

PHED 123 - Yoga Therapy (2 unit)

Semester: Fall 2022

Section: 50050 - Monday & Wednesday, 11:00-11:50am

Section 50055 - Tuesday & Thursday, 2:00-2:50pm

Section 50057 - Tuesday 3:00-4:50pm

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PED #108

Zoom Office Hours

by Request on Fri

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:

Assignments	Points	% of Grade	Point/grade-base cutoffs						
Meditation Journals (3)	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 (Plan, HYP Journals, Presentation)	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

1. Attend & Participate in Class
2. Meditation Journals
3. Final Project
4. Midterm & Final Exams

EVALUATION CRITERIA:

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

ACADEMIC ACCOMODATIONS:

Students requesting academic accommodations are required to register with the Office of Student Accessibility Services 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.

PARTICIPATION:

Regular participation is required and is a large component of your final grade. If you are present, you receive participation credit. If you are absent, you do not receive participation credit. Rain, travel plans, stubbed toes, etc are not excused absences.

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.

Live-streaming class is not available. In-person attendance is required to receive full participation credit. Make-ups are only allowed for extenuating circumstances, and even then require at least 12-24 hour advanced notice and approval from instructor. You are not permitted to make-up absences in another instructor's section. Midterm and Final make-ups are only available in emergency situations.

COMMUNICATION:

Teaching physical education classes requires lots of physical presence, but not as much time at a computer; thus I cannot respond immediately to emails, and it may take 48 hours to respond. If you ever have a question, comment, or concern, please do check in with me before or after class, or during office hours. I am truly always happy to talk.

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 to stay fully present for your practice.**
- 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		
Yoga in Preventing Stress-Related Illness		
Week 1		
Reading	Introduction & Preparing to Practice	
Practice	Half Sun Salute and <i>Ujjayi Pranayama</i>	
Week 2		
Reading	<i>Vrttis</i> and Preventing Stress-Related Disease	Balance, Breath, & Flexibility Assessment I
Practice	Sun Salute A & B	
Week 3		
Reading	<i>Gunas</i> and Homeostasis	Gunas Assessment
Practice	Headache Prevention; <i>Bhramari Pranayama</i>	
	Meditation Journal 1: Trataka (Candle-Gazing) Due before class Wed	10 points
Last day to change grading option (Letter Grade, P/NP, Audit)		
Strength, Balance, & Your Nervous System		
Week 4		
Reading	<i>Doshas</i> ; Yoga for Strength & Balance	Doshas Assessment
Practice	Horse Stance Sequence (Lower Body) & Dolphin Sequence (Upper Body)	
Week 5		
Reading	Yoga & the Autonomic Nervous System	
Practice	Yoga for Digestion	
Week 6		
Reading	The Eight Limbs of Yoga	
Practice	Upper Cross Syndrome; Yoga with Myofascial Release Balls	
	Meditation Journal 2: Guided Meditation Due before class Wed	10 points
Midterm		
Week 7		
Practice	Restore & Review: Restorative Yoga	
	Midterm Exam - in class Wed	30 points
Last day to drop without a W and to switch a pass/no pass status to a letter grade.		

The Five Koshas: Layers of Being		
Week 8		
Reading	Annamayakosha - Physical Body	
Practice	Lower Cross Syndrome	
Meditation Journal 3: Walking Meditation Due before class Wed		10 points
Week 9		
Reading	Pranamayakosha - Breath & Energy	
Practice	Pranayama; <i>Sama Vrtti</i> , <i>Kapalabhati</i> , and <i>Dirgha</i>	
HYP Plan & Explanation Due before class Wed		40 points
Week 10		
Reading	Manomayakosha - Mind & Emotions	
Practice	Yoga Nidra & Yoga for Anxiety	
HYP Week 1 Journals (at least 4 entries) Due by end of the week		10 points
Week 11		
Reading	Vijñanamayakosha - Steady Wisdom	
Practice	Cultivating Flow in Yoga	
HYP Week 2 Journals (at least 4 entries) Due by the end of the week		10 points
Week 12		
Reading	Anandamayakosha - Awe, Contentment, and Gratitude	
Practice	Heart & Shoulder Opening Sequence	
HYP Week 2 Journals (at least 4 entries) Due by the end of the week		10 points
Last day to drop a class with a W on permanent record		
Yoga Therapy Applied		
Week 13		
Yoga Therapy for _____ Presentations		45 points
Week 14		
Practice	Yoga Therapy Applied	
Week 15		
Practice	Restore & Review	
Final Exam - in class Wed		75 points