

University of Southern California
Physical Education Department

PHED 121: Yoga for Athletic Performance
Spring 2020

Section 49966: MW 11:00am – 11:50am

Course = 1 unit

Instructor: Steve Hsu

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Office Hours: By appointment

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Department website: <http://www.usc.edu/dept/LAS/phed>

Prerequisite: None

Course Description:

This class is an introduction to yoga fundamentals and its application to athletic fitness and performance. Specific needs of the student athlete such as kinesthetic awareness, posture and alignment, flexibility, core stability and strength, balance, cardiorespiratory efficiency, mental focus, and recovery from training will be addressed. Effective strategies will be discussed and practiced for these needs.

Course Objectives:

- Enhance recovery from training (recovery from delayed onset muscles soreness and eccentric exercise muscle damage such as in plyometric training)
- Minimize overuse injuries
- Improve proprioceptive awareness, balance, and coordination
- Improve core stability and strength
- Reinforce good posture and structural alignment
- Fortify the immune system by activating the parasympathetic nervous system and reducing the stress response
- Improve muscular endurance by recruiting slow twitch muscle fibers (Type I fibers) via sustained isometric contractions
- Improve concentration, discipline, determination, and perseverance
- Enhance the ability to manage stress and regulate emotions
- Improve quality of sleep and restoration
- Improve self-image and self-esteem, thereby preventing eating disorders among athletes and excessive training regimens
- Reinforce the practice of good ethics in sport via the first limb/yamas and second limb/niyamas of yoga and yoga code of ethics

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 Textbook:

Rountree, Sage. (2008). The Athlete's Guide To Yoga. Boulder, CO: Velo.

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

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

Grading Policy and Evaluation Criteria (300 Total Points):

Cognitive = 50% (150 points)	Psychomotor = 50% (150 points)
1. Final Exam = 50 points	1. Active Participation = 90 points
2. Midterm Exam = 50 points	<i>(consistent, punctual attendance and active participation are minimum requirements for a performance class)</i>
3. Needs Assessment = 10 points (Student athlete's current training regimen and schedule, health status, flexibility needs, and goals for this course are determined)	2. Yoga Poses Performance Test #1 = 30 points
	3. Yoga Poses Performance Test #2 = 30 points
4. Final Project = 40 points (Annual Yoga plan and sequence specific to the student athlete's current sport or athletic activity)	

Grading Scale: A (94+%), A- (90-93%), B+ (87-89%), B (84-86%), B- (80-83%), C+ (77-79%), C (74-76%), C- (70-73%), D+ (67-69%), D (64-66%), D- (60-63%), F (0-59%)

270 – 300 points = A
240 – 269 points = B
210 – 235 points = C
180 – 209 points = D
Below 180 points = F

PASS/NO-PASS grading status, **Pass = greater or equal to 210 points**

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

**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.*

Miscellaneous:

1. **Location:** We meet in the Yoga Room located in the basement of the Physical Education building
2. **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 hallway 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. Assigned lockers for the entire semester are available for a fee – please see Jordan Arteaga in PED 107 to obtain a locker and combination lock. You may also use the free day-use lockers in the locker room.
3. **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 2 to 3 hours after a meal or 30 minutes to 1 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 for Athletic Performance – Spring 2020
COURSE OUTLINE*

Week 1 (1/13, 1/15)	Introduction/Orientation: Review Syllabus and The Use of Props --- Read Ch. 1 & 2
Week 2 (1/20, 1/22) <i>Martin Luther King Jr. Birthday – no class meeting on 1/20</i>	Lecture: General History and Overview of Yoga Philosophy --- Read Ch. 3, 4 & 17 Practice: Effective Breathing, Body Awareness and Savasana
Week 3 (1/27, 1/29)	Lecture: Hip Openers and Stretches for Hamstrings, Calves, Hip Flexors, and Glutes --- Read Ch. 13 & 14 Practice: Lower Leg Stretches and Forward Folds and Floor Work
Week 4 (2/3, 2/5)	Lecture: Continuation of Previous Week Practice: Continuation of Previous Week Needs Assessment: Due by the second class meeting of this week
Week 5 (2/10, 2/12)	Lecture: Asana (Anatomy & Physiology Overview) --- Read Ch. 4 Practice: Foundation for Standing Poses
Week 6 (2/17, 2/19) <i>Presidents' Day – no class meeting on 2/17</i>	Lecture: Asana (fundamentals) --- Read Ch. 5, 6 & 7 Practice: Standing and Balancing Poses
Week 7 (2/24, 2/26)	Lecture: Asana <i>continued</i> --- Read Ch. 8 Practice: Standing Poses <i>continued</i> and Sun Salutations and Vinyasa Flow
Week 8 (3/2, 3/4) MIDTERM EXAM on Wednesday, 3/4	Review for Midterm Exam MIDTERM Exam– Location TBA
Week 9 (3/9, 3/11) <i>Spring Recess: 3/15 – 3/22</i>	Lecture/Practice: Practice for Performance Test #1 Performance Test #1: Wednesday, 3/11
Week 10 (3/23, 3/25)	Lecture: Core Stability and Strength --- Read Ch. 11 Explanation of Final Project (due Finals week) – refer to Ch. 20 Practice: Poses for the Core
Week 11 (3/30, 4/1)	Lecture: Shoulder Stretches, Backbends and Chest Openers --- Read Ch. 9 & 10 Practice: Shoulder Stretches, Backbends and Chest Openers; Shoulderstand and Half Handstand
Week 12 (4/6, 4/8)	Lecture: Restorative Yoga and Pranayama --- Read Ch. 15 & 16 Practice: Restorative Poses and Pranayama
Week 13 (4/13, 4/15)	Lecture: Restorative Yoga, Yoga Nidra and Meditation – Read Ch. 18 Practice: Restorative Poses and Yoga Nidra Practice for Performance Test #2
Week 14 (4/20, 4/22)	Lecture/Practice: Practice for Performance Test #2 Performance Test #2: Wednesday, 4/22
Week 15 (4/27 - 4/30) FINAL EXAM on Wednesday, 4/30	Review for Final Exam Final Project due: Monday, 4/27 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.