

PHED 123 - Yoga Therapy (2 units)**Semester: Spring 2022**

Section: 50051 -Tuesday & Thursday, 11:00-11:50am

Office Hours: 3-4:00 Mondays and by appointment

Linda Yaron Westonlyaron@usc.edu**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.

COURSE REQUIREMENTS:

1. Attend & Participate in Class
2. Meditation Reflections
3. Final Project (Home Yoga Practice and Presentation)
4. Midterm & Final Exams

Assignments	Points	% of Grade	Point/grade-base cutoffs						
			Grade	Symbol	Percentage	Points	Symbol	Percentage	Points
Meditation Reflections	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
Total Points	300	100%	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

EVALUATION CRITERIA:

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

BLACKBOARD:

All assignments will be posted to and submitted to Blackboard. Submit all assignments to blackboard in PDF or Word format.

ACADEMIC ACCOMODATIONS:

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 yoga practice. If you are late or leave early, you will only receive partial credit for the class. You must attend the section for which you are enrolled.

Livestreaming class is not available; in-person attendance is required to receive full participation credit. Make-ups are only allowed for extenuating circumstances with at least 12-24 hour advanced notice and approval from 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 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; 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 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.**

**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. 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

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

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

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 micro aggressions 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

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

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

PHED 123: Yoga Therapy Course Outline

Balanced: *Gun*s, *Vrt*tis, and Yoga in Preventing Stress-Related Illness

Week 1 - Week of Jan 10

Reading 1	Introduction & Preparing to Practice	Venn Diagram
Practice	Sun Salutes and <i>Ujjayi</i> Breathing <u>Begin home meditation practice (5-10+ minutes/day recommended)</u>	

Week 2 - Week of Jan 17 (no class Mon; Martin Luther King Day)

Reading 2	Yoga in Preventing Stress-Related Disease What are <i>Vrt</i> tis?	Balance, Breath, & Flexibility Assessment I
Practice	Back Pain Prevention	

Week 3 - Week of Jan 24

Reading 3	Brain & Nervous System Health: <i>Gun</i> s and Homeostasis What is mindfulness?	Sullivan PDF p. 162-163 Gun
Practice	Headache Prevention; <i>Bhramari</i> (Bumblebee) Breath	
Submit	<u>Meditation Reflection Log Due</u> Due by 5:00pm Sunday, February 7	30 points

Last day to change grading option (Letter Grade, P/NP, Audit)

Know Thy Self: *Dosh*as and the Autonomic Nervous System

Week 4 - Week of Jan 31

Reading 4	<i>Dosh</i> as & Your Strength	Dosh
Practice	Upper & Lower Body Strength Practice <u>Begin home yoga practice (HYP)</u>	

Week 5 - Week of Feb 7

Reading 5	Autonomic Nervous System: Sympathetic vs Parasympathetic Fight/Flight vs Rest/Digest	Mindful Eating
Practice	Yoga for Digestion	

Week 6 - Week of Feb 14

Reading 6	<i>Klesh</i> as - Five Types of Mental Afflictions	Sullivan PDF
Practice	Smooch & Stretch: Yoga with Myofascial Release Balls	

Week 7 - Week of Feb 21 (no class Mon; Presidents' Day)

Reading 7	Review	Sign up for HYP Group (4 groups total; 4 people max in each group)
Practice	Restore & Review: Restorative Yoga	
MIDTERM	Midterm Exam	30 points

Last day to drop without a W and to switch a pass/no pass status to a letter grade.

Layers of Being: <i>Koshas</i>		
Week 8 - Week of Feb 28		
Reading 8	Annamayakosha - Physical Body	Lower Cross Syndrome
Practice	Yoga & Lower Cross Syndrome, <i>Brahma Mudra</i>	
Week 9 - Week of Mar 7		
Reading 9	Pranamayakosha - Breath & Energy	Upper Cross Syndrome
Practice	Yoga & Upper Cross Syndrome; <i>Sama Vrtti</i> , <i>Kapalabhati</i> , and <i>Dirgha</i> Breathing	
Spring Break		
Week 10 - Week of Mar 21		
Reading 10	Manomayakosha - Mind & Emotions <u>Begin home yoga practice log</u>	
Practice	Yoga Nidra	
Week 11 - Week of Mar 28		
Reading	Vijñanamayakosha - Intellect	Flow State Discussion
Practice	Cultivating Flow in Yoga	
Week 12 - Week of Apr 4		
Reading	Anandamayakosha - Awe, Contentment, and Gratitude	Simple Joy Activity
Practice	Heart & Shoulder Opening Sequence	
Submit	HYP Project: Home Yoga Practice Plan and Reflection Due by 5:00pm, Sunday April 11	60 points
Last day to drop a class with a W on permanent record		
Yoga Therapy Applied		
Week 13 - Week of Apr 11		
	HYP Project Group Presentation Due: Yoga Therapy for _____	45 points
Week 14 - Week of Apr 18		
Reading	Review	
Practice	Yoga Therapy Applied	
Week 15 - Week of Apr 25		
Practice	Restore & Review	
EXAM	Final Exam Online *Due by 5:00pm Wednesday, April 27*	75 points