
PHED 123 - Yoga Therapy (2 unit)

Semester: Fall 2020

Section: 49983 - Monday & Wednesday, 10:00-10:50am

Section 49984 - Monday & Wednesday, 1:00-1:50pm

Section 49986 - Tuesday & Thursday, 2:00-2:50pm

Section 49987 - Thursday 3:00-4:50pm

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Office Hours Wed 11am-12pm

or by Zoom appointment

This class will be taught remotely for Fall 2020. Classes will meet via Zoom during regularly scheduled class time. Asynchronous opportunities are available for students to make up missed material with advanced notice only. 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 well-being & 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:

- 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 and other readings will be posted. Class information and additional articles will be available on Blackboard. <https://blackboard.usc.edu>

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

EVALUATION CRITERIA:

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. Work collaboratively on Group Project
5. Complete Final Exam

ACADEMIC ACCOMODATIONS:

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. *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 use their own yoga mat. Yoga props are strongly encouraged, including two blocks and a strap. Please have water nearby if needed.

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 two 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.**

TECHNOLOGY & PARTICIPATION:

Please make sure you have a reliable internet connection for class. If you lose connectivity during class or are not able to sign on, please email me as soon as possible to let me know, as I check attendance at random during our online class time together.

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 micro aggressions 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

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

Course Outline Below

PHED 123: Yoga Therapy Course Outline		
Week 1 - Week of Aug 17		
Reading 1	Introduction & Preparing to Practice	Bell p. 9-12, 16-22 IAYT Website
Practice	Simple Sequence, Sun Salutes, and <i>Ujjayi</i> Breathing	
Week 2 - Week of Aug 24		
Reading 2	Yoga in Preventing Stress-Related Disease; What are Vrttis?	Bell p. 187-203 Sullivan PDF
Practice	Horse Sequence, Happy Hips, and Back Sequence I	
Week 3 - Week of Aug 31 (No class Monday)		
Reading 3	The Gunas + Homeostasis + Daily Routine (Dinacharya)	Bell p. 109-125 Sullivan PDF p. 162-163 Gunas Assessment
Practice	Brain Health Practice, <i>Bhramari</i> (Bumblebee) Breathing, Candle Meditation	
Homework	Meditation Log 1 Due	10 points
Last day to change grading option (Letter Grade, P/NP, Audit)		
Week 4 - Week of Sept 7 (no class Mon)		
Reading 4	Doshas & Identifying Your Strength	Bell p. 33-43 Doshas Assessment
Practice	Upper & Lower Body Strength Practice, 360° breathing	
Week 5 - Week of Sept 14		
Reading 5	Autonomic Nervous System: Fight/Flight (<i>Sympathetic</i>) vs Rest/Digest (<i>Parasympathetic</i>). FEAR=false evidence appearing real	Bell p. 127-134, 136-143 Sullivan PDF p. 133-149
Practice	Horse Sequence, Happy Hips, Back Sequence II & Restorative Yoga	
Homework	Meditation Log 2 Due	10 points
Week 6 - Week of Sept 21		
Reading 6	Annamayakosha (Food Body) - Western Anatomy vs Yoga Anatomy	Bell p. 48-63 Sullivan PDF p. 88-91
Practice	Upper & Lower Body Flexibility Practice, <i>Brahma Mudra</i>	
Week 7 - Week of Sept 28		
Reading 7	Pranamayakosha (Energy Body) - Breathing (Balancing, Stimulating, Calming)	Bell p.170-185
Practice	Yoga for Equanimity; <i>Sama Vrtti</i> , <i>Kapalabhati</i> , and Extended Exhale	
MIDTERM	Midterm Exam Online	30 points
Last day to drop without a W and to switch a pass/no pass status to a letter grade.		
Week 8 - Week of Oct 5		
Reading 8	Manomayakosha (Mind & Emotions) - Meditation & Awareness Breakout Group: Sign Up for a Focus Area	Bell p. 81-84, 89-91, 162-165
Practice	Yoga for Agility & Yoga Nidra	

Week 9 - Week of Oct 12		
Reading 9	Vijñanamayakosha (Intellect) - Psychology of Yoga & Flow State	Sullivan PDF 232-235
Practice	Nadi Shodhana, Yoga for Resiliency	
Homework	Meditation Log 3 Due	10 points
Week 10 - Week of Oct 19		
Reading 10	Anandamayakosha (Bliss Body) - Contentment	Sullivan PDF
Practice	Heart Opening Sequence & Walking Meditation. Post a photo (or video) of something that is deeply meaningful to you on Blackboard.	
Homework	HYP Plan & Explanation Due	40 points
Week 11 - Week of Oct 26		
Reading 11	Homeostasis at Home	
Practice	Yoga for Digestion	
Homework	HYP Week 1 Journals Due	8 points
Week 12 - Week of Nov 2		
Reading 12	Review: Focusing on Health, Not Pathology	
Practice	Horse Sequence, Happy Hips, Back Sequence III	
Homework	HYP Week 2 Journals Due	8 points
Last day to drop a class with a W on permanent record		
Week 13 - Week of Nov 9		
Practice	Home Yoga Practice: Group Presentations	
Homework	Yoga Therapy for _____ Video Due	45 points
	Peer Review (1 Question)	4 points
FINALS		
EXAM	Final Exam Online	75 points