

Introduction to Yoga Spring 2023

Instructor: Clio Manuelian

Email: manuelia@usc.edu

Office hours: open availability by appointment

Location: PED Yoga Studio 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, please mask indoors when experiencing flu-like symptoms. 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 timed at evolving practices to best serve the student needs. 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

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

WEEK 1 <i>Week of 1/9</i>	<u>Philosophy</u> Introduction & Orientation: What is Yoga? <u>Practice</u> Tadasana Stand on Your Own Two Feet Foundational for neutrally rotated standing poses Read: Yoga Reader online, pages 3 - 5
WEEK 2 <i>Week of 1/16</i> Holiday	<u>Philosophy</u> Overview of Yoga Philosophy <u>Practice</u> Externally Rotated Standing Poses Read: pages 10, 14, 26, 30 Martin Luther King Day - No Class Monday 1/16
WEEK 3 <i>Week of 1/23</i>	<u>Philosophy</u> 8 Steps for Happiness = Ashtanga Yoga, Patanjali <i>Yoga Sutras</i> <u>Practice</u> Twists Read: pages 6 - 7, 11, 12
WEEK 4 <i>Week of 1/30</i> <i>Last day to add/drop 1/28</i>	<u>Philosophy</u> Step 1: Do No Harm/ Ahimsa. The Yamas <u>Practice</u> Balancing Read: pages 6 - 9, 27 Ashtanga Challenge: Yamas Ahimsa Due Sunday 2/5
WEEK 5 <i>Week of 2/6</i>	<u>Philosophy</u> How to Treat Others = The Yamas <u>Practice</u> Backbends Read: pages 8 - 13, 27 - 29
WEEK 6 <i>Week of 2/13</i>	<u>Philosophy</u> Step 2: Self Compassion/Santosha. The Niyamas <u>Practice</u> Forward Folds Read: pages 9 - 13, 26 - 29 Ashtanga Challenge: Niyamas Santosha Due Sunday 2/19
WEEK 7 <i>Week of 2/20</i> Holiday	<u>Philosophy</u> How to Treat Yourself = The Niyamas <u>Practice.</u> Surya Namaskar A & B / Internally Rotated Poses Read: pages 13 - 17, 28. <i>Midterm Review</i> President's Day - No Class Monday 2/20

WEEK 8 <i>Week of 2/27</i>	<u>Philosophy</u> Step 3: Be in the Body. Asana <u>Practice</u> Externally Rotated Read: pages 19 - 20 <i>Pick Your Pose: Asana Assignment Daily Practice</i> Midterm Exam On Blackboard 2/28
WEEK 9 <i>Week of 3/6</i>	<u>Philosophy</u> Step 4: Breathe. Pranayama <u>Practice</u> Twists <i>Pranayama Assignment Daily Practice</i> Read: pages 22 - 25 Ashtanga Challenge: Asana & Pranayama Due Sunday 3/12
<i>Week of 3/13</i> Holiday	Spring Break
WEEK 10 <i>Week of 3/20</i>	<u>Philosophy</u> Step 5: Go Inward. Pratyahara <u>Practice</u> Balancing Read: pages 22 - 25
WEEK 11 <i>Week of 3/27</i>	<u>Philosophy</u> Step 6: Focus the Mind. Dharana <u>Practice</u> Intro to Meditation Supported Backbends
WEEK 12 <i>Week of 4/3</i>	<u>Philosophy</u> Step 7: Maintain & Deepen Focus. Dhyana <u>Practice</u> Meditation Forward Folds & Yin Yoga
WEEK 13 <i>Week of 4/10</i>	<u>Philosophy</u> Step 8: Real Happiness. Samadhi <u>Practice</u> Restorative Yoga In Class Embodied Assessments. Student Presentations.
WEEK 14 <i>Week of 4/17</i>	<u>Philosophy</u> Happiness. 8th Step, Samadhi <u>Practice</u> Complete practice Make-Up Classes Due Sunday 4/23
WEEK 15 <i>Week of 4/24</i>	Closing Circle Final Exam On Blackboard open 4/26 thru end of day 4/28

**Please note this is a tentative outline schedule and may be subject to change.*

Academic Integrity

The University of Southern California is a learning community committed to developing successful scholars and researchers dedicated to the pursuit of knowledge and the dissemination of ideas. Academic misconduct, which includes any act of dishonesty in the production or submission of academic work, comprises the integrity of the person who commits the act and can impugn the perceived integrity of the entire university community. It stands in opposition to the university's mission to research, educate, and contribute productively to our community and the world.

All students are expected to submit assignments that represent their own original work, and that have been prepared specifically for the course or section for which they have been submitted. You may not submit work written by others or "recycle" work prepared for other courses without obtaining written permission from the instructor(s).

Other violations of academic integrity include, but are not limited to, cheating, plagiarism, fabrication (e.g., falsifying data), collusion, knowingly assisting others in acts of academic dishonesty, and any act that gains or is intended to gain an unfair academic advantage.

The impact of academic dishonesty is far-reaching and is considered a serious offense against the university. All incidences of academic misconduct will be reported to the Office of Academic Integrity and could result in outcomes such as failure on the assignment, failure in the course, suspension, or even expulsion from the university.

For more information about academic integrity see [the student handbook](#) or the [Office of Academic Integrity's website](#), and university policies on [Research and Scholarship Misconduct](#).

Please ask your instructor if you are unsure what constitutes unauthorized assistance on an exam or assignment, or what information requires citation and/or attribution.

Student & Disability Accommodations

USC welcomes students with disabilities into all of the University's educational programs. The Office of Student Accessibility Services (OSAS) is responsible for the determination of appropriate accommodations for students who encounter disability-related barriers. Once a student has completed the OSAS process (registration, initial appointment, and submitted documentation) and accommodations are determined to be reasonable and appropriate, a Letter of Accommodation (LOA) will be available to generate for each course. The LOA must be given to each course instructor by the student and followed up with a discussion. This should be done as early in the semester as possible as accommodations are not retroactive. More information can be found at osas.usc.edu. You may contact OSAS at (213) 740-0776 or via email at osasfrontdesk@usc.edu.

Support Systems

[Counseling and Mental Health](#)

(213) 740-9355 – 24/7 on call

Free and confidential mental health treatment for students, including short-term psychotherapy, group counseling, stress fitness workshops, and crisis intervention.

[988 Suicide and Crisis Lifeline](#)

988 for both calls and text messages – 24/7 on call

The 988 Suicide and Crisis Lifeline (formerly known as the National Suicide Prevention Lifeline) provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States. The Lifeline is comprised of a national network of over 200 local crisis centers, combining custom local care and resources with national standards and best practices. The new, shorter phone number makes it easier for people to remember and access mental health crisis services (though the previous 1 (800) 273-8255 number will continue to function indefinitely) and represents a continued commitment to those in crisis.

[Relationship and Sexual Violence Prevention Services \(RSVP\)](#)

(213) 740-9355(WELL) – 24/7 on call

Free and confidential therapy services, workshops, and training for situations related to gender- and power-based harm (including sexual assault, intimate partner violence, and stalking).

[Office for Equity, Equal Opportunity, and Title IX \(EEO-TIX\)](#)

(213) 740-5086

Information about how to get help or help someone affected by harassment or discrimination, rights of protected classes, reporting options, and additional resources for students, faculty, staff, visitors, and applicants.

[Reporting Incidents of Bias or Harassment](#)

(213) 740-5086 or (213) 821-8298

Avenue to report incidents of bias, hate crimes, and microaggressions to the Office for Equity, Equal Opportunity, and Title for appropriate investigation, supportive measures, and response.

[The Office of Student Accessibility Services \(OSAS\)](#)

(213) 740-0776

OSAS ensures equal access for students with disabilities through providing academic accommodations and auxiliary aids in accordance with federal laws and university policy.

[USC Campus Support and Intervention](#)

(213) 740-0411

Assists students and families in resolving complex personal, financial, and academic issues adversely affecting their success as a student.

[Diversity, Equity, and Inclusion](#)

(213) 740-2101

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

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) 442-1200 - 24/7 on call

Non-emergency assistance or information.

[Office of the Ombuds](#)

(213) 821-9556 (UPC) / (323-442-0382 (HSC)

A safe and confidential place to share your USC-related issues with a University Ombuds who will work with you to explore options or paths to manage your concern.

[Occupational Therapy Faculty Practice](#)

(323) 442-2850 or otfp@med.usc.edu

Confidential Lifestyle Redesign services for USC students to support health promoting habits and routines that enhance quality of life and academic performance.