
Instructor: Dr. Eden Goldman

Email: eden.goldman@usc.edu

Office Hours: By Appointment

Location: Yoga Room In PHED Sub-Basement

SPRING 2023

PHED 120A: Yoga

Section 49967: Friday 8:00 AM – 9:50 AM

COURSE DESCRIPTION

This class is an introduction to the philosophy and practice of Yoga and offers students the opportunity to experience physical movement practices and Yoga postures (asanas), breathing techniques (pranayama), mental focusing and concentration skills (dharana), and various methods of meditation (dhyana). The class will provide a holistic approach to self-observation and self-discovery where students will learn to refine personal tendencies while being trained in traditional yogic ways of living a calmer, clearer, and purer (sattvic) life. The course is designed for all people, as beginners and advanced practitioners will both benefit from these practices, and each class will end with a relaxation segment.

COURSE LEARNING OBJECTIVES

- Outline the fundamentals of a Yoga practice in a safe, supportive and academic environment
 - Demonstrate proper body alignment and technique in each pose (asana) and understand how the asanas relate to Classical Yoga and one's overall health and wellness
 - Integrate and implement breathing techniques for relaxation and stress management
 - Identify the physical, psychological, emotional, and spiritual benefits of a Yoga practice
 - Ultimately, this class is a laboratory of self-reflection from a yogic perspective that will ask you to see yourself 'as you are' in body, breath, heart, and mind
-

PHYSICAL EDUCATION PROGRAM OBJECTIVES

1) Students will understand the importance of yogic wellness and fitness principles as they relate to better health and will be able to:

- Recognize the physical and mental benefits of Yoga postures, breathing, and meditation
- Understand anatomy, basic 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 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
- Identify common health and fitness myths along with trends involved with the evolving nature of physical education
- Develop an appreciation of physical activity as a lifetime pursuit and a means to better health

COURSE READER AND SUPPLEMENTAL MATERIALS

The course reader is available on Blackboard. For further personal reading materials, if you are yogically intrigued, please also consider the following supplemental books available for purchase:

Light on Yoga by B.K.S. Iyengar

The Heart of Yoga by T.K.V. Desikachar

The Key Muscles of Yoga by Ray Long, M.D.

Autobiography of a Yogi by Paramahansa Yogananda

Yoga for Dummies by Georg Feuerstein Ph.D. and Larry Payne Ph.D.

The Seven Spiritual Laws of Success by Deepak Chopra, M.D.

Meditation Made Easy by Lorin Roche, Ph.D.

Yoga Therapy and Integrative Medicine: Where Ancient Science Meets Modern Medicine by Larry Payne, Ph.D., Terra Gold, L.Ac. and Eden Goldman, D.C.

USC BLACKBOARD™

<https://blackboard.usc.edu>

GENERAL GUIDELINES FOR YOGA PRACTICE AND CLASS POLICIES

- ***BYOM: Students must bring their own Yoga mat to class!***
- ***Arrive to class on time:*** Be 2 to 3 minutes early to make sure you have your props ready
- ***Dress properly:*** Wear comfortable athletic clothing that allows freedom of movement and note that close-fitting athletic clothes are usually best (avoid baggy t-shirts/pants and dangly jewelry)
- ***Props, Props, Props:*** Additional props beyond a Yoga mat will be provided in class, including

straps, blankets, bolsters, and blocks – *please return the equipment neatly in the storage cabinets in the hall next to the Yoga room after use*

- **Practice Yoga barefoot:** No shoes or socks are traditionally worn during Yoga practice
 - **Avoid practicing Yoga on a full stomach:** Wait two hours after a meal or one hour after a light snack and no candy or chewing gum during practice
 - **What else to bring:** Water, a hand towel, and/or a beach towel to absorb sweat on your mat and/or to cover the props, if preferred
 - **Lockers:** Normally, the USC Physical Education Department has lockers available for student use throughout the semester. However, the locker rooms' hours of operations are Monday to Thursday from 8 AM to 3 PM, so they will be CLOSED and unavailable for use during our Friday section of class. If you still would like a locker and lock, they can be purchased in the main PEMBH office located at PED 107 in the Physical Education Building
 - **Report health issues and injuries:** Notify your instructor of any existing injuries, health problems, and medical conditions – including pregnancy – in 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.
 - **Life Is About Showing Up:** If you are unable to practice, you are still required to attend class and observe as you can learn a lot simply by watching
 - **Handle your responsibilities:** Complete assignments on time
 - **Minimize distractions and seek quietness:** Turn off cell phones (unless using for notes during lecture)
 - **Plan Ahead with Communication:** Please note that I will typically take 24-48 hours to respond to emails
 - **Consult blackboard if needed:** Refer to Blackboard for additional handouts and assignments
-

ATTENDANCE AND PARTICIPATION

Because this is a Physical Education course, regular attendance is required for the participation portion of the grade and it is a large 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. You will be expected to attend the section for which you are enrolled. Make-ups for extenuating circumstances are allowed, but only upon approval. Overall, it is your responsibility to attend class consistently and fulfill the requirements of this course.

**You cannot make-up the Midterm and Final*

***Extra credit work will likely be available only 1x around Week 10-12*

GRADING

Total Points: 200

- **Attendance – 15% (30 points)**

Yoga is an experience-based practice and Physical Education course that requires physical attendance and showing up day-to-day. Attendance will be taken every class via Qwickly and it is the student's responsibility to confirm presence and attendance. Additionally, to receive this credit, attendance will be combined with your tardiness, class citizenship, and/or your mature sense of being a part of a collective community endeavor in the class. Please note that if you have 3 absences, your final grade will probably lower by one full grade. More than 5 absences and your final grade will likely lower by two grades.

***Due to COVID-19, students may need to miss class because of illness, quarantine, isolation, or other COVID-related reasons. If this is the case, please contact me as soon as you can and we will work something out that is most supportive to your health and class. An alternative assignment will be created in lieu of missed classes.**

- **Participation – 15% (30 points)**

Yoga is collaborative process that requires conscious feedback, deeper inquiry, and participation, collaboration, and engagement with life. As such, participation is different from just showing up, i.e. physical attendance, and will be determined by your contribution to class, yet not in the performance of the poses or techniques. Instead, to assess the quality of your engaged attention and sincere efforts ethically, students will be given 10 tokens at the beginning of the term. Each time a student participates in a class lecture, the student will be able to pass in one token – and only one token can be handed in per class. If all 10 tokens are turned in by the end of the semester, the student receives full credit and all 30 points for participation, with 3 points deducted for participation for each token not turned in.

***That said, your grades in physical attendance and active participation are large components of your final grade. Just show up and be part of the group and you'll be fine! 😊**

- **Yamas/Niyamas Homework – 10% (20 points total)**

The yamas and niyamas function as Yoga's ethical standards in the Classical Yoga paradigm of the 8 Limbs of Yoga found in Patanjali's *Yoga Sutras*. For this assignment, students will be asked to consider the different ways in which they practice the yamas and niyamas in their respective lives and to outline and write about their experience. A format will be provided in class to streamline the experiential nature of this assignment and minimize the amount of writing necessary for each student to receive credit.

- **Reflection Homework – 10% (20 points)**

Reflection is an integral part of the learning process, especially in Yoga. Students will complete reflections on the material from the Course Reader, class conversations, and direct experiences in Yoga classes (both in class and out of class) throughout the course. For this assignment, students will write a one to two-page paper explaining your experiences and share teachings you have learned in your USC Yoga class and how it applies to your life. An exact format for the paper will be provided in class. Students are welcome to communicate feedback to me throughout the semester on reflections, either by email and/or in person.

- **Practical Exam: Embodied Assessment – 10% (20 points)**

In-class practicum, to demonstrate the student's neuromuscular and biomechanical fluency and attention to alignment. Attendance is required for this assignment and students will NOT be graded on the overall shape or performance of the pose, but more on their understanding of it. Please note the date in the syllabus and be on-time and in-class that day, or contact me in advance if you're not able to be there for any reason.

- **Midterm Exam – 15% (30 points)**

In-class, open book, multiple choice test.

- **Final Exam – 25% (50 points)**

In-class, open book, multiple choice test.

GRADING SCALE

(200 Total Points)

A = 180 – 200 points (A = 90-94+%)

B = 160 – 179 points (B = 80-89%)

C = 140 – 159 points (C = 70-79%)

D = 120 – 139 points (D = 60-69%)

F = Below 120 points (F = 0-59%)

COURSE OUTLINE AND CLASS SCHEDULE

USC PHYSICAL EDUCATION DEPARTMENT PHED 120A: Introduction to Yoga Syllabus

Date	Lecture Topic	Practice	Reading/Assignment
Week 1: January 13	Review of Syllabus, Guidelines And Methodology, What Is Yoga?, Review Of Breathing Function And Techniques	<i>Special Focus:</i> Intro to 360 Degree Breathing, Dirga Breathing, And Samavritti Pranayama	No Advance Reading But You MUST Bring A Cell Phone, Tablet, Or Laptop To The 1 st Day Of Class ☺; Course Reader: Pages 18-19 Together In Class
Week 2: January 20	Yoga from Past to Present: The Classical Origins And Evolution Of	Intro to Asana, Alignment, And Yoga With Props	Course Reader: Pages 3-5 And Pages 18-19

Date	Lecture Topic	Practice	Reading/Assignment
	Modern Yoga Practice	<i>Special Focus:</i> Ujjayi Breathing	
Week 3: January 27	Intro To Patanjali's <i>Yoga Sutras</i> : The 8 Limbs Of Classical Ashtanga Yoga	Asana, Breathing, Alignment, Yoga With Props, And Group Circle <i>Special Focus:</i> Tadasana	Course Reader: Page 6 *Last Day To Change Grading Option (Letter Grade, P/NP, Audit)
Week 4: February 3	1 st and 2 nd Limb Of Ashtanga Yoga: Relationship and Lifestyle Principles (Yamas And Niyamas); Yoga Sutra 2.46	Asana, Breathing, Alignment, Yoga With Props, And Group Circle <i>Special Focus:</i> Standing Poses; Finding Internal And External Balance	Course Reader: Pages 6-9
Week 5: February 10	3 rd Limb Of Ashtanga Yoga: Posture/"How To Sit" (Asana)	Asana, Breathing, Alignment, Yoga With Props, And Group Circle <i>Special Focus:</i> Surya Namaskar AKA Sun Salutations; Other Morning Practices	Course Reader: Page 10-11 and Pages 13-14; Sun Salutation Handout Assignment Due Prior To Class: Yamas and Niyamas HW Assignment (20 points)
Week 6: February 17	4 th Limb Of Yoga: Breathing Practices (Pranayama)	Asana, Breathing, Alignment, Yoga With Props, And Group Circle <i>Special Focus:</i> Sitting/Prone/Supine Poses; Savasana; Desikachar's Extended Exhale Technique	Course Reader: Pages 11 and 13
Week 7: February 24	5 th Limb Of Yoga: Enjoying, Controlling, Withdrawing, And/Or Learning How To Interiorize Your Senses (Pratyahara); Overview Of Sympathetic And	Asana, Breathing, Alignment, Yoga With Props, And Group Circle <i>Special Focus:</i> Restorative Yoga; Other Nighttime Practices	Course Reader: Page 13 And Pages 21-24 *Last Day To Drop A Class Without A "W" And To Switch A Pass/No Pass Status To A Letter Grade

Date	Lecture Topic	Practice	Reading/Assignment
	Parasympathetic Nervous System		
Week 8: March 3	MIDTERM EXAM (30 Points)	MIDTERM EXAM; Asana, Breathing, Alignment, Yoga With Props, And Group Circle	ONLINE EXAM: MUST BRING COMPUTER/TABLET/PHONE TO CLASS TO TAKE IT
Week 9: March 10	NO IN-PERSON CLASS – Asynchronous Lecture On 6 th , 7 th , and 8 th Limbs Of Yoga: Concentration, Meditation, And Absorption (Dharana, Dhyana, and Samadhi)	Asana, Breathing, Alignment, Yoga With Props, And Group Circle <i>Special Focus:</i> Yoga Nidra	Course Reader: Pages 25-28
Week 10: March 17	NO IN-PERSON CLASS – SPRING BREAK WEEK	NO PRACTICE – SPRING BREAK WEEK	
Week 11: March 24	Yoga In Your Life: Establishing A Home Practice	Asana, Breathing, Alignment, Yoga With Props, And Group Circle <i>Special Focus:</i> Developing Your Own Home Practice (Sadhana)	Course Reader: Pages 15-16
Week 12: March 31	Yoga For A Healthy Spine (Part 1)	Asana, Breathing, Alignment, Yoga With Props, And Group Circle <i>Special Focus:</i> Yoga Practices And Asanas For Spinal Care And Maintenance	Course Reader: Pages 15-16
Week 12: April 7	Yoga For A Healthy Spine (Part 2)	Asana, Breathing, Alignment, Yoga With Props, And Group Circle <i>Special Focus:</i> Yoga Practices And Asanas For Spinal Care And Maintenance	Course Reader: Pages 15-16 Assignment Due Prior To Class: Reflection HW Assignment (20 Points) *Last Day To Drop A Class With A “W” On Permanent Record

Date	Lecture Topic	Practice	Reading/Assignment
Week 13: April 14	Yoga For Stress Management	Asana, Breathing, Alignment, Yoga With Props, And Group Circle <i>Special Focus:</i> Yoga Practices For Stress Management	Yoga For Stress Management Handout
Week 14: April 21	Practical Test And Final Review	Practical Test You Must Be In Class! (20 Points)	
Week 16: April 28	Final Review And FINAL EXAM (50 Points)	<i>Special Focus:</i> Final Prep	ONLINE IN-PERSON EXAM: MUST BRING COMPUTER/ TABLET/PHONE TO CLASS TO TAKE IT

*Please note this is a tentative outline and the schedule or syllabus may be subject to change. Any changes will be announced in class AND via email for your convenience and review.

COVID POLICIES

To protect yourself and others, 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>

ACADEMIC ACCOMODATIONS

Students requesting academic accommodations based on disability or significant injury 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 me as early in the semester as possible. DSP is open Monday – Friday, 8:30 AM – 5:00 PM. The office is in the Student Union 301 and the phone number is (213) 740-0776.

ACADEMIC CONDUCT

Plagiarism is a serious academic offense with serious consequences at USC. It is referred to as “presenting someone else’s ideas as your own, either verbatim or recast in your own words.”

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

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/biasassessment-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 and/or to report a crime. Provides overall safety to USC community.
dps.usc.edu