

## **Introduction to Yoga**

### **Fall 2022**

**Instructor:** Clio Manuelian  
**Email:** [manuelia@usc.edu](mailto: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

**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: Yoga Mat Required Do Not Use a Squishy Mat or Soft Pilates Mat**

Mat Recommendations:

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

#### **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)**

Students need to be present in class in order to earn participation points. As yoga is an experience-based Physical Education course, it requires physical attendance (when online, camera open) to receive this credit. Active participation is a large component of the final grade. Attendance will be taken each class and is the student's responsibility to confirm presence and attendance. Participating in other sections is not permitted.

- **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 & MIND BODY HEALTH**  
**PHED 120A Introduction to Yoga Course Outline**

<p><b>WEEK 1</b>  <i>Week of 8/22</i></p>	<p><u>Lesson:</u> Introduction &amp; Orientation: What is Yoga?  <u>Practice:</u> Tadasana Stand on Your Own Two Feet  The fundamental blueprint neutrally rotated standing poses</p> <p><b>Read:</b> Yoga Reader online, pages 3 - 5</p>
<p><b>WEEK 2</b>  <i>Week of 8/29</i></p>	<p><u>Lesson:</u> Overview of Yoga Philosophy  <u>Practice:</u> Externally Rotated Standing Poses</p> <p><b>Read:</b> pages 10, 14, 26, 30</p>
<p><b>WEEK 3</b>  <i>Week of 9/5</i></p> <p><b>Holiday</b></p>	<p><u>Lesson:</u> 8 Steps for Happiness = Ashtanga Yoga, Patanjali Yoga Sutras  <u>Practice:</u> Twists</p> <p><b>Read:</b> pages 6 - 7, 11, 12</p> <p><b>Labor Day - No Class Monday 9/5</b></p>
<p><b>WEEK 4</b>  <i>Week of 9/12</i>  <i>Last day to add/drop 1/28</i></p>	<p><u>Lesson</u> Step 1: Do No Harm/ Ahimsa. The Yamas  <u>Practice:</u> Balancing</p> <p><b>Read:</b> pages 6 - 9, 27</p> <p><b>Ashtanga Challenge: Yamas Ahimsa Due Sunday 9/18</b></p>
<p><b>WEEK 5</b>  <i>Week of 9/19</i></p>	<p><u>Lesson:</u> How to Treat Others = The Yamas  <u>Practice:</u> Backbends</p> <p><b>Read:</b> pages 8 - 13, 27 - 29</p>
<p><b>WEEK 6</b>  <i>Week of 9/26</i></p>	<p><u>Lesson</u> Step 2: Self Compassion/Santosha. The Niyamas  <u>Practice:</u> Forward Folds</p> <p><b>Read:</b> pages 9 - 13, 26 - 29</p> <p><b>Ashtanga Challenge: Niyamas Santosha Due Sunday 10/2</b></p>
<p><b>WEEK 7</b>  <i>Week of 10/3</i>  <i>Last day to change grade to pass/no pass 2/25</i></p>	<p><u>Lesson:</u> How to Treat Yourself = The Niyamas  <u>Practice:</u> Surya Namaskar A &amp; B / Internally Rotated Poses</p> <p><b>Read:</b> pages 13 - 17, 28</p> <p><i>Midterm Review</i></p>

<p><b>WEEK 8</b> <i>Week of 10/10</i></p> <p><b>Holiday</b></p>	<p><u>Lesson</u> Step 3: Be in the Body. Asana <u>Practice:</u> Externally Rotated <b>Read:</b> pages 19 - 20</p> <p><i>Pick Your Pose: Asana Assignment</i></p> <p><b>Midterm Exam On Blackboard 10/11</b></p> <p><b>Fall Recess - No Class Friday 10/14</b></p>
<p><b>WEEK 9</b> <i>Week of 10/17</i></p>	<p><u>Lesson</u> Step 4: Breathe. Pranayama <u>Practice:</u> Twists</p> <p><b>Read:</b> pages 22 - 25 <b>Ashtanga Challenge: Asana &amp; Pranayama Due Sunday 10/23</b></p>
<p><b>WEEK 10</b> <i>Week of 10/24</i></p>	<p><u>Lesson</u> Step 5: Go Inward. Pratyahara <u>Practice:</u> Balancing</p> <p><b>Read:</b> pages 22 - 25</p>
<p><b>WEEK 11</b> <i>Week of 10/31</i></p>	<p><u>Lesson</u> Step 6: Focus the Mind. Dharana Intro to Meditation <u>Practice:</u> Supported Backbends</p>
<p><b>WEEK 12</b> <i>Week of 11/7</i></p>	<p><u>Lesson</u> Step 7: Maintain &amp; Deepen Focus. Dhyana Meditation <u>Practice:</u> Forward Folds &amp; Yin Yoga</p>
<p><b>WEEK 13</b> <i>Week of 11/14</i></p>	<p><u>Lesson</u> Step 8: Real Happiness. Samadhi <u>Practice:</u> Restorative Yoga</p> <p><b>In Class Embodied Assessments. Student Presentations.</b></p>
<p><b>WEEK 14</b> <i>Week of 11/21</i></p> <p><b>Holiday</b></p>	<p><u>Lesson:</u> Happiness. 8th Step, Samadhi <u>Practice:</u> Complete practice</p> <p><b>Make-Up Classes Due Sunday 11/27</b></p> <p><b>Thanksgiving - No Class Wednesday, 11/23 &amp; Friday 11/27</b></p>
<p><b>WEEK 15</b> <i>Week of 11/28</i></p>	<p>Closing Ceremony</p> <p><b>Final Exam On Blackboard open 11/30 thru end of day 12/2</b></p>

\*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](http://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](http://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](http://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](http://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](http://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](http://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](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)
- **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)

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/department/department-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](mailto:sarc@usc.edu) describes reporting options and other resources.