

University of Southern California
Physical Education Department

PHED 120a: Yoga
Fall 2020

Section 49766: MW 11:00 – 11:50am

Section 49767: TTh 11:00 – 11:50am

Section 49768: MW 12:00 – 12:50pm

Course = 1 unit

This class will be taught remotely during Fall 2020 and will meet online via Zoom during regularly scheduled class time, unless indicated otherwise by instructor. Asynchronous activities and assignments will also be planned in addition to synchronous Zoom meetings.

Instructor: Steve Hsu

Office: PED 209

Office Hours: By appointment via Zoom meeting

Email: stevehsu@usc.edu

Course Description:

This class is an introduction to the elementary techniques of Classical Yoga with a general introduction to Yoga philosophy based upon Patanjali's *Yoga Sutras*.

Course Objective:

To introduce the student to the fundamentals of a Yoga practice in a safe, supportive, and academic environment.

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 Reader:

Course reader is posted on USC Blackboard.

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

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

Grading Policy and Evaluation Criteria (200 Total Points):

Cognitive = 50% (100 points)

1. Final = 50 points
2. Midterm = 50 points

Psychomotor = 50% (100 points)

1. Active Participation = 60 points
2. Performance Test #1 = 20 points
3. Performance Test #2 = 20 points

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%)

180 – 200 points = A

160 – 179 points = B

140 – 159 points = C

120 – 139 points = D

Below 120 points = F

PASS/NO-PASS , Pass = greater or equal to 140 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.*

Grading Policy and Evaluation Criteria (continued):

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 Zoom class meetings consistently and fulfill the requirements of this course.*

Personal Location:

Please set up a personal space in which you can lay out a yoga mat for yoga practice.

Equipment:

- You will need a yoga mat for our practice sessions.
- Any additional props that you can have available during practice such as blocks, straps, blankets, bolsters, and chairs would be helpful. Your instructor will offer suggestions on how to re-purpose home items as a substitute for yoga props.

General Guidelines for Practice:

- Wear clothing that allows freedom of movement. No jeans, street clothes or shoes should be 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 three hours after a meal or one hour after a light snack.
- Place cell phones on silent; they are not to be used during class time.
- Refrain from talking during practice, unless asked to do so.
- No chewing gum during practice.

General Guidelines for Practice (continued):

- **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 – Fall 2020
COURSE OUTLINE*

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| Week 1 (8/17 - 8/20) | Introduction/Orientation: Review of Syllabus and The Use of Props --- Read Ch. 1 |
| Week 2 (8/24 – 8/27) | Lecture: General History and Overview of Yoga Philosophy --- Read Ch. 1 & 7 Practice: Body alignment and kinesthetic awareness through yoga poses |
| Week 3 (8/31 - 9/3) | Lecture: The Yamas --- Read Ch. 2 Practice: Savasana (corpse pose) with partner adjustment and deep diaphragmatic breathing and Asana (anatomy & physiology overview) |
| Week 4 (9/7 - 9/10) Labor Day, 9/7 – No class meeting | Lecture: The Niyamas --- Read Ch. 2 & 3 Practice: Asana – yoga poses |
| Week 5 (9/14 - 9/17) | Lecture: Asana (fundamentals) --- Read Ch. 5: p. 69-82; 107-109 Practice: Foundation for Standing Poses |
| Week 6 (9/21 - 9/24) | Lecture: Asana (fundamentals) -- Read Ch. 5 Practice: Standing Poses and Ch. 6 Anatomy Quiz: online on Blackboard |
| Week 7 (9/28 - 10/1) | Lecture: Asana <i>continued</i> --- Read Ch. 5 & 6 Practice: Standing Poses <i>continued</i> and Backbends and Shoulderstand |
| Week 8 (10/5 - 10/8) MIDTERM on Wednesday & Thursday | Review for Midterm on Mon. & Tues. Practice for Performance Test #1 MIDTERM Exam – online on Blackboard |
| Week 9 (10/12 - 10/15) | Performance Test #1: online on Blackboard Lecture: Vinyasa & Surya Namaskar A & B Practice: Sun Salutation A & B and Vinyasa |
| Week 10 (10/19 - 10/22) | Lecture: Vinyasa & Surya Namaskar A & B <i>continued</i> --- Read Ch. 5: p. 121 - 122 Practice: Vinyasa & Surya Namaskar A & B |
| Week 11 (10/26 - 10/29) | Lecture: Restorative Yoga --- Read Ch. 4 for Practice: Restorative Poses next 2 weeks |
| Week 12 (11/2 - 11/5) | Lecture: Restorative Yoga and Pranayama Practice: Restorative Poses and Viloma Pranayama Performance Test #2: online on Blackboard |
| Week 13 (11/9 - 11/12) Final Exam on Wednesday & Thursday | Readings: Meditation - Read Ch. 6 Review for Final Exam Final Exam – online on Blackboard |

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