

University of Southern California Physical Education Department
--

PHED 125: Restorative Yoga
Fall 2020

Section 49969: Wednesday 3:00 – 4:50pm
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
Phone: (213) 740-6301
Email: stevehsu@usc.edu

Course Description: Restorative yoga is a method of bringing deep relaxation to the body and mind through specific postures and techniques. Through this course, students will learn poses that calm the mind, body, and nervous system, as well as utilize props to support and relax their bodies.

Learning Objectives:

- Build understanding of the physiological and psychological ways stress and tension can manifest in the body.
- Learn restorative yoga poses, sequences, and techniques to deepen relaxation, reduce stress, and strengthen the immune system.
- Explore the ways tension can be released through postures.
- Learn breath techniques to clear the mind, energize the body, and rebalance the nervous system.

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. Weekly Journal Entries = 30 points
 3. Final Reflection Essay = 10 points
- Item #2 and #3 are based on restorative practice

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.*

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

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 me as early in the semester as possible. DSP is open Monday-Friday, 8:30 am -5:00 pm. The office is in Student Union 301 and the phone number is (213) 740-0776.

Restorative Yoga Course Outline

Date	Topic
Week 1	Introduction to restorative yoga Mind-body connection and awareness in practice
Week 2	Physiological and psychological effects of stress on the body Restorative practice for progressive relaxation
Week 3	Releasing tension through yoga poses Restorative practice for healthy posture and back: spine support and elongation, chest opening, and strong and flexible back
Week 4	Restorative practice for hip flexibility, stability, and balance
Week 5	Restorative practice for easing stress and tension from life's trials, challenges, and setbacks
Week 6	Restorative practice for reducing anxiety and panic attacks
Week 7	Restorative practice for reducing anxiety and panic attacks Review for Midterm Exam
Week 8	Restorative practice for alleviating depression Midterm Exam via Blackboard online
Week 9	Restorative practice for alleviating depression
Week 10	Restorative practice for overcoming fatigue and rejuvenating the mind and body
Week 11	Restorative practice for decreasing insomnia and improving sleep
Week 12	Restorative practice for boosting the immune system Restorative practice for improving digestion, circulation, and heart health Final Reflection Essay and Weekly Journal Entries due
Week 13	Restorative practice for improving digestion, circulation, and heart health Review for Final Exam Final Exam (during week 14 – via Blackboard online)

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