

PHED 120A Yoga

Instructor: Isabelle Mazumdar

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Office hours: By appointment

Office: PHED 106B

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 Objective

- 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 better health and will be able to:

Recognize the physical and mental benefits of increased activity.

Understand anatomy, basic bio mechanical principles and terminology.

2. 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.

Participate in a motivating and nurturing environment resulting in greater sense of well-being and self-esteem.

3. 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.

Create a safe and progressive, methodical and efficient activity-based plan to enhance improvement and minimize risk of injury.

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.

Equipment: You will need your own yoga mat (5mm or 1/4" is best), other recommended props: straps and blocks.

Evaluation Criteria:

* Testing locations will be announced on Blackboard™

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| Cognitive 120 points | Assignment | 20 points |
| | Midterm | 50 points |
| | Final | 50 points |
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| Psychomotor 80 points | Active Participation | 60 points |
| | Practice Test | 20 points |
| Total | | 200 points |

| | Point/grade-base cutoffs |
|----------|---------------------------------|
| A | 180 |
| B | 160 |
| C | 140 |
| D | 120 |
| F | 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.

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.

Department of Physical Education-Yoga- PHED 120A
Spring - Course Outline

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| Week 1 1/19 | Day 1 Introduction/Orientation. Review of syllabus. No practice Day 2 – Use of Props/ modifications Practice: fundamentals of postures/ alignment/ breathing |
| Week 2 | Overview of Philosophy General History- Chapter 1 |
| Week 3 | 1 st limb of Yoga – Yama: Behavior and Social Conduct Practice: fundamental postures, alignment continued |
| Week 4 | 2 nd limb – Niyama: Personal discipline Practice: fundamental postures, alignment, continued Assignment Part 1: dietary journal (3 days) – discovering habit patterns |
| Week 5 | Intro to Pranayama, Ujjayi Breathing Assignment Part 2: Analyze eating habits-application of yogic principles, cultivating healthy habits and taking personal responsibility for correcting negative habits (3 days) |
| Week 6 | 3 rd limb – Asana: Posture/ Anatomy & Physiology Practice: Surya Namascar +Assignment Part 3: answer short essay question (reflection, summary of experience) |
| Week 7 | Vinyasa, Surya Namascar A and B using Ujjayi breathing Assignment (all 3-parts) |
| Week 8 | Midterm Review MIDTERMS: Thursday online |
| Week 9 | 4th limb – Pranayama: Breathing control Focus on the Fundamentals of respiration and the effects on stress reduction |
| Week 10 | Pranayama continued |
| Week 11 | 5th limb- Pratyahara: Control of Sensory Perception Practice: Yoga Nidra (a guided, deep-relaxation practice called ‘yogic sleep’) |
| Week 12 | Samyama (meditation): limb 6, 7 and 8 |
| Week 13 | Review for PRACTICAL TEST |
| Week 14 | PRACTICAL TEST due on Blackboard Tuesday |
| Week 15 | Final review FINAL- Online |