

# University of Southern California

## Physical Education Department

### **PHED 120A Introduction to Yoga**

**Instructor:** Salena Collins -Black ERYT/ 500 HR

**Email:** salenaco@usc.edu

**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 in-person during Fall 2021. Classes will meet during regularly scheduled class time.**

**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™

<b>Cognitive 120 points</b>	Assignment	20 points
	Midterm	50 points
	Final	50 points
<b>Psychomotor 120 points</b>	Active Participation	60 points
		<b>Point/grade-base cutoffs</b>
<b>A</b>		180
<b>B</b>		160
<b>C</b>		140
<b>D</b>		120
<b>F</b>		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](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](http://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](http://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](http://equity.usc.edu), [titleix.usc.edu](http://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](http://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](http://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](http://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](http://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](http://dps.usc.edu), [emergency.usc.edu](http://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](http://dps.usc.edu)

Non-emergency assistance or information.

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

<b>Week 1</b> <b>8/23/21</b>	<b>TUES</b>	<b>Introduction/Orientation.</b> Review of syllabus. No practice.
	<b>THURS</b>	<b>Practice:</b> fundamentals of postures/ alignment/ breathingUse of Props/ modifications <b>Read Course Reader Pg. 3-5</b>
<b>Week 2</b> <b>8/30/21</b>	<b>TUES</b>	<b>Meditation Practice &amp; Lecture/Discussion:</b> Overview of Philosophy General History-
	<b>THURS</b>	<b>Practice:</b> Meditation /Begin Home Meditation Practice (5 min/day)
<b>Week 3</b> <b>9/6/21</b>	<b>TUES</b>	<b>Meditation Practice</b>
	<b>THURS</b>	<b>Practice:</b> fundamental postures, alignment, adjustments <b>Read Course Reader Pg. 6-7</b>
<b>Week 4</b> <b>9/13/21</b>	<b>TUES</b>	<b>Meditation &amp; Lecture/Discussion:</b> 1 <sup>st</sup> limb of Yoga – Yama: Behavior and Social Conduct
	<b>THURS</b>	<b>Practice:</b> fundamental postures, alignment continued <b>Read Course Reader Pg. 8-9</b>
<b>Week 5</b> <b>9/20/21</b>	<b>TUES</b>	<b>Meditation &amp; Lecture/Discussion:</b> 2 <sup>nd</sup> limb – Niyama: Personal discipline
	<b>THURS</b>	<b>Practice:</b> fundamental postures, alignment, continued <b>Assignment Part 1:</b> journal (3 days) – discovering habit patterns <b>Read Course Reader Pg. 15-17</b>
<b>Week 6</b> <b>9/27/21</b>	<b>TUES</b>	<b>Meditation &amp; Lecture/Discussion:</b> Intro to Pranayama, Ujjayi Breathing
	<b>THURS</b>	<b>Practice:</b> Restorative yoga <b>Assignment Part 2:</b> Analyze personal habits-application of yogic principles, cultivating healthy habits (dietary or environmentally) and taking personal responsibility for correcting negative habits (3 days)
	<b>TUES</b>	<b>Meditation Practice</b>

Week 7 10/4/21	THURS	<b>Practice:</b> Surya Namascar  <b>Assignment Part 3:</b> answer short essay question (reflection, summary of experience)
Week 8 10/11/21	TUES    THURS	<b>Midterm Review</b> <b>Assignment (1-3) due day of Review</b>  <b>MIDTERM EXAM</b> Read Course Reader Pg 9-14
Week 9 10/18/21	TUES    THURS	<b>Meditation &amp; Lecture/Discussion:</b> 3 <sup>rd</sup> limb – Asana: Physical Disciplines  <b>Practice:</b> Vinyasa, Surya Namaskar A and B using Ujjayi breathing
Week 10 10/25/21	TUES    THURS	<b>Meditation &amp; Lecture</b>  <b>Practice:</b> Yoga Nidra (a guided, deep-relaxation practice called ‘yogic sleep’)
Week 11 11/1/21	TUES    THURS	<b>Meditation &amp; Lecture/Discussion:</b> 4th limb – Pranayama: Breathing control  <b>Practice:</b> Restorative Read Course Reader Pg. 18-25
Week 12 11/8/21	TUES    THURS	<b>Meditation &amp; Lecture/Discussion:</b> 5th limb- Pratyahara: Control of Sensory Perception  <b>Practice:</b> Restorative
Week 13 11/15/21	TUES    THURS	<b>Meditation &amp; Lecture/Discussion:</b> Samyama (meditation): limb 6, 7 and 8  <b>Practice:</b> Vinyasa Flow

<b>Week 14</b> <b>11/22/21</b>	<b>TUES</b>  <hr/> <b>THURS</b>	<div data-bbox="902 239 1081 279">Final Review</div> <div data-bbox="581 310 1401 342"></div> <div data-bbox="925 373 1058 405"><u>NO CLASS</u></div>
<b>Week 15</b> <b>11/29/21</b>	<b>TUES</b>	<div data-bbox="950 480 1034 512">FINAL</div>