

Section 49764 Mon & Wed 1:00-2:20pm  
 Zoom office hours by appointment

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### **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 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.

**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 do affect participation, and disrupt the flow of class. If you are late or leave early, you will only receive partial credit for attending the class. Make-ups for extenuating circumstances are allowed only upon prior approval.

Assignment	Points	Percentage
Journal #1	15	7.5%
Journal #2	15	7.5%
Journal #3	15	7.5%
Journal #4	15	7.5%
Final	50	25%
Practical Exam	30	15%
Attendance & Participation	60	30%
<b>TOTAL</b>	<b>200</b>	<b>100%</b>

#### **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.

**You cannot make up the Final nor Practical Exams.** The Practical Exam will be a video submission of a specific yoga sequence that we will memorize together. The Final Exam will be a 50 question multiple choice exam covering the content of the Course Reader & brief weekly video lectures posted on Blackboard.

About 60 mins of each class will be guided movement practice synchronously over Zoom; the remaining time will be done asynchronously, with a 5-10 min video lecture and a 5-10 min independent practice/journal entry each week.

**EQUIPMENT:** Students must have their own yoga mat and two yoga blocks. A strap is very highly recommended, but a long belt can be a decent substitute. Video capability is required, either on your laptop or cell phone.

**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 and laptop notifications.**
- 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](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 & 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](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 microaggressions 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)

YOGA 120A: COURSE OUTLINE			
Topic		Note	Reading
<b>Week 1: Wed May 20th</b>			
Blackboard	Brief History of Yoga & Intro to Patañjali's <i>Yoga Sūtras</i>		p. 1-6
Zoom	Welcome & Intro to Moving with Breath		
<b>Week 2: Wed May 27th</b>			
Blackboard	1 <sup>st</sup> & 2 <sup>nd</sup> Limbs: <i>Yamas &amp; Niyamas</i> (Ethics) video		p. 7-10
Zoom	<i>Surya Namaskar A</i>		
<b>Journal #1</b>	<i>Yamas &amp; Niyamas</i> in Your Life <u>due by 5pm Fri May 29th</u>	15 points	
<b>Week 3: Mon June 1st &amp; Wed June 3rd</b>			
Blackboard	3 <sup>rd</sup> Limb: <i>Āsana</i> (Postures) video		p. 10-15
Zoom	Back Care Class and <i>Surya Namaskar B</i>		
<b>Journal #2</b>	<i>Metta</i> (Lovingkindness) Meditation <u>due by 5pm Fri June 5th</u>	15 points	
<b>Week 4: Mon June 8th &amp; Wed June 10th</b>			
Blackboard	4 <sup>th</sup> Limb: <i>Prānāyāma</i> (Breathwork) video		p. 16-18
Zoom	Upper Body <i>Āsana</i> , <i>Sama-Vritti</i> (Square Breath) and <i>Dirgha</i> (3 part breath)		
<b>Journal #3</b>	Mindfulness of Breath (Mindful USC app) <u>due by 5pm Fri June 12th</u>	15 points	
<b>Week 5: Mon June 15th &amp; Wed June 17th</b>			
Blackboard	5 <sup>th</sup> Limb: <i>Pratyahāra</i> (Sensory Withdrawal) video		p. 18-22
Zoom	<i>Bhramari</i> (Bee Breath) and Lower Body <i>Āsana</i>		
<b>Journal #4</b>	<i>Bhramari &amp; Trātaka</i> (visual focus/candle meditation) <u>due 5pm June 19th</u>	15 points	
<b>Week 6: Mon June 22nd &amp; Wed June 24th</b>			
Blackboard	6 <sup>th</sup> , 7 <sup>th</sup> , 8 <sup>th</sup> Limbs: <i>Dhāraṇa</i> , <i>Dhyāna</i> and <i>Samādhi</i> (Stages of Meditation)		p. 23-26
Zoom	Review of Sun Salutes & <i>Yoga Nidra</i>		
<b>EXAM</b>	<b>PRACTICAL TEST:</b> <u>due by 5pm on Fri June 26th</u>	30 points	
<b>Week 7: Mon June 29th</b>			
Zoom	History-Themed Warrior Sequence		
<b>EXAM</b>	<b>FINAL EXAM</b> <u>due by 5pm on Mon June 29th</u>	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.**