

**University of Southern California**  
**Physical Education Department**

***PHED 120a: Yoga***  
**Spring 2021**

**Section 49766: MW 11:00 – 11:50am**

**Section 49767: TTh 11:00 – 11:50am**

**Section 49768: MW 12:00 – 12:50pm**

**Section 49772: MW 2:00 – 2:50pm**

**Course = 1 unit**

**This class will be taught remotely during Spring 2021 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](mailto: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 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

**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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](https://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](https://dps.usc.edu)

## USC Yoga – Spring 2021 COURSE OUTLINE\*

Week 1 (1/18 - 1/21) <b>MLK Jr. Birthday – Monday, 1/18 – no class meeting</b>	<b>Introduction/Orientation:</b> Review of Syllabus and The Use of Props --- <b>Read Ch. 1</b>
Week 2 (1/25 – 1/28)	<b>Lecture:</b> General History and Overview of Yoga Philosophy --- <b>Read Ch. 1 &amp; 7</b> <b>Practice:</b> Body alignment and kinesthetic awareness through yoga poses
Week 3 (2/1 - 2/4)	<b>Lecture:</b> The Yamas --- <b>Read Ch. 2</b> <b>Practice:</b> Savasana (corpse pose) with partner adjustment and deep diaphragmatic breathing and Asana (anatomy & physiology overview)
Week 4 (2/8 - 2/11)	<b>Lecture:</b> The Niyamas --- <b>Read Ch. 2 &amp; 3</b> <b>Practice:</b> Asana – yoga poses
Week 5 (2/15 - 2/18) <b>President’s Day – Monday, 2/15 – no class meeting</b>	<b>Lecture:</b> Asana (fundamentals) --- <b>Read Ch. 5: p. 69-82; 107-109</b> <b>Practice:</b> Foundation for Standing Poses
Week 6 (2/22 - 2/25)	<b>Lecture:</b> Asana (fundamentals) -- <b>Read Ch. 5 and Ch. 6</b> <b>Practice:</b> Standing Poses
Week 7 (3/1 - 3/4)	<b>Lecture:</b> Asana <i>continued</i> --- <b>Read Ch. 5 &amp; 6</b> <b>Practice:</b> Standing Poses
Week 8 (3/8 - 3/11) <b>MIDTERM on Thursday through Friday</b>	<b>Review for Midterm on Mon. &amp; Tues.</b> <b>Practice:</b> Standing Poses and Backbends <b>MIDTERM Exam – online on Blackboard</b>
Week 9 (3/15 - 3/18)	<b>Practice for Performance Test #1: first class meeting this week</b> <b>Performance Test #1: second class meeting this week</b>
Week 10 (3/22 - 3/25) <b>Wellness Day – Tuesday, 3/23 (no class meeting)</b>	<b>Lecture:</b> Vinyasa & Surya Namaskar A & B --- <b>Read Ch. 5: p. 121 - 122</b> <b>Practice:</b> Vinyasa & Surya Namaskar A & B
Week 11 (3/29 – 4/1)	<b>Lecture:</b> Vinyasa & Surya Namaskar A & B <b>Practice:</b> Vinyasa & Surya Namaskar A & B
Week 12 (4/5 – 4/8) <b>Wellness Day – Wednesday, 4/7 (no class meeting)</b>	<b>Lecture:</b> Vinyasa & Surya Namaskar A & B <b>Practice:</b> Vinyasa & Surya Namaskar A & B
Week 13 (4/12 – 4/15)	<b>Lecture:</b> Restorative Yoga --- <b>Read Ch. 4 for Practice: Restorative Poses next 2 weeks</b>
Week 14 (4/19 - 4/22) <b>Wellness Day – Thursday, 4/22 (no class meeting)</b>	<b>Lecture:</b> Restorative Yoga and Pranayama <b>Practice:</b> Restorative Poses, Nadi Sodhana and Viloma Pranayama <b>Performance Test #2: first class meeting this week (Monday and Tuesday)</b>
Week 15 (4/26 - 4/29) <b>Final Exam on Thursday through Friday</b>	<b>Readings:</b> Meditation - <b>Read Ch. 6</b> <b>Review for Final Exam: first class meeting this week</b> <b>Final Exam – online on Blackboard</b>

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