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## **PHED 123 - Yoga Therapy (2 unit)**

**Semester: Spring 2023**

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

Section 50054 - Tuesday & Thursday, 2:00-2:50pm

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

**Jennifer Ginter, M.A., LMT**

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Zoom Office hours: Thurs 1pm-2pm

Fri 12pm-1pm

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Please note that on the first day of class ONLY, we will meet in PED 201 (upstairs gym)

All other days, class will be held in PED Sub-Basement #3

### **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)	45	15%	<b>A</b>	>	94%	<b>282</b>			
Midterm	45	15%	<b>A-</b>	>	90%	<b>270</b>	<	93.99%	<b>282</b>
Final Exam	60	20%	<b>B+</b>	>	87%	<b>261</b>	<	89.99%	<b>270</b>
Final Project (Planning 30, Journals 30, Presentation 30)	90	30%	<b>B</b>	>	84%	<b>252</b>	<	86.99%	<b>261</b>
Participation	60	20%	<b>B-</b>	>	80%	<b>240</b>	<	83.99%	<b>252</b>
<b>Total Points</b>	<b>300</b>	<b>100%</b>	<b>C+</b>	>	77%	<b>231</b>	<	79.99%	<b>240</b>
			<b>C</b>	>	74%	<b>222</b>	<	76.99%	<b>231</b>
			<b>C-</b>	>	70%	<b>210</b>	<	73.99%	<b>222</b>
			<b>D+</b>	>	67%	<b>201</b>	<	69.99%	<b>210</b>
			<b>D</b>	>	64%	<b>192</b>	<	66.99%	<b>201</b>
			<b>D-</b>	>	60%	<b>180</b>	<	63.99%	<b>192</b>
			<b>F</b>				<	59.99%	<b>180</b>

**EVALUATION CRITERIA:**

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

Failure to complete any exam, or failure to complete your HYP Presentation with your assigned group results in auto-deduction of at least one letter grade from final grade.

Assignments must be submitted on Blackboard, including any presentation materials. Email submissions are not accepted for any assignment.

**PARTICIPATION:**

In-class 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.

Tardiness and/or leaving early will not be tolerated as it disrupts the class. 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.

What is an excused absence?

- Respiratory illness
- Illness or injury with a doctor's note
- Travel for a class or athletics, with a note from the USC supervisor and at least 24 hours notice

Non-excused absences: Rain, personal travel, sore muscles, oversleeping, stubbed toes, on your period.

Live-streaming class is not available. In-person attendance is required. You are not permitted to make-up absences in another instructor's section.

### **COMMUNICATION:**

- **In-person:** I encourage reaching out with questions, comments, or concerns before/after class!
- **Zoom Office Hours:** See top of syllabus for availability; schedule at [calendly.com/guinter-1/2023](https://calendly.com/guinter-1/2023)
- **Email:** For all other email messages, please put your Yoga Therapy Section # in the subject line.

I value clear, authentic communication, am truly always happy to talk—especially in-person! Yoga Therapy is intended to be personalized, and I am here to help you do that. However, teaching physical education classes requires lots of physical presence; thus I am not able to view/respond immediately to emails. It may take 48 hours.

### **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.

### **TEXTBOOK:**

Payne, L., Gold, T., & Goldman, E. (2014). *Yoga Therapy & Integrative Medicine: Where Ancient Science Meets Modern Medicine.*

### **GENERAL GUIDELINES FOR PRACTICE & CLASS POLICIES:**

- Arrive to class on time.
- Wear athletic clothing that allows freedom of movement.
- No jeans, 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.
- **Cell phones must be silenced and out of sight during class.**
  - ➡ **You will receive half credit on participation if you attempt to use a phone during yoga**
- 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.**

### **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.

## **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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://dps.usc.edu)

COURSE OUTLINE		
Topic	Reading	Assignments
<b>Week 1: Jan 9-12</b>		
Introduction to Yoga Therapy Becoming the Non-Judgmental Observer	Khalsa article p. 8-12	Balance, Breath, and Flexibility Assessment
<b>Week 2: Jan 16-20</b>		
Preventing Stress-Related Disease Sun Salute A & B	Khalsa article p. 6-7	<b>Gunas Assessment</b> Due Sun, Jan 22
<b>Week 3: Jan 23-26</b>		
Fluctuations of the <i>Gunas</i> Yoga for Headache Prevention - <i>Brahma Mudra</i>	Articles online	<b>Candle Gazing Meditation - 15 pts</b> Due Sun, Jan 29
<b>Last day to change grading options (Letter Grade, P/NP, Audit)</b>		
<b>Week 4: Jan 30-Feb 2</b>		
What's Your Dosha? Yoga for Strength - Warrior I, II, & III	p.50-53, p.444-450	<b>Dosha Assessment</b> Due Wed, Feb 1
<b>Week 5: Feb 6-9</b>		
Yoga & The Autonomic Nervous System Yoga for Better Digestion	p.221-223, 232-233, p.259-260	<b>Mindful USC App - 15pts</b> Due Sun, Feb 12
<b>Week 6: Feb 13-16</b>		
The Five Kleshas Yoga for Better Posture - Myofascial Release Balls	p.421-422	<b>Walking Meditation-15pts</b> Due Sun, Feb 19
<b>Week 7: Feb 20-23</b>		
Restore & Review: Restorative Yoga Sign up for HYP Focus Group		<b>Midterm Exam - 45 pts</b> Due Wed, Feb 22
<b>Last day to change grading option to pass/no pass or drop without a W</b>		
<b>Week 8: Feb 27-Mar 2</b>		
Annamayakosha - Physical Layer Yoga for Back Pain Prevention	p.293-301, 338-341, 345-347, 455-461 Sullivan article	<b>Brainstorming - 15 pts</b> Due Sun, Mar 5
<b>Week 9: Mar 6-9</b>		
Pranamayakosha - Breath & Energy Layer Deepening Connection to Breath	p.301-305, 347-348, 461	<b>Group HYP Plan - 15pts</b> Due Wed, Mar 8
 <b>Spring Break (Mar 12-19)</b> 		

<b>Week 10: Mar 20-23</b>		
Manomayakosha: Mind & Emotional Layer Yoga for Depression & Anxiety	p.170-179, 348-351, 466-468; Mason article	<b>Week 1 HYP Journals - 15 pts</b> 4 entries by Sun, Mar 26
<b>Week 11: Mar 27-30</b>		
Vijñanamayakosha: Higher Wisdom	p.351-352 Article online	<b>Week 2 HYP Journals - 15 pts</b> 4 entries by Sun, Apr 2
<b>Week 12: Apr 3-6</b>		
Anandamayakosha: Bliss Layer	p.353-354 Article online	
<b>Week 13: Apr 10-13</b>		
<b>GROUP PRESENTATIONS</b> Due by Sun, Apr 9		
<b>Week 14: Apr 17-20</b>		
Yoga Therapy Applied		
<b>Week 15: Apr 24-27</b>		
Review & Final Exam		<b>Final Exam - 60 pts</b>