

USC Dornsife Physical Education

INTRODUCTION TO YOGA

SPRING 2022

Instructor: Clio Manuelian
Email: manuelia@usc.edu
Office hours: By appointment
Location: PED Sub-Basement

Section 49760: M/W 8:00 – 8:50am
Section 49762: M/W 9:00 – 9:50am
Section 49965: Friday 10:00 -11:50am
Section 49967 Friday 12:00 – 1:50pm
Each Course = 1 unit

COURSE DESCRIPTION:

Intro to Yoga offers students a fundamental experience of the physical practice (asana), explores meditation and breathing techniques (pranayama), along with a basic introduction to classical philosophy. Students will also learn strategies to specifically increase energy, creativity, awareness, mental health, break down subconscious patterns, decrease stress, physical and mental blocks in addition to increase muscle strength and flexibility. Each class will end with a relaxation segment. This course is designed for anyone. Totally new beginners and advanced practitioners will both benefit equally from these practices.

REQUIRED EQUIPMENT: A Yoga Mat is Required for this class

Mat Recommendations:

- Manduka travel mat (thinner, \$) <https://www.manduka.com/products/pro-travel-yoga-mat?variant=23736526995514>
- Manduka classic ProLite (thicker for tender joints/bones, \$\$) <https://www.manduka.com/products/prolite-yoga-mat?variant=31221553496122>

Do Not Use a Squishy or Soft Pilates Mat

ACKNOWLEDGMENT:

Though our program here is secular, it is with an acknowledgement for the roots mindfulness has in Hindu philosophy. Certain practices and ideas have evolved and been carried across time and geography and have been adapted here for introductory and interdisciplinary study. USC PE Yoga would also like to acknowledge and honor the ancestral and unceded land that our university sits on, home of the Tongva people. For at least 9,000 years, they stewarded the land we call Southern California along with their neighbors the Chumash, Tataviam, Kitanemuk, Serrano, Cahuilla, Payomkawichum, Acjachemen, Ipai-Tipai, Kumeyaay, and Quechan peoples. To learn more about the history of these indigenous lands: <https://dornsife.usc.edu/hist/land-acknowledgement/>

COMMUNICATION:

Students are encouraged to reach out to me, Clio by email and I will try to respond as soon as possible, and within 48 hours.

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 and implement breathing techniques for relaxation and stress management.
- Identify the basics of anatomy and physiology as it relates to a yoga practice.

GUIDELINES FOR PRACTICE:

- **Practice barefoot**
- Be **on time** - arrive 2 minutes early and have props ready
- Please wear athletic clothing that allows freedom of movement.
- Practice yoga on an **empty stomach** to prevent discomfort and promote digestion. Wait one hour after eating to practice.
- Refrain from chewing gum during practice.
- **Refrain from drinking water during practice**, as it's mostly a mental distraction from the intensity and it extinguishes the digestive fires and dampens mind.
- Please notify me of any injuries or conditions (including pregnancy), prior to practice or at any time. This information is necessary to safely adapt the practice to serve specific student needs and will be kept confidential.
- Phone Free - place cell phones on silent. Turn off notifications. Minimize distractions.
- This is your time to unplug and recharge.

IN-PERSON POLICIES: To protect yourself and others, USC currently requires masking indoors for all individuals in campus facilities, including vaccinated and unvaccinated individuals. Please do not eat in class. Compliance with [Trojan Check](#) is required before entering campus. Students are expected to comply with all aspects of USC's COVID-19 policy. Failure to do so may result in removal from the class and referral to Student Judicial Affairs and Community Standards. For updates and information: <https://coronavirus.usc.edu>

ONLINE ETIQUETTE (IF/WHEN ONLINE): Your presence and engagement are as important online as in a physical classroom. Please plan to have screens on when possible and be on time to class.

GRADING CRITERIA:

The benefits of practice are directly related to how much effort, time and attention students choose to invest in it. Grades are based on commitment and consistency to show up for practice, completion of all work and the following criteria:

- Dedicated consistent effort to a committed, regular practice
- Completion of all assignments and exams
- Attend class daily live or online with Video On, in a well lit space and camera angled so that student is seen as present
- Curiosity to modify and willingness challenge limits for growth with a nonjudgmental approach
- Patient kindness shown with attention to others and gentleness towards body and mind

All work is due on the assigned date and is to be typed and submitted to Blackboard. Format: submit as a Word, Pages or PDF document, double-spaced, Times New Roman, 12-point font, 1" margins, MLA format. Due dates under course outline.

GRADING:

- **Attendance and Participation (60 points)**

Yoga is an Experiential-based Physical Education course therefore, physical attendance and active participation (if online, open video is required for the participation portion of the grade), and is a large component of the final grade. Attendance will be taken during each class for participation points. Attendance is taken electronically and it is the student's responsibility to sign the attendance each class.

- **Reflection (20 points total)**

Reflection is an integral part of the learning process. Students will complete reflections on the material from the Course Reader, class conversations, and direct experiences throughout the course. There are 3 reflection forms with contemplations and practices. There will also be an end-of-course evaluation to help evolve the class to best serve the needs of students. Students are welcome to communicate feedback to me through the semester on reflections, by email or in person.

- **Embodied Assessment (20 points total)**

In class practicum, to demonstrate psychomotor fluency and attention to alignment. Attendance required for grade, please note the date.

- **Midterm Exam (50 points)** Online, outside of class, open book, multiple choice.

- **Final Exam (50 points)** Online, outside of class, open book, multiple choice.

GRADING SCALE (200 Total Points):

180 - 200 points = A	(A = 90 - 94+ %)
160 - 179 points = B	(B = 80-89%)
140 - 159 points = C	(C = 70-79%)
120 - 139 points = D	(D = 60-69%)
Below 120 points = F	(F = 0-59%)

ACADEMIC ACCOMMODATIONS:

Students requesting academic accommodations based on a 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 the instructor or TA as early in the semester as possible. DSP is open Monday-Friday, 8:30am-5:00pm. The office is in Student Union 301 and the phone number is (213) 740-0776

COURSE READER: The course reader is posted on Blackboard under Content.

Blackboard™: <https://blackboard.usc.edu>

Assignments, exams and class review and resources will be posted on Blackboard.

PHYSICAL EDUCATION PROGRAM OBJECTIVES:

Students will understand the importance of wellness 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 and basic bio-mechanical principles and terminology
- Discover greater self-awareness and determine greater self-regulation
- 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.
- Empower themselves by setting and working toward realistic individual goals.
- Engage in a motivating and nurturing environment, resulting in a greater sense of well-being and self-esteem
- Participate in active learning to stimulate continued inquiry about physical education, health and wellness
- Students will demonstrate proficiency through knowledge and acquired skills enabling them to:
- Create a safe, progressive, methodical and efficient activity based plan to enhance improvement, minimize risk of injury
- Develop an appreciation of physical activity as a lifetime pursuit and a means to cultivate and maintain good mental and physical health
- Accrue independent tools to manage stress and access greater ease

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 Section 11, *Behavior Violating University Standards* <https://scampus.usc.edu/1100-behavior-violating-university-standards-and-appropriate-sanctions/>. 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/>.

Sharing of course materials outside of the learning environment: USC has a policy that prohibits sharing of any synchronous and asynchronous course content outside of the learning environment. *SCampus* Section 11.12(B)

Distribution or use of notes or recordings bases on university classes or lectures without the express permission of instructor for purposes other than individual or group study is a violation of the USC Student Conduct Code. This includes, but is not limited to, providing materials for distribution by services publishing class notes. This restriction on unauthorized use also applies to all information, which had been distributed to students or in any way had been displayed for use in relationship to the class, whether obtained in class, via email, on the internet or ia any other media. (See Section C.1 Class Notes Policy)

USC Technology Rental Program

We realize that attending classes online and completing coursework remotely requires access to technology that not all students possess. If you need resources to successfully participate in your classes, such as a laptop or internet hotspot, you may be eligible for the university’s equipment rental program. To apply, please [submit an application](#). The Student Basic Needs team will contact all applicant in early August and distribute equipment to eligible applicants prior to the start of the fall semester. <https://studentbasicneeds.usc.edu>

USC Software downloads: <https://software.usc.edu>

University of Southern California

PHYSICAL EDUCATION DEPARTMENT

PHED 120A Introduction to Yoga Syllabus

WEEK 1 <i>Week of 1/10</i>	<u>Lesson:</u> Introduction & Orientation: What is Yoga? <u>Practice:</u> Tadasana Stand on Your Own Two Feet The fundamental blueprint neutrally rotated standing poses Read: Yoga Reader online, pages 3 - 5
WEEK 2 <i>Week of 1/17</i>	<u>Lesson:</u> Overview of Yoga Philosophy <u>Practice:</u> Externally Rotated Standing Poses Read: pages 10, 14, 26, 30
Holiday	MLK - No Class Monday 1/17
WEEK 3 <i>Week of 1/24</i>	<u>Lesson:</u> Guide for Happiness Patanjali <i>Yoga Sutras</i> , 8 Limbs/Steps <u>Practice:</u> Twists Read: pages 6 - 7, 11, 12
WEEK 4 <i>Week of 1/31</i> <i>Last day to add/drop 1/28</i>	<u>Lesson:</u> Do No Harm. 1st Step, The Yamas, Ahimsa <u>Practice:</u> Balancing Read: pages 6 - 9, 27 Ashtanga Challenge: Yamas Ahimsa Due Sunday 2/6
WEEK 5 <i>Week of 2/7</i>	<u>Lesson:</u> Self Compassion. 2nd Step, The Niyamas, Santosha <u>Practice:</u> Backbends Read: pages 8 - 13, 27 - 29 Ashtanga Challenge: Niyamas Santosha Due Sunday 2/13
WEEK 6 <i>Week of 2/14</i>	<u>Lesson:</u> Be in the Body. 3rd Step, Asana <u>Practice:</u> Forward Folds Read: pages 9 - 13, 26 - 29
WEEK 7 <i>Week of 2/21</i> <i>Last day to change grade to pass/no pass 2/25</i>	<u>Lesson:</u> Breathe. 4th Step, Pranayama <u>Practice:</u> Surya Namaskar A & B / Internally Rotated Poses Read: pages 13 - 17, 28 - 28 Ashtanga Challenge: Asana & Pranayama Due Sunday 2/27
Holiday	Presidents Day - No Class Monday 2/21

WEEK 8 <i>Week of 2/28</i>	<u>Lesson:</u> Go Inwards. 5th Step, Pratyahara <u>Practice:</u> Externally Rotated Read: pages 19 - 20 Midterm Exam On Blackboard Wednesday 3/2
WEEK 9 <i>Week of 3/7</i>	<u>Lecture Topic:</u> Intro to Meditation, 6th Step Dharana <u>Practice:</u> Twists Read: pages 22 - 25
Holiday	Spring Break - No Class March 13 - 20
WEEK 10 <i>Week of 3/21</i>	<u>Lesson:</u> Meditate. 7th Step, Dhyana <u>Practice:</u> Balancing Read: pages 22 - 25
WEEK 11 <i>Week of 3/28</i>	<u>Lesson:</u> Happiness. 8th Step, Samadhi <u>Practice:</u> Supported Backbends
WEEK 12 <i>Week of 4/4</i>	<u>Lesson:</u> Effort and Ease <u>Practice:</u> Forward Folds & Yin Yoga
WEEK 13 <i>Week of 4/11</i>	<u>Lesson:</u> Living Yoga <u>Practice:</u> Restorative Yoga Make-Up Classes Due Sunday 4/17
WEEK 14 <i>Week of 4/18</i>	<u>Lesson:</u> Beginners Mind/Growth Mindset <u>Practice:</u> Full spectrum practice In Class Embodied Assessment - on 2nd Class of Wk
WEEK 15 <i>Week of 4/25</i>	Closing Ceremony Final Exam On Blackboard open 4/29 thru 4/30

**Please note this is a tentative outline schedule and may be subject to change.*

UNIVERSITY 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

- **National Suicide Prevention Lifeline** – (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
- **Relationship & Sexual Violence Prevention Services (RSVP)** 213.740-4900 on call 24/7 Free and confidential therapy services, workshops, and training for situations related to gender-based harm. 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
- **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
- **Bias Assessment Response and Support** Incidents of bias, hate crimes and microaggressions need to be reported allowing for appropriate investigation and response. studentaffairs.usc.edu/bias-assessment-response-support
- **The Office of Disability Services and Programs** Provides certification for students with disabilities and helps arrange relevant accommodations. dsp.usc.edu
- **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
- **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
- **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
- **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

Discrimination, sexual assault, and harassment are not tolerated by the university. You are encouraged to report any incidents to the Office of Equity and Diversity <http://equity.usc.edu/> or to the Department of Public Safety <http://capsnet.usc.edu/departments/departments-public-safety/online-forms/contact-us>. This is important for the safety whole USC community. Another member of the university community – such as a friend, classmate, advisor, or faculty member – can help initiate the report, or can initiate the report on behalf of another person. The Center for Women and Men <http://www.usc.edu/student-affairs/cwm/> provides 24/7 confidential support, and the sexual assault resource center webpage sarc@usc.edu describes reporting options and other resources.