

University of Southern California
USCDornsife Physical Education Program
INTRODUCTION TO YOGA
Spring 2021

Instructor: Clio Manuelian

Email: manuelia@usc.edu

Office hours: By appointment

Location: This class is all virtual on Zoom for Spring 2021. Classes will meet online during regularly scheduled class time, with asynchronous opportunities provided for students to make-up missed material.

Section 49760R: M/W 8:00 – 8:50am

Section 49762R: M/W 9:00 – 9:50am

Section 49965R: F 10:00 – 11:50am

Section 49967R: F 12:00 – 1:50pm

Course = 1 unit

Course Description:

This class is an introduction to Yoga. Students will learn the basic yoga fundamentals of physical practice (asana), breathing techniques (pranayama), and meditation, with a general introduction to philosophy of Classical Yoga as described in 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 and implement breathing techniques for relaxation and stress management.
- Identify the basics of anatomy and physiology as it relates to a yoga practice.

Physical Education Program Objectives:

1. Students will understand the importance of sound health and fitness principles as they relate to:
 - Recognize the physical and mental benefits of increased activity
 - Understand anatomy and basic biomechanical principles and terminology
 - Discover greater self-awareness, determine greater self-regulation

2. Students 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 wellness
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, minimize risk of injury
 - Develop an appreciation of physical activity as a lifetime pursuit and a means to cultivate and maintain good mental and physical health
 - Accrue independent tools to manage stress and access greater ease

Equipment: A firm Yoga Mat (not foamy, soft, cushiony), 2 Blocks (firm/hard) and a Strap (long) are required for this class.

Practice on wood or hard floors is ideal. Carpet is more challenging. Like the mat, firm/hard blocks are best. Long straps are most useful. Ideally have a dedicated space for practice near a wall.

Below some of my favorite props. There are many less expensive options that do the job fairly well enough.

Manduka travel mat (thinner, less \$, great)

<https://www.manduka.com/products/pro-travel-yoga-mat?variant=23736526995514>

Manduka classic ProLite (thicker for tender joints/bones, long life mat)

<https://www.manduka.com/products/prolite-yoga-mat?variant=31221553496122>

Blocks

<https://www.manduka.com/products/recycled-foam-yoga-block?variant=23736399560762>

Strap 10'

<https://www.manduka.com/products/align-yoga-strap?variant=23736402083898>

Reflection and Evaluation: Reflection is an integral part of the learning and teaching process. As such, you will complete a few reflections on your practice through the course. There will also be an end-of-course evaluation to help evolve the class to best serve the needs of students. Please feel free to also communicate feedback to me through the semester in person or by email.

Grades: The impact of your practice will be felt in how much effort, time, and awareness you choose to invest in it. Grades are based on your willingness to show up for your personal and class practice and are based on your approach to the following criteria:

1. Presence: time and awareness to show up for your practice
2. Effort: diligence and precision with which you practice
3. Curiosity: growth through a nonjudgmental approach
4. Kindness: choosing gentleness and patience over harshness towards body, mind, and practice.

All work is due on the assigned date and is to be typed and submitted to Blackboard. Format: Double-spaced, Times New Roman, 12-point font, 1” margins, MLA format. Due dates under course outline.

Grading:

- **Attendance and Participation (60 points)** Yoga is a Physical Education course therefore, physical attendance is required for a large portion of your final grade. Attendance will be taken during each class. Students need to be present in class to earn 4 participation points per week. Your active learning and participation is an integral part of your learning in this course. You are expected to attend the section for which you are enrolled. It is your responsibility to sign the attendance each class.

This class is all virtual on Zoom for Fall 2020. Zoom link, recorded classes and additional resources will also be posted under the Content section of Blackboard. Class will meet online during regularly scheduled class time, with asynchronous opportunities provided for students to make-up missed material. Please do not email prior to absence. Simply make up the class after. CLARIFY THIS

- **Midterm Exam (50 points)**
- **Final Exam (50 points)**
- **Reflection (40 points total/20 points each)** Reflection is an integral part of the learning and teaching process. As such, students will complete two reflections on their practice throughout the course; one in the middle of the term and one at the end.

Grading Scale (200 Total Points):

180 – 200 points = A	(A = 90 - 94+%)
160 – 179 points = B	(B = 80-89%)
140 – 159 points = C	(C = 70-79%)
120 – 139 points = D	(D = 60-69%)
Below 120 points = F	(F = 0-59%)

General Guidelines for Practice:

- Please notify me of any injuries or conditions (including pregnancy), prior to practice or at any time. This information is necessary to safely adapt the practice to serve your specific needs and will be kept confidential.
- Be on time to ensure a safe space for class practice.
- Please wear athletic clothing that allows freedom of movement.
- Practice barefoot.
- Practice yoga on an empty stomach to prevent discomfort and promote digestion. Wait two hours after a meal or one hour after a light snack.
- Refrain from chewing gum during practice.
- Refrain from drinking water during practice.
- Phone Free - place cell phones on silent. This is your time to unplug.

Course Reader: The course reader is posted on Blackboard under Content.

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

Assignments, exams and class review and resources will be posted on Blackboard.

Communication: I encourage students to reach out by email and will try to respond as soon as possible, and within 48 hours.

Online Etiquette: Your presence and engagement are as important online as in a physical classroom. Please have screens on when possible for your safe alignment. Be on time to class. Create a well-lit, clean space.

University of Southern California
PHYSICAL EDUCATION DEPARTMENT
PHED 120A Introduction to Yoga

<p>Week 1</p> <p><i>Week of</i> 1/18/2021</p> <p><i>Holiday: 1/18</i> <i>MLK</i></p>	<p>Introduction & Orientation. What is Yoga? Practice: Tadasana Stand on Your Own Two Feet The fundamental blueprint neutrally rotated standing poses.</p> <p>Read: in Yoga Reader online, pages 3 - 5</p>
<p>Week 2</p> <p><i>Week of</i> 1/25/2021</p>	<p><u>Lecture Topic:</u> Overview of Yoga Philosophy <u>Practice:</u> Externally rotated standing poses</p> <p>Read: pages 10, 14, 26, 30</p>
<p>Week 3</p> <p><i>Week of</i> 2/1/2021</p>	<p><u>Lecture Topic:</u> Intro to Patanjali Yoga Sutras, 8 Limbs <u>Practice:</u> Twists for breathing, rebalancing, cleansing & detoxing</p> <p>Read: page 6 - 7</p>
<p>Week 4</p> <p><i>Week of</i> 2/8/2021</p>	<p><u>Lecture Topic:</u> The Yamas <u>Practice:</u> Balancing</p> <p>Read: page 8 - 9 Ahimsa</p>
<p>Week 5</p> <p><i>Week of</i> 2/15/2021</p> <p><i>Holiday: 2/15</i> <i>President's Day</i></p>	<p><u>Lecture Topic:</u> The Niyamas <u>Practice:</u> Backbends</p> <p>Read: page 9- 13, 27 - 29 Write: Gratitude journal</p>
<p>Week 6</p> <p><i>Week of</i> 2/22/2021</p>	<p><u>Lecture Topic:</u> What is Asana? <u>Practice:</u> Forward Folds</p> <p>Read: pages 15 - 17 Tidy-Up Sauca</p>
<p>Week 7</p> <p><i>Week of</i> 3/1/2021</p>	<p><u>Lecture Topic:</u> Intro to Pranayama <u>Practice:</u> Surya Namaskar A & B / Internally rotated poses</p> <p>Mid-Semester Reflection Due</p>

Week 8 <i>Week of</i> 3/8/2021	<u>Lecture Topic</u> : The Journey Inward, 4th Limb, Pratyahara <u>Practice</u> : Externally Rotated Midterm Exam Online
Week 9 <i>Week of</i> 3/15/2021	<u>Lecture Topic</u> : Intro to Meditation, 5th Limb, Dharna <u>Practice</u> : Twists Read : pages 18 - 21
Week 10 <i>Week of</i> 3/22/2021	<u>Lecture Topic</u> : Deeper Dive Meditation, Dhiyana <u>Practice</u> : Balancing energy Read : pages 22 - 25
Week 11 <i>Week of</i> 3/29/2021	<u>Lecture Topic</u> : Freedom, Peace, Happiness Samadhi <u>Practice</u> : Supported Backbends
Week 12 <i>Week of</i> 4/5/2021	<u>Lecture Topic</u> : Embodied Awareness <u>Practice</u> : Forward Folds
Week 13 <i>Week of</i> 4/12/2021	<u>Lecture Topic</u> : Review <u>Practice</u> : Restorative Final EXAM & Make-Up Class Document Due Sunday, April 18 (Window: Friday April 16 @noon - Sunday, April 18 @midnight)
Week 14 <i>Week of</i> 4/19/2021	<u>Lecture Topic</u> : Starting Again/Beginners Mind <u>Practice</u> : Yin Yoga
Week 15 <i>Week of</i> 4/26/2021	End-of-Semester Evaluation Closing Ceremony Final REFLECTION Due April 28th

**Please note this is a tentative outline schedule and may be subject to change.*

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

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 Section 11, *Behavior Violating University Standards*<https://scampus.usc.edu/1100-behavior-violating-university-standards-and-appropriate-sanctions/>. 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 & Sexual Violence Prevention Services (RSVP) 213.740-4900 on call 24/7

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

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

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

Discrimination, sexual assault, and harassment are not tolerated by the university. You are encouraged to report any incidents to the *Office of Equity and Diversity* <http://equity.usc.edu/> or to the *Department of Public Safety* <http://capsnet.usc.edu/department/department-public-safety/online-forms/contact-us>. This is important for the safety whole USC community. Another member of the university community – such as a friend, classmate, advisor, or faculty member – can help initiate the report, or can initiate the report on behalf of another person. *The Center for Women and Men* <http://www.usc.edu/student-affairs/cwm/> provides 24/7 confidential support, and the sexual assault resource center webpage sarc@usc.edu describes reporting options and other resources.