

---

**PHED 123 - Yoga Therapy (2 unit)**

**Semester: Fall 2021**

Section: 50050 - Monday & Wednesday, 10:00-10:50am

Section 50052 - Monday & Wednesday, 1:00-1:50pm

Section 50055 - Tuesday & Thursday, 2:00-2:50pm

Section 50057 - Thursday 3:00-4:50pm

---

**Jennifer Guinter, M.A., LMT**

[guinter@usc.edu](mailto:guinter@usc.edu)

Office Hours by appointment

**This class will be taught in-person for Fall 2021.**  
**You must have your own yoga mat. Loaner mats will not be available.**

**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 illnesses.
- 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 well-being & 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:**

- 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, and other readings will be posted. Class information and additional articles will be available on Blackboard. <https://blackboard.usc.edu>

**EVALUATION CRITERIA:**

Plus and minus grades will be issued accordingly for each letter grade based on grade percentage.

**COURSE REQUIREMENTS:**

1. Asynchronous weekly reading assignment
2. Asynchronous weekly video lecture (under Content on Blackboard)
3. Synchronous class time = movement & meditation together

Assignments	Points	% of Grade	Point/grade-base cutoffs						
Meditation Logs (3)	30	10%	A	>	94%	282			
Midterm	30	10%	A-	>	90%	270	<	93.99%	282
Final Exam	75	25%	B+	>	87%	261	<	89.99%	270
Final Project	105	35%	B	>	84%	252	<	86.99%	261
Participation	60	20%	B-	>	80%	240	<	83.99%	252
<b>Total Points</b>	<b>300</b>	<b>100%</b>	C+	>	77%	231	<	79.99%	240
			C	>	74%	222	<	76.99%	231
			C-	>	70%	210	<	73.99%	222
			D+	>	67%	201	<	69.99%	210
			D	>	64%	192	<	66.99%	201
			D-	>	60%	180	<	63.99%	192
			F				<	59.99%	180

**ACADEMIC ACCOMODATIONS:**

Students requesting academic accommodations based on disability or significant injury are required to register with the Office of Student Accessibility Services (OSAS) each semester. A letter of verification for approved accommodations can be obtained from OSAS when adequate documentation is filed. Please be sure the letter is delivered to the instructor as early in the semester as possible. OSAS is open Mon-Fri, 8:30am-5:00pm. Located in GFS 120.

## **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 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 instructor.***

Midterm and Final make-ups are only available in emergency situations.

## **EQUIPMENT:**

Students must use their own yoga mat. **Yoga props are strongly encouraged**, including two blocks and a strap. Please have water nearby if needed.

## **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 two hours after a meal or one hour after a light snack.
- **Turn off cell phones.**
- Refrain from talking during practice, unless we are doing a group discussion.
- 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.**

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

## **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 micro aggressions 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)

*Office of Student Accessibility Services (OSAS)*

Students requesting academic accommodations based on disability or significant injury are required to register with the Office of Student Accessibility Services (OSAS) each semester. A letter of verification for approved accommodations can be obtained from OSAS when adequate documentation is filed. OSAS is open Mon-Fri, 8:30am-5:00pm. Located in GFS 120.

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

## PHED 123: Yoga Therapy Course Outline

<b>Week 1 - Week of Aug 23rd</b>		
<b>Reading 1</b>	Introduction & Preparing to Practice	Bell p. 9-12, 16-22
<b>Practice</b>	Simple Sequence, Sun Salutes, and <i>Ujjayi</i> Breathing	
<b>Week 2 - Week of Aug 30th</b>		
<b>Reading 2</b>	Self-Assessment: The Yoga Therapy Intake (bring cell phone to complete in-class & submit photo on BB)	Bell p. 187-196
<b>Practice</b>	Practical Assessment: Breath, Balance, & Flexibility I (bring cell phone or laptop to complete in-class on BB)	
<b>Week 3 - Week of Sept 6th (no class Monday)</b>		
<b>Reading 3</b>	<b>Gunas &amp; Vrttis:</b> Yoga in Preventing Stress-Related Disease What is holistic health? What is homeostasis?	Bell p. 109-125 Sullivan PDF p. 162-163
<b>Practice</b>	<i>Bhramari</i> (Bumblebee) Breathing, <i>Trataka</i> (candle-gazing)	
<b>Homework</b>	<b>Meditation Journal 1: Trataka</b> due by 5pm Friday Sept 10	10 points
<b>Last day to register &amp; change grading option (Letter Grade, P/NP, Audit) on Sept 10</b>		
<b>Week 4 - Week of Sept 13th</b>		
<b>Reading 4</b>	<b>Doshas &amp; Your Strength</b>	Bell p. 33-43 Doshas Assessment
<b>Practice</b>	<b>Doshas Assessment I (bring cell phone to complete in class)</b> Upper & Lower Body Strength Practice, 360° breathing	
<b>Week 5 - Week of Sept 20th</b>		
<b>Reading 5</b>	<b>Autonomic Nervous System: Sympathetic vs Parasympathetic</b> Fight/Flight vs Rest/Digest	Bell p. 127-134, 136-143 Sullivan PDF p. 133
<b>Practice</b>	Yoga & Digestion	
<b>Homework</b>	<b>Meditation Journal 2: Mindful USC</b> due by 5pm Friday Sept 24	10 points
<b>Week 6 - Week of Sept 27th</b>		
<b>Reading 6</b>	The Kleshas: Barriers to Contentment	Online PDF
<b>Practice</b>	Using the Five Senses & Five Elements to Find Balance	
<b>Week 7 - Week of Oct 4th</b>		
<b>Reading 7</b>	<b>Review</b>	
<b>Practice</b>	Restore & Review. Sign up for your HYP Focus Group!	
<b>MIDTERM</b>	<b>Midterm Exam Online</b>	<b>30 points</b>
<b>Last day to drop without a W and to switch a pass/no pass status to a letter grade on Oct 8</b>		

<b>Week 8 - Week of Oct 11th (no class Thurs/Fri)</b>		
<b>Reading 8</b>	<b>Annamayakosha (Food Body)</b> - Western Anatomy vs Yoga Anatomy	Bell p.48-63 Sullivan PDF p. 88
<b>Practice</b>	Upper & Lower Body Flexibility Practice, <i>Brahma Mudra</i>	
<b>Week 9 - Week of Oct 18th</b>		
<b>Reading 9</b>	<b>Pranamayakosha (Energy Body)</b> - Breathing (Balancing, Stimulating, Calming)	Bell p.170-185
<b>Practice</b>	Yoga for Equanimity; <i>Sama Vrtti</i> , <i>Kapalabhati</i> , and Extended Exhale	
<b>Homework</b>	<b>Meditation Journal 3: Walking or 5 Element</b> Due by 5pm, Fri Oct 22nd	<b>10 points</b>
<b>Week 10 - Week of Oct 25th</b>		
<b>Reading 10</b>	<b>Manomayakosha (Mind &amp; Emotions)</b> - Meditation & Awareness	Bell p. 81-84, 89-91, 162-165
<b>Practice</b>	Yoga for Agility, Yoga Nidra	
<b>Homework</b>	<b>HYP Plan &amp; Explanation</b> Due by 5pm, Fri Oct 29th	<b>40 points</b>
<b>Week 11 - Week of Nov 1st</b>		
<b>Reading 11</b>	<b>Vijñanamayakosha (Intellect)</b> - What is Karma?	
<b>Practice</b>	<i>Dirgha pranayama</i> (three part breath)	
<b>Homework</b>	<b>HYP Week 1 Journals (at least 4 entries)</b> Due by 5pm, Fri Nov 5th	<b>10 points</b>
<b>Week 12 - Week of Nov 8th</b>		
<b>Reading 12</b>	<b>Anandamayakosha (Bliss Body)</b> - Awe, Contentment, and Gratitude.	
<b>Practice</b>	Heart & Shoulder Opening Sequence Upload a photo of your "simple joy" on Zoom to share in class	
<b>Homework</b>	<b>HYP Week 2 Journals (at least 4 entries)</b> Due by 5pm, Fri Nov 12th	<b>10 points</b>
<b>Last day to drop a class with a W on permanent record on Nov 13</b>		
<b>Week 13 - Week of Nov 15th</b>		
<b>Practice</b>	<b>Presentations</b>	
<b>Homework</b>	<b>Yoga Therapy for _____ Presentations</b>	<b>45 points</b>
<b>Week 14 - Week of Nov 22nd (no class Wed-Fri)</b>		
<b>Practice</b>	<b>Presentations</b>	
<b>Homework</b>	<b>Yoga Therapy for _____ Presentations</b>	
<b>Week 15 - Week of Nov 29th</b>		
<b>Practice</b>	Flow State & Eudaemonia	Article on Blackboard
<b>FINAL</b>	<b>Final Exam Online</b> Due by 5pm Fri Dec 3rd	<b>75 points</b>