

---

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

**Instructor:** Salena Collins-Black ERYT  
**Email:** salenaco@usc.edu  
**Office hours:** By appointment

---

**This class 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:**

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:**

- Recognize Yoga Therapy as a holistic healing discipline that takes into account individual differences and circumstances.
- Identify the physical and mental benefits associated with the regular practice of Yoga through diet, postures, breathwork, and meditation.
- Discuss how Yoga Therapy can be used as a key component in the prevention and/or treatment of stress-related illness.
- Demonstrate an understanding of anatomy, movement, and breathing, both from Yoga and modern scientific perspectives.
- Develop and implement a home Yoga Therapy practice.

**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.

**Department of Physical Education**

- 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. 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>
<b>Meditation Logs (3)</b>	30	10.00%	<b>A 270 - 300</b>
<b>Midterm</b>	30	10.00%	<b>B 240 - 269</b>
<b>Final Exam</b>	75	25.00%	<b>C 210 - 239</b>
<b>Final Project</b>	105	35.00%	<b>D 180-209</b>
<b>Participation</b>	60	20.00%	
<b>Total Points</b>	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

## Department of Physical Education

enrolled. Make-ups are only allowed for emergency situations and then only upon approval from the 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 the 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](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, [policy.usc.edu/scientific-misconduct](http://policy.usc.edu/scientific-misconduct).

### **Support Systems:**

**Student Health Counseling Services** - (213) 740-7711 – 24/7 on call  
[engemannshc.usc.edu/counseling](http://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](https://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](https://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](https://equity.usc.edu), [titleix.usc.edu](https://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](https://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](https://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](https://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](https://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](https://dps.usc.edu), [emergency.usc.edu](https://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](https://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**

<b>Week 1</b> 1/18/21	<b>WED</b>	Introduction and Guidelines <b><u>Intro Meditation Practice</u></b>	<b>Read</b> <b><u>Bell p. 9-12, 16-22</u></b>
<b>Week 2</b> 1/25/21	<b>MON</b>	<b>Meditation Practice <u>Reading 1 &amp; Blackboard Discussion</u></b> The Gunas + Cultivating Wellness with Daily Routine (Dinacharya)	<b>Read</b> <b><u>Bell p. 187-203</u></b>
	<b>WED</b>	<b><u>Practice</u></b> Simple Sequence, Half Sun Salute, and Ujjayi Breathing	
<b>HOMEWORK</b>		<b>Meditation Log 1 Due 10 PTS</b>	
<b>Week 3</b> 2/1/21	<b>MON</b>	<b>Meditation Practice <u>Reading 2 &amp; Blackboard Discussion</u></b> Key Elements of Yoga Therapy—Doshas Pre-Semester Assessment + What’s Your Dosha?	<b>Read</b> <b><u>Bell p. 109-125</u></b>
	<b>WED</b>	<b><u>Practice</u></b> Upper & Lower Body Strength Practice, 360° breathing	
<b>Week 4</b> 2/8/21	<b>MON</b>	<b>Meditation Practice <u>Reading 3 &amp; Blackboard Discussion</u></b> What is Yoga Therapy? Autonomic Nervous System: Fight/Flight (Sympathetic) vs Rest/Digest (Parasympathetic)	<b>Read</b> <b><u>Bell p. 33-43</u></b>
	<b>WED</b>	<b><u>Practice</u></b> Upper & Lower Body Flexibility Practice, Brahma Mudra	
<b>HOMEWORK</b>		<b>Meditation Log 2 Due 10 PTS</b>	
<b>Week 5</b> 2/15/21	<b>MON</b>	<b>Meditation Practice <u>Reading 4 &amp; Blackboard Discussion</u></b> Annamayakosha (Food Body) - Anatomy & Flexibility	<b>Read</b> <b><u>Bell p. 127-134, 136-143</u></b>
	<b>WED</b>	<b><u>Practice</u></b> Sun Salutations, Bhramari (Bumblebee) Breathing, Meditation w/Point of Focus	
	<b>MON</b>	<b>Meditation Practice <u>Reading 5 &amp; Blackboard Discussion</u></b> The Kleshas: Forces That Obstruct Discernment	<b>Read</b> <b><u>Bell p. 48-63</u></b>

Week 6 2/22/21	WED	<b>Practice</b> Balance Practice, Sleep Sequence	
Week 8 3/8/21		<b>MIDTERM ONLINE 30 points</b>	
Week 9 3/15/21	MON	<b>Meditation Practice Reading 6 &amp; Blackboard Discussion</b> Pranamayakosha (Energy Body) I - Breathing (Balancing, Stimulating, and Calming) Pranamayakosha (Energy Body) II - Awareness & Management of Energy using the Gunas	<b>Read Bell p.170-185</b>
	WED	<b>Practice</b> Nadi Shodhana, Hip Opener Sequence	
Week 10 3/22/21	MON	<b>Meditation Practice Reading 7 &amp; Blackboard Discussion</b> Manomayakosha (Mind & Emotions) - Meditation & Awareness	<b>Read Bell p. 81-84, 89-91, 162-165</b>
	WED	<b>Practice</b> Nadi Shodhana, Hip Opener Sequence	
Week 10 3/29/21	MON	<b>Meditation Practice Reading 8 &amp; Blackboard Discussion</b> Vijñanamayakosha (Intellect) - Psychology of Yoga & Flow State <b>Final Project Assignments &amp; Expectations will be posted</b>	
	WED	<b>Practice</b> Yoga Nidra	
<b>HOMEWORK</b>		<b>Meditation Log 3 Due 10PTS</b>	
Week 11 4/5/21	MON	<b>Practice</b> Yoga & Meditation	
	WED	<b>No Class Wednesday April 7 Wellness Day</b>	
<b>HOMEWORK</b>		<b>Home Yoga Practice Article &amp; Journals Due 60 PTS</b>	
Week 12	MON	<b>Meditation Practice Reading 9 &amp; Blackboard Discussion</b>	

4/12/21	WED	Anandamaya Kosha (Bliss Body) - Contentment  <b>Practice</b> Heart Opening Sequence.	
		<b>Last day to drop without a W and to switch a pass/no pass status to a letter grade.</b>	
WEEK 13 4/12/21	MON    WED	<b>Practice</b> Heart & Hip Opening Sequence    <b>Final Review</b>	
WEEK14 4/19/21		<b>Final Project Due 105 PTS</b>	
WEEK 15 4/26/21		<b>FINAL EXAM ONLINE 75 PTS</b>	