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**Section 49750 Mon & Wed 2:00-2:50pm**

Instructor: Jennifer Guinte, MA, LMT

Location: PHED 201

Office hours by appointment—PHED 108

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### **Course Description**

AcroYoga combines the mindfulness of yoga with the dynamic movement of acrobatics. Groups of two or more work together to build balance, strength, and communication skills in a safe, supportive environment. Classes will focus on spotting, basic L-basing, partner and solo stretching, supported inversions, handstand training, and AcroYoga culture worldwide.

This a teamwork-building fitness class that utilizes basic yet fun acrobatic training techniques. Students work in groups of two or more, and we will rotate partners throughout class. All exercises are equipment-free, using only bodyweight. Partner stretching techniques will also be utilized. No acrobatic nor yoga experience is required. Prerequisite(s): none

### **Course Learning Objectives**

- increase balance and flexibility
- connect with peers through teamwork exercises
- learn basic inversions and handstand training exercises
- practice ethical touch and clear communication in partner/group activities
- increase proprioception and coordination
- learn how to breathe during stretching and how to cue breathing with a partner
- gain fitness and stretching techniques that can be used anywhere, with no equipment required
- gain a working knowledge of a worldwide culture of people who like to lift each other up, both physically and psychologically

### **Physical Education Program Objectives**

Students will understand the importance of sound health and fitness principles as they relate to better health and will be able to:

- Understand anatomy, basic bio mechanical principles, and terminology.
- Determine training strategies.

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.

Students will demonstrate proficiency through knowledge and acquired skills enabling them to understand and utilize various training methods.

## **Textbooks**

AcroFit Manual (available on Blackboard or [acroyoga.org](http://acroyoga.org))

Periodic Table of AcroYoga (available on Blackboard)

## **Assignments**

### **1.) Reflection (20 points)**

Pick one of the Noble Elements from the Periodic Table of AcroYoga. Recall something that we have done in class that stands out to you as memorable “aha!” moment relating to that Noble Element. Perhaps you surprised by how you were able to do something that you didn't think you could do; maybe you've found a particular stretch to be specifically helpful, or perhaps you've really enjoyed the collaborative nature of the class. Alternatively perhaps you've been challenged in other ways; try and practice some non-judgement towards yourself and others :) and share your experience.

Format: Double-spaced, Times New Roman, 12-point font, 1” margins, MLA format.

### **2.) Practical Exam (20 points)**

We will form groups of 3-4. With your group members, you must work together to demonstrate a transition between any two poses. May be acrobatic or therapeutic. Must include the following:

- Identify the correct names of the two poses
- Identify any hand grips used
- Key actions for the base
- Key actions for the flyer
- Spotting stance, and key actions for the spotter

This will be done during regular class time. Be creative! All group members must be present.

### **3.) Midterm & Final Exams (50 points each)**

In this multiple choice exam, students will demonstrate knowledge of key AcroYoga poses and partner stretches. These exams will also cover types of spotting, hand grips, and AcroYoga-specific vocabulary.

### **4.) Participation (60 points)**

Classroom participation will constitute 30% of students' final grades. Timely and consistent attendance is imperative in order to build on techniques taught in previous classes. Failure to attend class **will impact** your final grade. If you are tardy and/or leave early, you will not receive any credit for that day. Excused absences are to accommodate for illness, injury, or school-related business.

## Grades

Assignment / Exam	Points	% of Grade	Point/grade-base cutoffs	
Reflection	20	10.00%	<b>A</b>	180 - 200
Practical Exam	20	10.00%	<b>B</b>	160 - 180
Midterm Exam	50	25.00%	<b>C</b>	140 - 160
Final Exam	50	25.00%	<b>D</b>	120 - 140
Participation	60	30.00%	<b>F</b>	below 120
<b>Total Points</b>	<b>200</b>	<b>100%</b>		

## Etiquette and Safety

- Please be aware that this course does involve contact with other participants. Thus please arrive clean and avoid wearing any perfume/cologne/essential oils, and be respectful when engaging with others. Hand sanitizer is required at the start and end of every class.
- At any point if someone says “down” or “stop” then all members of the group must safely stop the activity, no questions asked.
- If you feel too exhausted and/or uncomfortable to perform an activity, take care of yourself; communicate with instructor and partners, and ask someone else to step in for you if need be.
- Appropriate spotting techniques must be utilized AT ALL TIMES.

## Academic Accommodations

Students requesting academic accommodations based on disability or significant injury are required to register with 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 me as early in the semester as possible. OSAS is open Monday – Friday, 8:30am–5:00pm. The office is in GFS 120 and the phone number is (213) 740-0776.

## 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](https://engemannshc.usc.edu/counseling)

### **National Suicide Prevention Lifeline**

1 (800) 273-8255 — **24/7 on call**

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 & Sexual Violence Prevention Services (RSVP) – (213) 740-4900 – 24/7**

Free and confidential therapy services, workshops, and training for situations related to gender-based harm. [engemannshc.usc.edu/rsvp](https://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 microaggressions need to be reported allowing for appropriate investigation and response. [studentaffairs.usc.edu/bias-assessment-response-support](https://studentaffairs.usc.edu/bias-assessment-response-support)

### **Office of Student Accessibility Services (OSAS) - (213) 740-0776**

<https://osas.usc.edu/>

Formerly DSP. Students requesting academic accommodations due to injury or disability are must register with the Office of Student Accessibility Services (OSAS) each semester for readers/notetakers/interpreters, accommodations for test taking needs, assistive technology, or other support. A letter of verification for accommodations can be obtained from OSAS. 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.

### **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](https://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)

## COURSE OUTLINE

Topic		Note	Reading
<b>Week 1</b>			
Practice	Review of Syllabus—Alphabet of Acro Forward Flying: Front Plank & Front Bird		<a href="https://youtu.be/nf80LDPmeSE">https://youtu.be/nf80LDPmeSE</a>
<b>Week 2</b>			
Practice	Throne, Straddle Throne & High Flying Whale		<a href="https://www.youtube.com/watch?v=0cMOEYdvJ7A">https://www.youtube.com/watch?v=0cMOEYdvJ7A</a>
<b>Week 3</b>			
Practice	Flying Transitions & Foot to Shin		
<b>Last day to change grading options (Letter Grade, P/NP, Audit)</b>			
<b>Week 4</b>			
Practice	Therapeutics: Backward Flying I		<a href="https://youtu.be/8ciuVrlxF9o">https://youtu.be/8ciuVrlxF9o</a>
<b>Week 5</b>			
Practice	Inversions: Candlestick, Shoulderstand, and Star		<a href="https://www.youtube.com/watch?v=0g3JzS5ctOU">https://www.youtube.com/watch?v=0g3JzS5ctOU</a>
<b>Week 6</b>			
Practice	Backward Flying II: Straddle Bat, Flying Paschi, and Side Stars		<a href="https://youtu.be/_vIqVAhLTck">https://youtu.be/_vIqVAhLTck</a>
<b>HW due</b>	Reflection I	20 points	
<b>Week 7</b>			
Practice	Therapeutics: Forward Flying I		
<b>Last day to change grading option to pass/no pass or drop without a W</b>			
<b>Week 8</b>			
Practice	Review		
<b>EXAM</b>	<b>Midterm</b>	50 points	

<b>Week 9</b>			
Practice	Thighstand Counterbalance		
<b>Week 10</b>			
Practice	Game of Thrones: Straddle & Reverse Throne		
<b>Week 11</b>			
Practice	Tick Tock		<a href="https://youtu.be/gBSVH8tiLU">https://youtu.be/gBSVH8tiLU</a>
<b>Week 12</b>			
Practice	Ninja Star		
<b>EXAM</b>	Practical Exam	20 points	
<b>Week 13</b>			
Practice	Goofy and Mono-Limb Poses; Acro Jam Etiquette		
<b>Week 14</b>			
Practice	Flying Therapeutics III		
<b>Week 15</b>			
Practice	Review		
<b>EXAM</b>	<b>Final</b>	50 points	