

---

**PHED 123 - Yoga Therapy (2 unit)**

**Semester: Spring 2020**

**Section: 49984 - Tuesday, Thursday, 2:00 - 2:50 pm**

**49985 - Tuesday, 3:00 - 4:50 pm**

**49986 - Monday, Wednesday, 1:00 - 1:50 pm**

**Office Hours: M & W, 12pm in PED 107**

**Or by appointment**

**Phone: (213) 740-2488**

**Jennifer Ginter, M.A., LMT**

**Email: [ginter@usc.edu](mailto:ginter@usc.edu)**

---

### **COURSE DESCRIPTION:**

Yoga Therapy is an approach to wellness that carefully selects postures, breathing techniques, meditation, and other practices of Yoga and applies them to achieve specific goals—ultimately in service of finding more balance. It is more personalized than a normal group class, and may be utilized as a means of prevention and/or adjunct treatment of different health conditions, particularly stress-related health conditions, or simply as a means of improving overall health and quality of life.

### **COURSE LEARNING OBJECTIVES:**

- Learn the fundamentals of Yoga Therapy practice in a safe, supportive academic environment.
- Recognize the physical and mental benefits associated with the regular practice of Yoga.
- Learn how Yoga Therapy can be used as a key component in the prevention and/or treatment of stress-related illness such as insomnia, depression, anxiety, obesity, high blood pressure, and more.
- Understand anatomy, movement, and breathing, both from Yoga and modern scientific perspectives.
- Analyze the purpose of Yoga techniques as they relate to overall health.
- Apply learned fundamental skills in class.
- Identify which skills are best suited for each individual in building a personalized practice, and why.
- Gain the confidence and familiarity to practice specific skills at home as part of a simple daily routine.
- Develop an appreciation of Yoga as a lifetime pursuit and a means to better health.

### **PHYSICAL EDUCATION PROGRAM OBJECTIVES:**

**1.) Students will gain an experiential understanding of the principles of Yoga Therapy as they relate to a balanced lifestyle and will be able to:**

- Recognize the physical and mental benefits of Yoga postures, breathing, and meditation.
- Understand basic anatomy, biomechanical principles, and Yoga 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 health and fitness.

**3.) Students will demonstrate proficiency through knowledge & 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 Yoga as a lifetime pursuit and a means to better health.

**Textbook:** *Yoga Therapy, Ayurveda, and Western Medicine: A Healthy Convergence* by Dr. Dilip Sarkar

Optional Reading: *Yoga for Healthy Aging* by Baxter Bell, MD & Nina Zolotow

Class information and additional articles will be posted on Blackboard. <https://blackboard.usc.edu>

**EVALUATION CRITERIA:**

Assignment / Exam	Points	% of Grade	Point/grade-base cutoffs	
Quiz 1	30	15.00%	<b>A</b>	180 - 200
Quiz 2	30	15.00%	<b>B</b>	160 - 179
Practical Exam	30	15.00%	<b>C</b>	140 - 159
Final Paper	30	15.00%	<b>D</b>	120 - 139
Final Exam	40	20.00%	<b>F</b>	below 120
Participation	40	20.00%		
<b>Total Points</b>	<b>200</b>	<b>100%</b>		

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

**COURSE REQUIREMENTS:**

1. Attend Class Daily
2. Participate in Yoga practices
3. Complete Assignments
4. Complete Quizzes
5. Complete Final Exam

**ACADEMIC ACCOMODATIONS:**

Students requesting academic accommodations based on 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 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.

**PARTICIPATION:**

Regular participation is required 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 are only allowed for emergency situations and then only upon approval from instructor. Make-up absences may only take place in sections of the same class with the same instructor. *You are not permitted to make-up absences in another instructor's section. **\*Extra credit work and make-up work are not available unless noted by instructor. Midterm and Final make-ups are only available in emergency situations.** It is your responsibility to attend class consistently and fulfill the requirements of this course.*

**EQUIPMENT:**

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.

## **GENERAL GUIDELINES FOR PRACTICE & CLASS POLICIES:**

- Arrive to class on time.
- 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.
- Avoid practicing yoga on a full stomach to prevent discomfort from performing yoga poses. Wait three 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.
- Prior reading of assigned material is expected.
- 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.**

## **LOCKERS:**

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. **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.

## **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](http://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](http://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](http://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](http://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](http://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](http://equity.usc.edu)

*Bias Assessment Response and Support*

Incidents of bias, hate crimes and micro aggressions need to be reported allowing for appropriate investigation and response. [studentaffairs.usc.edu/bias-assessment-response-support](http://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](http://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](http://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](http://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](http://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](http://dps.usc.edu)

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

## **Course Outline Below**

<b>PHED 123: Yoga Therapy Course Outline</b>		
<b>Week 1 - JAN 13 - 17</b>		
<b>Reading 1</b>	Introduction and Guidelines	Preface Chpt 8 (just <i>Ujjayi</i> )
<b>Practice</b>	Simple Sequence, Half Sun Salute, and <i>Ujjayi</i> Breathing	
<b>Week 2 - JAN 20 - 24</b>		
<b>Martin Luther King's Birthday - Monday - January 20</b>		
<b>Reading 2</b>	Yoga in (Preventing!) Lifestyle and Stress-Related Disease	Khalsa excerpt (online) List of conditions (online)
<b>Practice</b>	Horse Sequence and Supine Sequence	
<b>Week 3 - JAN 27 - 31</b>		
<b>Reading 3</b>	Fight/Flight ( <i>Sympathetic</i> ) vs Rest/Digest ( <i>Parasympathetic</i> ) Responses Cultivating Wellness with Daily Routine	Chpt 2, first half of Chpt 4, online chart
<b>Practice</b>	Sun Salutations, <i>Bhramari</i> (Bumblebee) Breathing, Meditation w/Point of Focus	
<b>Last day to change grading option (Letter Grade, P/NP, Audit)</b>		
<b>Week 4 - FEB 3 - 7</b>		
<b>Reading 4</b>	Key Elements of Yoga Therapy—Doshas and Gunas Pre-Semester Assessment + What's Your Dosha?	Chpt 11 (just Doshas & Gunas) Online charts
<b>Practice</b>	Upper & Lower Body Strength Practice, 360° breathing	
<b>Quiz 1</b>	<b>ONLINE quiz through Blackboard (under assignments)</b>	<b>30 points</b>
<b>Week 5 - FEB 10 - 14</b>		
<b>Reading 5</b>	What is Yoga Therapy?	Chpt 6, Chpt 7 (just <i>Brahma Mudra</i> )
<b>Practice</b>	Upper & Lower Body Flexibility Practice, <i>Brahma Mudra</i>	
<b>Week 6 - FEB 17 - 21</b>		
<b>President's Day - Monday - February 17</b>		
<b>Reading 6</b>	<b>Physical Level 1</b> - Basic Anatomy and Yoga for Flexibility	Bell p.48-59 (online)
<b>Practice</b>	Back Care Class	
<b>Week 7 - FEB 24 - 28</b>		
<b>Reading 7</b>	<b>Physical Level 2</b> - Yoga Anatomy and the Koshas	Chpt 5 Koshas online charts
<b>Practice</b>	Balance Practice, Sleep Sequence	
<b>Last day to drop without a W and to switch a pass/no pass status to a letter grade.</b>		
<b>Week 8 - MAR 2 - 6</b>		
<b>Reading 8</b>	<b>Physiological Level 1</b> - Breathing (Balancing, Stimulating, and Calming)	Bell p.170-182 (online) and Ted Talk
<b>Practice</b>	<i>Sama Vritti</i> , <i>Kapalabhati</i> , and Lengthened Exhale	
<b>Quiz 2</b>	<b>ONLINE quiz through Blackboard (under assignments)</b>	<b>30 points</b>

<b>Week 9 - MAR 9 - 13</b>		
<b>Reading 9</b>	<b>Psychological Level 1</b> - Meditation & Relaxation	Chpt 9 (til Transcendental, then Practicing Meditation to end)
<b>Practice</b>	Restorative Yoga, Walking Meditation	
<b>Spring Recess - Sun-Sun - March 15-22</b>		
<b>Week 10 - MAR 23 - 27</b>		
<b>Reading 10</b>	<b>Physiological Level 2</b> - Deeper Dive into Breathing	Coulter excerpt (online)
<b>Practice</b>	<i>Nadi Shodhana</i> , Yoga for Digestion	
<b>Week 11 - MAR 30 - APR 3</b>		
<b>Reading 11</b>	<b>Psychological Level 2</b> - Flow, Resiliency, and Community	Csikszentmihalyi Article
<b>Practice</b>	Circle Āsana	
<b>Week 12 - APR 6 - 10</b>		
<b>Reading 12</b>	Integration of Eastern and Western Health Philosophy; Diet and the Food-Body	Chpt 13
<b>Practice</b>	Heart and Hip Opening	
<b>EXAM</b>	<b>ONLINE Exam through blackboard (under assignments)</b>	<b>40 points</b>
<b>Last day to drop a class with a W on permanent record</b>		
<b>Week 13 - APR 13 - 17</b>		
<b>Practice</b>	Practical Exam Preparation; Post-Semester Assessments	
<b>EXAM</b>	<b>Practical Exam</b>	<b>30 points</b>
<b>Week 14 - APR 20 - 24</b>		
<b>Practice</b>	Yoga Therapy Applied	
<b>Week 15 - APR 27 - MAY 1</b>		
<b>Practice</b>	Yoga Therapy Applied	
<b>FRIDAY, MAY 1</b>	Last day of Classes	
<b>Week 16 - MAY 4 - 8</b>		
<b>Final Paper Due</b>		<b>30 points</b>