
PHED 123 - Yoga Therapy (2 unit)

Semester: Fall 2021

Section 50054 - M & W, 2:00-2:50pm

Section 50051 - T & TH, 11:00-11:50pm

Instructor: Salena Collins-Black ERYT

Email: salenaco@usc.edu

Office hours: By appointment

This class will be taught in-person during Fall 2021. Classes will meet during regularly scheduled class time.

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.
- Participate in active learning to stimulate continued inquiry about health and fitness.

3.) Students will demonstrate proficiency through knowledge & acquired skills enabling them to:

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

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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. 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.

*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

Week 1 - Week of Aug 23rd		
Reading 1	Introduction & Preparing to Practice	Bell p. 9-12, 16-22
Practice	Simple Sequence, Sun Salutes, and <i>Ujjayi</i> Breathing	
Week 2 - Week of Aug 30th		
Reading 2	Yoga in Preventing Stress-Related Disease Intro to Philosophy. What are <i>Vrttis</i> ?	Bell p. 187-196
Practice	Breath, Balance, & Flexibility	
Week 3 - Week of Sept 6th (no class Monday)		
Reading 3	Brain & Nervous System Health: Gunas & Homeostasis	Bell p. 109-125 Sullivan PDF p. 162-163 Gunas Assessment
Practice	Gunas Assessment I (bring cell phone to complete in class) Brain Health Practice, <i>Bhramari</i> (Bumblebee) Breathing, <i>Trataka</i> (candle-gazing)	
Homework	Meditation Journal 1 due by 5pm Friday Sept 10	10 points
Last day to register & change grading option (Letter Grade, P/NP, Audit) on Sept 10		
Week 4 - Week of Sept 13th		
Reading 4	Doshas & Your Strength	Bell p. 33-43 Doshas Assessment
Practice	Doshas Assessment I (bring cell phone to complete in class) Upper & Lower Body Strength Practice, 360° breathing	
Week 5 - Week of Sept 20th		
Reading 5	Autonomic Nervous System: Sympathetic vs Parasympathetic Fight/Flight vs Rest/Digest	Bell p. 127-134, 136-143 Sullivan PDF p. 133
Practice	Yoga & Digestion	
Homework	Meditation Journal 2 due by 5pm Friday Sept 24	10 points
Week 6 - Week of Sept 27th		
Reading 6	Kleshas - Five Types of Mental Afflictions	Sullivan PDF

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Practice	Yoga for Headaches	
Week 7 - Week of Oct 4th		
Reading 7	Review	
Practice	Restore & Review. Sign up for your HYP Focus Group!	
MIDTERM	Midterm Exam Online	30 points
Last day to drop without a W and to switch a pass/no pass status to a letter grade on Oct 8		

Week 8 - Week of Oct 11th (no class Thurs/Fri)		
Reading 8	Annamayakosha (Food Body) - Western Anatomy vs Yoga Anatomy	Bell p.48-63 Sullivan PDF p. 88
Practice	Upper & Lower Body Flexibility Practice, <i>Brahma Mudra</i>	
Week 9 - Week of Oct 18th		
Reading 9	Pranamayakosha (Energy Body) - Breathing (Balancing, Stimulating, Calming)	Bell p.170-185
Practice	Yoga for Equanimity; <i>Sama Vrtti</i> , <i>Kapalabhati</i> , and Extended Exhale	
Homework	Meditation Journal 3 Due by 5pm, Fri Oct 22nd	10 points
Week 10 - Week of Oct 25th		
Reading 10	Manomayakosha (Mind & Emotions) - Meditation & Awareness	Bell p. 81-84, 89-91, 162-165
Practice	Yoga for Agility, Yoga Nidra	
Homework	HYP Plan & Explanation Due by 5pm, Fri Oct 29th	40 points
Week 11 - Week of Nov 1st		
Reading 11	Vijñanamayakosha (Intellect) - What is Karma?	
Practice	<i>Dirgha pranayama</i> (three part breath)	
Homework	HYP Week 1 Journals (at least 4 entries) Due by 5pm Fri Nov 5th	10 points
Week 12 - Week of Nov 8th		
Reading 12	Anandamayakosha (Bliss Body) - Awe, Contentment, and Gratitude.	
Practice	Heart & Shoulder Opening Sequence	

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Homework	HYP Week 2 Journals (at least 4 entries) Due by 5pm Fri Nov 12th	10 points
Last day to drop a class with a W on permanent record on Nov 13		
Week 13 - Week of Nov 15th		
Practice	Presentations	
Homework	Yoga Therapy for _____ Presentations	45 points
Week 14 - Week of Nov 22nd (no class Wed-Fri)		
Practice	Presentations	
Homework	Yoga Therapy for _____ Presentations	
Week 15 - Week of Nov 29th		
Practice	Flow State & Eudaemonia	Article on Blackboard
FINAL	Final Exam Online Due by 5pm Fri Dec 3rd	75 points