

PHED 120a: Yoga
Spring 2023

Section 49770: MW 1:00 – 1:50pm
Section 49772: MW 2:00 – 2:50pm
Section 49769: TTH 12:00 – 12:50pm
Section 49771: TTH 1:00 – 1:50pm
Section 49773: TTH 2:00 – 2:50pm
Course = 1 unit

Instructor: Steve Hsu
Office: PED 209
Office Hours: MW 12pm – 1pm
PEMBH Department Phone: 213-740-2488
Email: stevehsu@usc.edu

Course Description:

This class is an introduction to the elementary techniques of Classical Yoga with a general introduction to Yoga philosophy based upon Patanjali's *Yoga Sutras*.

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 breathing techniques for relaxation and stress management
- Identify the basics of anatomy and physiology as it relates to a yoga practice

Physical Education Department Objectives:

- 1. Students will understand the importance of sound health 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 biomechanical principles and terminology
- 2. Student will be exposed to a variety of activities providing them the opportunity to:**
 - Apply learned fundamental skills
 - Participate 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 fitness
- 3. 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 and minimize risk of injury
 - Develop an appreciation of physical activity as a lifetime pursuit and a means to better health

Course Reader:

Course reader is posted on USC Blackboard.

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

Class information will be posted. We will use resources posted on Blackboard™ in addition to the course booklet.

Grading Policy and Evaluation Criteria (200 Total Points):

Cognitive = 50% (100 points)

1. Final Exam = 50 points

2. Midterm Exam = 50 points

Psychomotor = 50% (100 points)

1. Active Participation = 60 points

2. Performance Test #1 = 20 points

3. Performance Test #2 = 20 points

Grading Scale: A (94+%), A- (90-93%), B+ (87-89%), B (84-86%), B- (80-83%), C+ (77-79%), C (74-76%), C- (70-73%), D+ (67-69%), D (64-66%), D- (60-63%), F (0-59%)

180 – 200 points = A

160 – 179 points = B

140 – 159 points = C

120 – 139 points = D

Below 120 points = F

PASS/NO-PASS , Pass = greater or equal to 140 points

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

**Consistent attendance and active participation is a minimum requirement for completing a performance class and is a large determinant and component of your final grade. Tardiness and/or leaving early will not be tolerated as it disrupts the class and practice. If you are late or leave early, you will only receive partial credit for attending the class.*

Grading Policy and Evaluation Criteria (continued):

Extra credit work and make-up work are not available. You are not permitted to make-up absences in another section. You are required to take the **Final Exam in order to be able to pass the class. It is your responsibility to attend class meetings consistently and fulfill the requirements of this course.*

Location:

We meet in the Yoga Room (SB-1) located in the sub-basement of the Physical Education Building. **We only meet in PED 210 (South Gym) on the first day of classes.**

Equipment:

- All props, other than yoga mats, will be provided in class: straps, blankets, bolsters, and blocks. **You will need to bring your own yoga mat.** The storage cabinets containing the yoga props are in the hall next to the yoga room as well as in the yoga room.

General Guidelines for Practice:

- Wear clothing that allows freedom of movement. No jeans, street clothes or shoes should be worn during practice; we practice yoga barefoot.
- It is recommended that you avoid practicing yoga on a full stomach to prevent discomfort from performing yoga poses. Wait three hours after a meal or one hour after a light snack.
- Place cell phones on silent; they are not to be used during class time.
- Refrain from talking during practice, unless asked to do so.
- No chewing gum during practice.

General Guidelines for Practice (continued):

- **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.**

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 microaggressions need to be reported allowing for appropriate investigation and response. studentaffairs.usc.edu/bias-assessment-response-support

The Office of Student Accessibility Services. Provides certification for students with disabilities and helps arrange relevant accommodations. <https://osas.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

USC Yoga – Spring 2023

COURSE OUTLINE*

Week 1 (1/9 - 1/12)	Introduction/Orientation: Review of Syllabus and The Use of Props --- Read Ch. 1
Week 2 (1/16 – 1/19) MLK Jr. Birthday – Monday, 1/16 – no class meeting	Lecture: General History and Overview of Yoga Philosophy --- Read Ch. 1 & 7 Practice: Body alignment and kinesthetic awareness through yoga poses
Week 3 (1/23 - 1/26)	Lecture: The Yamas --- Read Ch. 2 Practice: Savasana (corpse pose) with partner adjustment and deep diaphragmatic breathing and Asana (anatomy & physiology overview)
Week 4 (1/30 - 2/2)	Lecture: The Niyamas --- Read Ch. 2 & 3 Practice: Asana – yoga poses
Week 5 (2/6 - 2/9)	Lecture: Asana (fundamentals) --- Read Ch. 5: p. 69-82; 107-109 Practice: Foundation for Standing Poses
Week 6 (2/13 - 2/16)	Lecture: Asana (fundamentals) -- Read Ch. 5 and Ch. 6 Practice: Standing Poses
Week 7 (2/20 - 2/23) President’s Day – Monday, 2/20 – no class meeting	Lecture: Asana <i>continued</i> --- Read Ch. 5 & 6 Practice: Standing Poses
Week 8 (2/27 – 3/2) Midterm Exam on Thursday through Friday	Review for Midterm on Mon. & Tues. Practice: Standing Poses and Backbends Midterm Exam – online on Blackboard
Week 9 (3/6 - 3/9) Spring Recess: 3/12 – 3/19	Practice for Performance Test #1: first class meeting this week Performance Test #1: second class meeting this week
Week 10 (3/20 - 3/23)	Lecture: Vinyasa & Surya Namaskar A & B --- Read Ch. 5: p. 121 - 122 Practice: Vinyasa & Surya Namaskar A & B
Week 11 (3/27 – 3/30)	Lecture: Vinyasa & Surya Namaskar A & B Practice: Vinyasa & Surya Namaskar A & B
Week 12 (4/3 – 4/6)	Lecture: Vinyasa & Surya Namaskar A & B Practice: Vinyasa & Surya Namaskar A & B
Week 13 (4/10 – 4/13)	Lecture: Restorative Yoga --- Read Ch. 4 for Practice: Restorative Poses next 2 weeks
Week 14 (4/17 - 4/20)	Lecture: Restorative Yoga and Pranayama Practice: Restorative Poses, Nadi Sodhana and Viloma Pranayama Performance Test #2: first class meeting this week (Monday and Tuesday)
Week 15 (4/24 - 4/27) Final Exam on Thursday through Friday	Readings: Meditation - Read Ch. 6 Review for Final Exam: first class meeting this week Final Exam – online on Blackboard

*Please note this is a tentative outline and may be subject to change. Any changes will be announced in class and/or via email.