

University of Southern California

Physical Education Department

PHED 120A Introduction to Yoga

Instructor: Salena Collins -Black ERYT/ 500 HR

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Office hours: By appointment

Office: PHED 106B

Section 49763R: Tu, Th 8:00am-8:50am 9:00am-9:50am

Section 49985: M, W 2:00pm-2:50pm

This course will be taught remotely during Spring 2021. 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: This class is an introduction to Classical yoga and will include the practice of postures (asana), breathing techniques (pranayama), relaxation and meditation.

Course Objectives:

- Outline the fundamentals of a yoga practice in a safe, supportive and academic environment.
- Execute and display proper body alignment to improve strength and flexibility.
- Integrate breathing techniques for relaxation and stress management.
- Identify the basics of anatomy and physiology as it relates to a yoga practice.

COURSE READER: The course reader is posted in CONTENT on Blackboard

Physical education program objectives:

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, basic biomechanical principles and terminology.

Students will be exposed to a variety of activities providing them the opportunity to:

Apply learned fundamental skills.

Utilize physical activity as a tool to manage stress.

Students will demonstrate proficiency through knowledge and acquired skills enabling them to:

Develop an appreciation of physical activity as a lifetime pursuit and a means to better health.

Course Reader: The reading material is posted on Blackboard under content.

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

We will use it in addition to the course reader. Class information will be posted on the blackboard, as well as resources.

Location: The yoga room is in the sub-basement of the PE building, PED SB1.

Equipment: You will need your own yoga mat (5mm or 1/4" is best). All other props will be provided: straps, blankets, bolsters, and blocks. Please bring your own hand towel and water if needed.

Lockers are available and recommended since the practice space needs to remain uncluttered. Locker Rooms are open from 7:30am-3pm M-TH and closed on Fridays, sign-up in room 107 (PE office).

The lockers will 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

Evaluation Criteria:

* Testing locations will be announced on Blackboard™

Cognitive 120 points	Assignment	20 points
	Midterm	50 points
	Final	50 points
Psychomotor 120 points	Active Participation	60 points
	Point/grade-base cutoffs	
A		180
B		160
C		140
D		120
F		Below 120

Plus and minus will be issued for each grade, based on percentage range.

Attendance: Because this is a Physical Education course, regular attendance is required for the participation portion of the grade. Tardiness and/or leaving early will not be tolerated as it disrupts the class and practice, this is especially true of 50-minute class sections. 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 not allowed except for emergency situations and then only upon approval from instructor.

General Guidelines for practice

Please notify me of any injuries, illness, or medical conditions (including pregnancy), prior to starting your practice. This is confidential and necessary to avoid complications and to help adapt the practice to your specific needs as best we can.

Please wear clothing that allows freedom of movement, athletic wear is best, no jeans or street clothes and no socks or shoes as yoga is practiced barefoot. Practicing on an empty stomach is recommended, but not a rule. Cell phone should be turned off.

No food or drinks (except water), are allowed inside the yoga room.

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.

Department of Physical Education-Yoga- PHED 120A
Spring 2021 - Course Outline

Week 1 1/18/21	TUES	Introduction/Orientation. Review of syllabus. No practice.
	THURS	Practice: fundamentals of postures/ alignment/ breathing Use of Props/ modifications Read Course Reader Pg. 3-5
Week 2 1/25/21	TUES	Meditation Practice & Lecture/Discussion: Overview of Philosophy General History-
	THURS	Practice: Meditation /Begin Home Meditation Practice (5 min/day)
Week 3 2/1/21	TUES	Meditation Practice
	THURS	Practice: fundamental postures, alignment, adjustments Read Course Reader Pg. 6-7
Week 4 2/8/21	TUES	Meditation & Lecture/Discussion: 1 st limb of Yoga – Yama: Behavior and Social Conduct
	THURS	Practice: fundamental postures, alignment continued Read Course Reader Pg. 8-9
Week 5 2/15/21	TUES	Meditation & Lecture/Discussion: 2 nd limb – Niyama: Personal discipline
	THURS	Practice: fundamental postures, alignment, continued Assignment Part 1: journal (3 days) – discovering habit patterns Read Course Reader Pg. 15-17
Week 6 2/22/21	TUES	Meditation & Lecture/Discussion: Intro to Pranayama, Ujjayi Breathing
	THURS	Practice: Restorative yoga Assignment Part 2: Analyze personal habits-application of yogic principles, cultivating healthy habits (dietary or environmentally) and taking personal responsibility for correcting negative habits (3 days)

Week 7 3/1/21	TUES <hr/>	Meditation Practice <hr/>
	THURS	Practice: Surya Namascar Assignment Part 3: answer short essay question (reflection, summary of experience)
Week 8 3/8/21	TUES <hr/>	Midterm Review Assignment (1-3) due day of Review
	THURS	MIDTERMS: Th. Location: Online March 10th Read Course Reader Pg 9-14
Week 9 3/15/21	TUES <hr/>	Meditation & Lecture/Discussion: 3 rd limb – Asana: Physical Disciplines <hr/>
	THURS	Practice: Vinyasa, Surya Namaskar A and B using Ujjayi breathing
Week 10 3/22/21	TUES <hr/>	<u>NO CLASS Tuesday 3/23/21 WELLNESS DAY</u> <hr/>
	THURS	Practice: Yoga Nidra (a guided, deep-relaxation practice called ‘yogic sleep’)

Week 11 3/29/21	TUES	Meditation & Lecture/Discussion: 4th limb – Pranayama: Breathing control
	THURS	Practice: Restorative Read Course Reader Pg. 18-25
Week 12 4/5/21	TUES	Meditation & Lecture/Discussion: 5th limb- Pratyahara: Control of Sensory Perception
	THURS	Practice: Restorative Last day to add/drop or change registration
Week 13 4/12/21	TUES	Meditation & Lecture/Discussion: Samyama (meditation): limb 6, 7 and 8
	THURS	Practice: Vinyasa Flow
Week 14 4/19/21	TUES	Final Review
	THURS	<u>NO CLASS Thursday 4/22/21 WELLNESS DAY</u>
Week 15 4/26/21	TUES	FINAL