and workshops specifically for international graduate students. *The Office of Disability Services and Programs* http://sait.usc.edu/academicsupport/centerprograms/dsp/home_index.html provides certification for students with disabilities and helps arrange the relevant accommodations. If an officially declared emergency makes travel to campus infeasible, *USC Emergency Information* <http://emergency.usc.edu> will provide safety and other updates, including ways in which instruction will be continued by means of blackboard, teleconferencing, and other technology.

Department of Physical Education: YOGA PHED 120A Spring 2020 Course Outline

Week 1 1/13	Day 1 Introduction & Orientation. Review of syllabus. No practice. Day 2 – Stand on Your Own Two Feet: Tadasana as a blueprint Practice: fundamentals of Neutrally rotated standing poses
Week 2 1/20	MARTIN LUTHER KING'S BIRTHDAY - NO CLASS ON JAN 20th <u>Lecture Topic</u> : Overview of Philosophy: General History- Chapter 1 What is Yoga? the "beginner" mind <u>Practice</u> : Externally rotated standing poses
Week 3 1/27	<u>Lecture Topic</u> : Intro to Patanjali Yoga Sutras 1.1 - 1.4 <u>Practice</u> : Twists Last day to add/drop or change registration: Friday 1/25 Last day to change grading options (Letter Grade, P/NP, Audit)
Week 4 2/3	<u>Lecture Topic</u> : Classical Yoga, the "8 limbs" of yoga <u>Practice</u> : Balancing

<p>Week 5 2/10</p>	<p><u>Lecture Topic:</u> Yoga as life coach (Yamas & Niyamas) <u>Practice:</u> Backbends</p> <p>Assignment Part 1: dietary journal (3 days) – discovering habit patterns</p>
<p>Week 6 2/17</p>	<p>PRESIDENTS DAY NO CLASS ON FEB 17th <u>Lecture Topic:</u> Intro to Pranayama <u>Practice:</u> Forward Folds</p> <p>Assignment Part 2: Analyze eating habits-application of yogic principles, cultivating healthy habits by discerning personal responsibility negative patterns and initiating change (3 days)</p>
<p>Week 7 2/24</p>	<p><u>Lecture Topic:</u> 3rd limb – Asana: Anatomy & Physiology <u>Practice:</u> Surya Namaskar A & B / Internally rotated poses</p> <p>Assignment Part 3: short essay (reflection & summary of experience) Midterm Review posted on Blackboard</p>
<p>Week 8 3/2</p>	<p>In-class Review Assignment Due (all 3-parts) due day of Review</p> <p>MIDTERMS: Wed- Th. online</p>
<p>Week 9 3/9</p>	<p><u>Lecture Topic:</u> The Journey Inward, 4th & 5th Limbs Preparing for meditation <u>Practice:</u> Externally rotated</p> <p>LAST DAY TO DROP WITHOUT A “W” AND TO SWITCH A PASS/ NO PASS STATUS TO A LETTER GRADE</p>
<p>3/15-22</p>	<p>SPRING BREAK</p>
<p>Week 10 3/23</p>	<p><u>Lecture Topic:</u> Physiology of Respiration & affects on Stress Reduction <u>Practice:</u> Twists for breathing, rebalancing, cleansing & detoxing</p>

Week 11 3/30	<u>Lecture Topic:</u> Focusing & Freeing the Mind: Dharana, Dhyana & Samadhi <u>Practice:</u> Balancing
Week 12 4/6	<u>Lecture Topic:</u> Obstacles on the Path <u>Practice:</u> Strengthen for spinal & core stability. Back extensions for expansive opening to joy
Week 13 4/13	<u>Lecture Topic:</u> Review <u>Practice:</u> Forward Folds, Restorative & Yin Yoga
Week 14 4/20	PRACTICAL (ASANA) TEST
Week 15 4/27	<u>Lecture Topic:</u> The Yoga of Happiness <u>Practice:</u> Asana for Uplift

**Please note this is a tentative outline schedule and may be subject to change.*