

PHED 123 - Yoga Therapy (2 unit)
Semester: Fall 2020
Section 49985 - M & W, 2:00-2:50pm

Instructor: Salena Collins-Black ERYT
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Office hours: By appointment

This class will be taught remotely during Fall 2020. Classes will meet online during regularly scheduled class time, with asynchronous opportunities provided for students to make-up missed material with teacher's approval. Asynchronous activities will also be planned in addition to the Zoom sessions.

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 wellbeing & 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:

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- 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 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:

<u>Assignment / Exam</u>	<u>Points</u>	<u>% of Grade</u>	<u>Point/grade-base cutoffs</u>
Meditation Logs (3)	30	10.00%	<u>A 270 - 300</u>
Midterm	30	10.00%	<u>B 240 - 269</u>
Final Exam	75	25.00%	<u>C 210 - 239</u>
Final Project	105	35.00%	<u>D 180-209</u>
Participation	60	20.00%	
Total Points	300	100%	

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 ACCOMMODATIONS:

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.

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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. Other forms of academic dishonesty are equally unacceptable. See additional information in SCampus and university policies on scientific misconduct, policy.usc.edu/scientific-misconduct.

Support Systems:

Student Health Counseling Services - (213) 740-7711 – 24/7 on call
engemannshc.usc.edu/counseling

Free and confidential mental health treatment for students, including short-term psychotherapy, group counseling, stress fitness workshops, and crisis intervention.

National Suicide Prevention Lifeline - 1 (800) 273-8255 – 24/7 on call

suicidepreventionlifeline.org

Free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.

Relationship and Sexual Violence Prevention Services (RSVP) - (213) 740-4900 – 24/7 on call

engemannshc.usc.edu/rsvp

Free and confidential therapy services, workshops, and training for situations related to gender based harm.

Office of Equity and Diversity (OED) | Title IX - (213) 740-5086

equity.usc.edu, titleix.usc.edu

Information about how to get help or help a survivor of harassment or discrimination, rights of protected classes, reporting options, and additional resources for students, faculty, staff, visitors, and applicants. The university prohibits discrimination or harassment based on the following protected characteristics: race, color, national origin, ancestry, religion, sex, gender, gender identity, gender expression, sexual orientation, age, physical disability, medical condition, mental disability, marital status, pregnancy, veteran status, genetic information, and any other characteristic which may be specified in applicable laws and governmental regulations.

Bias Assessment Response and Support - (213) 740-2421

studentaffairs.usc.edu/bias-assessment-response-support

Avenue to report incidents of bias, hate crimes, and microaggressions for appropriate investigation and response.

The Office of Disability Services and Programs - (213) 740-0776

dsp.usc.edu

Support and accommodations for students with disabilities. Services include assistance in providing readers/notetakers/interpreters, special accommodations for test taking needs, assistance with architectural barriers, assistive technology, and support for individual needs.

USC Support and Advocacy - (213) 821-4710

studentaffairs.usc.edu/ssa

Assists students and families in resolving complex personal, financial, and academic issues adversely affecting their success as a student.

Diversity at USC - (213) 740-2101

diversity.usc.edu

Information on events, programs and training, the Provost's Diversity and Inclusion Council, Diversity Liaisons for each academic school, chronology, participation, and various resources for students.

USC Emergency - UPC: (213) 740-4321, HSC: (323) 442-1000 – 24/7 on call

dps.usc.edu, emergency.usc.edu

Emergency assistance and avenue to report a crime. Latest updates regarding safety, including ways in which instruction will be continued if an officially declared emergency makes travel to campus infeasible.

USC Department of Public Safety - UPC: (213) 740-6000, HSC: (323) 442-120 – 24/7 on call
 dps.usc.edu

Non-emergency assistance or information.

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

PHED 123: Yoga Therapy Course Outline

Week 1	Reading 1 Introduction and Guidelines Practice Simple Sequence, Half Sun Salute, and Ujjayi Breathing	Bell p. 9-12, 16-22
Week 2	Reading 2 The Gunas + Cultivating Wellness with Daily Routine (Dinacharya) Practice Sun Salutations, Bhramari (Bumblebee) Breathing, Meditation w/Point of Focus	Bell p. 187-203
HOMEWORK	Meditation Log 1 Due 10 PTS	
Week 3	Reading 3 Key Elements of Yoga Therapy—Doshas Pre-Semester Assessment + What's Your Dosha? Practice Upper & Lower Body Strength Practice, 360° breathing	Bell p. 109-125
Week 4	Reading 4 What is Yoga Therapy? Autonomic Nervous System: Fight/Flight (Sympathetic) vs Rest/Digest (Parasympathetic) Practice Upper & Lower Body Flexibility Practice, Brahma Mudra	Bell p. 33-43
HOMEWORK	Meditation Log 2 Due 10 PTS	
Week 5	Reading 5 Annamayakosha (Food Body) I - Western Anatomy & Flexibility Practice Back Care Class	Bell p. 127-134, 136-143
Week 6	Reading 6 Annamayakosha (Food Body) II - Yoga Anatomy & the Koshas Practice Balance Practice, Sleep Sequence	Bell p. 48-63
	Last day to drop without a W and to switch a pass/no pass status to a letter grade.	
HOMEWORK	Meditation Log Due 10 PTS	
Week 7	Reading 7 Pranamayakosha (Energy Body) I - Breathing (Balancing, Stimulating, and Calming) Practice	Bell p.170-185

	Sama Vrtti, Kapalabhati, and Lengthened Exhale	
MIDTERM ONLINE	MIDTERM ONLINE 30 points	
Week 8	Reading 8 Pranamayakosha (Energy Body) II - Awareness & Management of Energy using the Gunas Practice Nadi Shodhana, Hip Opener Sequence	Bell p. 81-84, 89-91, 162-165
Week 10	Reading 10 Manomayakosha (Mind & Emotions) - Meditation & Awareness Practice Yoga & Yoga Nidra	
HOMEWORK	Meditation Log 3 Due 10PTS	
Week 11	Practice Yoga & Meditation	
HOMEWORK	Home Yoga Practice Article & Journals Due 60 PTS	
Week 12	Reading 12 Vijñānamayakosha (Intellect) - Psychology of Yoga & Flow State Practice Heart & Hip Opening	
WEEK 13	WEEK 13	
FINAL Project	Final Project Due 105 PTS	
FINAL EXAM	FINAL EXAM ONLINE 75 PTS	