

Physical Education & Mind Body Health (PEMBH) provides a variety of offerings in fitness and activities classes designed to promote health and general fitness based upon individual goals and needs.

Yoga

PHED 120a

1 unit (#49764R)

Spring 2023 – Wednesday 5-6:50 pm

Location: PED210

Blackboard: <https://blackboard.usc.edu>

Instructor: Tina Koneazny

she/her/hers [Pronouns](#)

Office: JEP House, Room 201

Office Hours: Wednesday 3 - 4 pm or By Appointment

Contact Info: koneazny@usc.edu or (213) 740-1834

Class Location

PED SB1 -- located in the sub-basement of the PE building

(first day of class ONLY meets in PED 210)

Course Description

This class is an introduction to Classical yoga and will include the practice of postures (asana), breathing techniques (pranayama), relaxation and meditation.

Prerequisite: None

Co-Requisite: None

Recommended Preparation: None

Learning 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.

Physical Education Objectives

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

- Recognize the physical and mental benefits of increased physical activity.
- Understand basic anatomy, biomechanical principles and terminology

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.
- Participate in a motivating and nurturing environment resulting in a greater sense of well-being and self-esteem.

Students will demonstrate proficiency through knowledge & acquired skills enabling them to:

- Develop an appreciation of physical activity as a lifetime pursuit and a means to better health.
- Create a safe and progressive, methodical and efficient activity-based plan to enhance improvement and minimize risk of injury.

Course Reader

The Course Reader and all Supplemental Readings are posted on Blackboard under 'Content.'

Blackboard™: <https://blackboard.usc.edu>

Class information will be posted on the blackboard, as well as all resources.

Equipment

You will need to provide your own yoga mat for this course (**5mm or 1/4" is recommended**)

Other optional props (blankets, straps and blocks) are provided but you are welcome to provide your own as you wish.

Additional Course Policies

Attendance

Because this is a Physical Education course, regular attendance is required for the participation portion of the grade. Tardiness and/or leaving early will not be tolerated as it disrupts the class and practice, this is especially true of 50-minute class sections. If you are late or leave early, you will only receive partial credit for attending the class. You will be expected to attend the section for which you are enrolled. *Make-ups are not allowed except for emergency situations and then only upon approval from instructor.*

General Guidelines for practice

Please notify me of any injuries, illness, or medical conditions (including pregnancy), prior to starting your practice. This is confidential and necessary to avoid complications and to help adapt the practice to your specific needs as best we can.

Please wear clothing that allows freedom of movement, athletic wear is best, no jeans or street clothes and no socks or shoes as yoga is practiced barefoot. Practicing on an empty stomach is recommended, but not a rule. Cell phone should be turned off.

In-Class Participation (18% = 60pts. → 5 pts./class starting Week #2)

Each class will consist of a lecture and yoga practice components. Consistent attendance, punctuality, and participation in ALL classes are extremely important to obtain and absorb course material and to obtain supplemental information for course assignments/final exam. Consistent tardiness to class will negatively affect participation grade. Please make sure you read assigned readings prior to class and be prepared to learn and engage with your classmates. Failure to participate in class **WILL IMPACT** your final course grade.

Class participation grading scale per class starting Week #2

5 pts. = full participation 3 pts. = partial participation
2 pt. = excused absence 0 pt. = absence/no participation

*Excused absence – Make-up will be available to earn up to an additional 2 pts. only in emergency situations and with instructor approval
This must be completed 1 week after excused absence.*

Grading Criteria

Evaluation Criteria:

* Testing locations will be announced on Blackboard™

Cognitive 120 points	Reflection Assignments (2 @ 15pts)	20 points
	Midterm	50 points
	Final	50 points
Psychomotor 80 points	Active Participation	60 points
	Practice Tests (2 @ 10pts)	20 points
Total		200 points
	Point/grade-base cutoffs	
	A	190 and higher
	B	160
	C	140
	D	120
	F	Below 120

Plus and minus will be issued for each grade, based on percentage range.

A (190 pts. & higher) **A-** (180-188 pts.) **B+** (174-178 pts.) **B** (166-172 pts.) **B-** (160-164 pts.)
C+ (154-158 pts.) **C** (146-152 pts.) **C-** (140-144 pts.) **PASS** (>140 pts.)
D+ (134-138 pts.) **D** (123-132 pts.) **D-** (120-124 pts.) **Fail** (<118 pts.)

Course Schedule

Week 1 January 11	Lecture: Course Introduction, Review of Syllabus Use of Props/Modifications Practice: Fundamentals of postures/alignment/ breathwork	Course Readings read prior to class
Week 2 January 18	Lecture: Overview of Yoga Philosophy / General History of Yoga Practice: Meditation and Intro to Ujjaya Pranayama	Read Course Reader pg. 3 – 5; and p.g.16
Week 3 January 25	Lecture: Yoga of Pantanjali – 8 Limbs of Yoga / First Limb: Yama (Behavior and Social Conduct) Practice: Meditation, Fundamental Postures	Read Course Reader pg. 6 – 7
FRIDAY, JANUARY 27	LAST DAY TO: REGISTER & ADD CLASSES, DROP WITHOUT MARK OF “W,” CHANGE ENROLLMENT OPTION TO P/NP OR AUDIT & PURCHASE/WAIVE	
Week 4 February 1	Lecture: Second Limb: of Yoga: Niyama (Personal Discipline/Restraint) Practice: Meditation, Seated Asanas & Forward Folds	Read Course Reader pg. 8 – 9; 11
Week 5 February 8	Lecture: Third Limb: of Yoga: Asana / Anatomy Physiology Practice: Standing Asanas	Course Reader pg. 10-14 Reflection Assignment
Week 6 February 15	Lecture: Third Limb: of Yoga: Asana / Anatomy Physiology Practice: Standing Asanas cont’d and Surya Namaskar	Read Course Reader pg. 11 and 13
Week 7 February 22	Lecture: Meditation and Vinyasa Practice: Surya Namaskar Variations	Read Course Reader pg. 23-25
FRIDAY, FEBRUARY 24	LAST DAY TO: DROP COURSE WITHOUT MARK OF “W” ON TRANSCRIPT & CHANGE ENROLLMENT P/NP COURSE TO A LETTER GRADE	
Week 8 March 1	Practical Test #1 and Midterm Exam	
Week 9 March 8	Lecture: Fourth Limb: Pranayama / Breath Control (focus on fundamentals of respiration and effects on stress reduction) Practice: Backbends and Twists	Read Course Reader pg. 15 – 17
MARCH 13 - 17	SPRING BREAK	
Week 10 March 22	Lecture: Fifth Limb: Pratyahara: Control of Sensory Perception Practice: Surya Namaskar and Vinyasa	Read Course Reader pg. 11 & 12 portions; p 18
Week 11 March 29	Lecture: Fifth Limb: Pratyahara cont’d Practice: Restorative / Yoga Nidra	Read Course Reader pg. 12 and 19
Week 12 April 5	Lecture: Sixth – Eight Limbs: Meditation Practice: Restorative, Supine, Prone Poses /Shanmukhi Mudra	Course Reader pg. 20 – 22 Reflection Assignment
FRIDAY, APRIL 14	LAST DAY TO DROP CLASS WITH MARK OF “W”	
Week 13 April 12	Lecture: Anusara Yoga – Stepping into the Flow of Grace Practice: Inversions	Read Course Reader pg. 12
Week 14 April 19	Lecture: Returning to Pantanjali – Yoga Sutras Practice: Balancing Asanas	Read Supplemental Materials – Yoga Sutras
Week 15 April 26	Practical Test #2 and Final Exam	Review all materials and Class Notes

COVID-19 (Class Guidelines)

USC (Covid-19) Resource Center <https://we-are.usc.edu/>

Academic Conduct & Support Systems

Academic Conduct/Integrity

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 [Research and Scholarship Misconduct](#).

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 & Mental Health – (213) 740-9355 – 24/7 on call
sites.google.com/usc.edu/counseling-mental-health

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

988 Suicide & Crisis Lifeline – 988 for both calls & text messages – 24/7 on call
988lifeline.org

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
sites.google.com/usc.edu/rsvpclientservices/home

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 of Equity and Diversity & Title IX (EEO-TIX) – (213) 740-5086

eeotix.usc.edu

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

usc-advocate.symplicity.com/care_report

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.usc.edu

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 & Intervention – (213) 740-0411

campussupport.usc.edu

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

diversity.usc.edu

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 Information – UPC: (213) 740-4321 – HSC: (323) 442-1000 – 24/7 on call

emergency.usc.edu

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

dps.usc.edu

Non-emergency assistance or information.

Office of Ombuds – UPC: (213) 821-9556 – HSC: (323) 442-0382

ombuds.usc.edu

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

chan.usc.edu/patient-care/faculty-practice

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