

University of Southern California
USCDornsife Physical Education Program
INTRODUCTION TO YOGA
Fall 2020

Instructor: Clio Manuelian

Email: manuelia@usc.edu

Office hours: By appointment

Location: This class is all virtual on Zoom for Fall 2020

Section 49760R: M/W 8:00 – 8:50am

Section 49762R: M/W 9:00 – 9:50am

Section 49963R: F 10:00 – 11:50am

Section 49964R: F 12:00 – 1:50pm

Course = 1 unit

Course Description: This class is an introduction to Yoga. Students will learn the basic yoga fundamentals of physical practice (asana), with a general introduction to philosophy of Classical Yoga as described in Patanjali's *Yoga Sutras*. Students will gain a deeper understanding of how to work with the mind, body, and breath to nurture whole being health and wellness.

Learning Outcomes:

- Learn the fundamentals of a yoga practice in a safe, supportive and academic environment.
- Become aware of safe alignment, for individual needs,
- Develop an understanding of ways to increase strength, flexibility and balance through yoga.
- Cultivate basic methods of breathing used for the purpose of relaxation, stress management and energizing the body.
- Understand the basics of anatomy as it applies to yoga.

Physical Education Department Objectives:

1. Students will understand the importance of sound health and fitness principles as they relate to:
 - Recognize the physical and mental benefits of increased activity
 - Understand anatomy and basic biomechanical principles and terminology
 - Discover greater self-awareness, determine greater self-regulation
2. Students 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 wellness
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, minimize risk of injury
 - Develop an appreciation of physical activity as a lifetime pursuit and a means to cultivate and maintain good mental and physical health
 - Accrue independent tools to manage stress and access greater ease

Course Reader: The course reader is posted on Blackboard <http://blackboard.usc.edu> under Content.

Communication: I encourage students to reach out by email and will try to respond as soon as possible, and within 48 hours.

Equipment: *You will need your own firm or thin (not foamy, soft, cushiony) yoga mat, as well as 2 blocks and a strap.* There are a few ways to “make” yoga props (tape books together for a block or use a bathrobe belt for a strap) if buying props is not possible. Good props make the practice easier and more enjoyable. Practicing on wood or hard floors is ideal. Carpet is more challenging. Like the mat, firm/hard blocks are best. Long straps are most useful. Ideally have a dedicated space for practice near a wall.

Below are some of my favorite props. There are many others that are less expensive and do the job well enough.

Manduka travel mat (thinner, less \$, great)

<https://www.manduka.com/products/pro-travel-yoga-mat?variant=23736526995514>

Manduka classic ProLite (thicker for tender joints/bones, long life mat)

<https://www.manduka.com/products/prolite-yoga-mat?variant=31221553496122>

Blocks

<https://www.manduka.com/products/recycled-foam-yoga-block?variant=23736399560762>

Strap 10'

<https://www.manduka.com/products/align-yoga-strap?variant=23736402083898>

Reflection and Evaluation: Reflection is an integral part of the learning and teaching process. As such, you will complete a few reflections on your practice through the course. There will also be an end-of-course evaluation to help evolve the class to best serve the needs of students. Please feel free to also communicate feedback to me through the semester in person or by email.

Online Etiquette: Your presence and engagement are as important online as in a physical classroom. Please plan to have screens on when possible and be on time to class. Once class has begun, it may take time to be admitted if meditation is in progress. Mute when not speaking to minimize background noise. To ensure safety, have camera frame entire body.

Grades: The impact of your practice will be felt in how much effort, time, and awareness you choose to invest in it. Grades are based on your willingness to show up for your personal and class practice and are based on your approach to the following criteria:

1. Presence: time and awareness to show up for your practice
2. Effort: diligence and precision with which you practice
3. Curiosity: growth through a nonjudgmental approach
4. Kindness: choosing gentleness and patience over harshness towards body, mind, and practice.

All work is due on the assigned date and is to be typed and submitted to Blackboard. Format: Double-spaced, Times New Roman, 12-point font, 1" margins, MLA format. Due dates under course outline.

Grading:

- **Attendance and Participation (60 points)** Yoga is a Physical Education course therefore, physical attendance is required for a large portion of your final grade. Attendance will be taken during each class. Students need to be present in class to earn 4 participation points per week. Your active learning and participation is an integral part of your learning in this course. You are expected to attend the section for which you are enrolled. It is your responsibility to sign the sign-in sheet each class.

This class is all virtual on Zoom for Fall 2020. Zoom link, recorded classes and additional resources will also be posted under the Content section of Blackboard. Class will meet online during regularly scheduled class time, with asynchronous opportunities provided for students to make-up missed material. Please do not email prior to absence. Simply make up the class after.

- **Midterm Exam (50 points)**
- **Final Exam (50 points)**
- **Reflection (40 points total/20 points each)** Reflection is an integral part of the learning and teaching process. As such, students will complete two reflections on their practice throughout the course; one in the middle of the term and one at the end.

Grading Scale (200 Total Points):

180 – 200 points = A	(A = 90 - 94+%)
160 – 179 points = B	(B = 80-89%)
140 – 159 points = C	(C = 70-79%)
120 – 139 points = D	(D = 60-69%)
Below 120 points = F	(F = 0-59%)

General Guidelines for Practice

- Please notify me of any injuries or conditions (including pregnancy), prior to practice or at any time. This information is necessary to safely adapt the practice to serve your specific needs and will be kept confidential.
- Be on time to ensure a safe space for class practice.
- Please wear athletic clothing that allows freedom of movement.
- Practice is done barefoot.
- Practice yoga on an empty stomach to prevent discomfort and promote digestion. Wait two hours after a meal or one hour after a light snack.
- Refrain from chewing gum during practice.
- Refrain from drinking water during practice.
- Phone Free - place cell phones on silent. This is your time to unplug.

Department of Physical Education: YOGA
Fall 2020 Course Outline

Week 1 <i>Week of</i> 8/17/2020	Day 1 Introduction & Orientation. No practice. Day 2 – Stand on Your Own Two Feet: Tadasana as a blueprint Practice: fundamentals of Neutrally rotated standing poses. Read: in Yoga Reader online, pages 3 - 5
Week 2 <i>Week of</i> 8/24/2020	<u>Lecture Topic:</u> Overview of Yoga Philosophy What is Yoga? <u>Practice:</u> Externally rotated standing poses Read: pages 10, 14, 26, 30
Week 3 <i>Week of</i> 8/31/2020	<u>Lecture Topic:</u> Intro to Patanjali Yoga Sutras, 8 Limbs <u>Practice:</u> Twists Read: page 6 - 7

<p>Week 4</p> <p><i>Week of</i> 9/7/2020</p> <p><i>no class on</i> <i>Labor Day</i></p>	<p><u>Lecture Topic:</u> The Yamas <u>Practice:</u> Balancing</p> <p>Read: page 8 - 9</p>
<p>Week 5</p> <p><i>Week of</i> 9/14/2020</p>	<p><u>Lecture Topic:</u> The Niyamas <u>Practice:</u> Backbends</p> <p>Read: page 9- 13, 27 - 29</p>
<p>Week 6</p> <p><i>Week of</i> 9/21/2020</p>	<p><u>Lecture Topic:</u> What is Asana? <u>Practice:</u> Forward Folds</p> <p>Read: pages 15 - 17</p>
<p>Week 7</p> <p><i>Week of</i> 9/28/2020</p>	<p><u>Lecture Topic:</u> Intro to Pranayama <u>Practice:</u> Surya Namaskar A & B / Internally rotated poses</p> <p>Mid-Semester Reflection Due</p>
<p>Week 8</p> <p><i>Week of</i> 10/5/2020</p>	<p><u>Lecture Topic:</u> The Journey Inward, 4th Limb, Pratyahara <u>Practice:</u> Externally Rotated</p> <p>Midterm Exam Online</p>
<p>Week 9</p> <p><i>Week of</i> 10/12/2020</p>	<p><u>Lecture Topic:</u> Intro to Meditation, 5th Limb, Dharna <u>Practice:</u> Twists for breathing, rebalancing, cleansing & detoxing</p> <p>Read: pages 18 - 21</p>
<p>Week 10</p> <p><i>Week of</i> 10/19/2020</p>	<p><u>Lecture Topic:</u> Deeper Dive Meditation, Dhiyana <u>Practice:</u> Twists</p> <p>Read: pages 22 - 25</p>
<p>Week 11</p> <p><i>Week of</i> 10/26/2020</p>	<p><u>Lecture Topic:</u> Freedom, Enlightenment, the Joy of Samadhi <u>Practice:</u> Balancing</p>

Week 12 <i>Week of</i> <i>11/2/2020</i>	<u>Lecture Topic:</u> Obstacles on the Path <u>Practice:</u> Backbends Final EXAM & Make-Up Class Document Due
Week 13 <i>Week of</i> <i>11/9/2020</i>	<u>Lecture Topic:</u> Review <u>Practice:</u> Forward Folds, Restorative & Yin Yoga
FINALS	Final REFLECTION Due: On Date of Scheduled Final https://classes.usc.edu/term-20201/finals/

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

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

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/>.

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 on call 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

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

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

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/departments/departments-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.