

Instructor: Isabelle Mazumdar

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Office hours: By appointment

Office: PHED 106B

PHED 120B Intermediate Yoga

Course Description

This class is based on the study of Hatha Yoga, as defined in the Hatha Yoga Pradipika. It includes Asana, Pranayama, relaxation and meditation.

Course Objective

- Define the practices of of Hatha Yoga.
- Experiment with the practice of intermediate and advanced asanas, including inversions.
- Integrate and implement breathing techniques for relaxation and stress reduction.
- Determine and execute your own yoga sequence.

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

Course Material

The class material will be posted on Blackboard.

Recommended: Dykema, Ravi, Yoga for Fitness and Wellness 2nd ed.2011, available at the Leavey library.

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

We will use it in addition to classroom instruction for resources and class information.

Equipment

You will need your own mat, also recommended straps and blocks.

Evaluation Criteria:

* Testing locations will be announced on Blackboard™

Active Participation	60 points
Assignments	10 points
Midterm practical	30 points
Final practical	30 points
Reflection	30 points
Final	40 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.

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.

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, <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/>.

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

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
Services include assistance in providing readers/notetakers/interpreters, accommodations for test taking needs, 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 120B
Spring - Course Outline

Week 1 1/19	Day 1 Introduction/Orientation. Review of syllabus. Day 2 – Review: Vinyasa-Surya Namascar Ujjayi breathing
Week 2	Review continued Samavritti Arm balances: Bakasana
Week 3	Forwardbend asanas- physiology & anatomy Inversion: Tripod
Week 4	Backbend asanas- physiology and anatomy
Week 5	Prana and the subtle body Pranayama: Nadi Shodhana Spinal twists
Week 6	Mudra- Bandha Balancing poses/Arm balances Midterm practical assignment posted
Week 7	Kapalbhati Pranayama Creating your own vinyasa
Week 8	Midterm practical due online
Week 9	Pranayama: Surya/Chandra Bhedana
Week 10	Shatkarma Pratyahara- Yoga Nidra (“yogic sleep”, a guided deep-relaxation practice)
Week 11	Inversions- Scorpion pose Arm balances Final practical assignment posted
Week 12	The subtle body- Nadis, Chakras, Kundalini
Week 13	Final Practical due online
Week 14	Final review
Week 15	Final exam