



[dornsife.usc.edu/phed/](https://dornsife.usc.edu/phed/)

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 (#49760, 49762, 49766)

Fall 2023- Mon, Wed 8:00am-8:50am,  
9:00am-9:50am, 11:00-11:50am

**Location:** First meeting PED 210  
Following Meetings PED Sub-Basement

**Blackboard (Bb):** <https://blackboard.usc.edu>

**Instructor:** Salena Collins  
*She/Her Pronouns*

**Office:** PED 108

**Office Hours:** By Appointment

**Contact Info:** [salenaco@usc.edu](mailto:salenaco@usc.edu)

## IT Help

### **Bb-USC Information Technology Services Help**

Phone: 213.740.5555

**Contact Info:** <https://itservices.usc.edu/contact>

**Hours:** 24 hours

## **Physical Education & Mind Body Health (PEMBH) Mission**

Physical Education & Mind Body Health (PEMBH) provides a variety of opportunities for students to improve their general health and fitness through fitness related and recreational activities classes. Courses are designed to introduce students to various aspects of health and physical education principles. With this exposure, knowledge, and skill, students are better equipped to make choices regarding a healthy and active lifestyle. All classes stress the importance of exercise and leisure time activity to physical, mental, and social well-being.

## **Land Acknowledgement**

The PEMBH department acknowledges our presence on the ancestral and unceded territory of the Tongva people and their neighbors: (from North to South) the Chumash, Tataviam, Kitanemuk, Serrano, Cahuilla, Payomkawichum, Acjachemen, Ipai-Tipai, Kumeyaay, and Quechan peoples, whose ancestors ruled the region we now call Southern California for at least 9,000 years. Indigenous stewardship and rightful claims to these lands have never been voluntarily relinquished nor legally extinguished. We pay respects to the members and elders of these communities, past and present, who remain stewards, caretakers, and advocates of these lands, river systems, and the waters and islands of the Santa Barbara Channel.

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

## **PEMBH 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.

**Students will be exposed to a variety of activities providing them the opportunity to:**

- Apply learned fundamental golf skills.

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

- Understand and utilize various training methods.
- Develop an appreciation of physical activity as a lifetime pursuit and a means to better health.

**COURSE READER:** The course reader is posted in CONTENT on Blackboard

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

We will use it in addition to the course reader. Class information will be posted on the blackboard, as well as resources.

**Location:** The yoga room is in the sub-basement of the PE building, PED SB1.

**Equipment:** You will need your own yoga mat (5mm or 1/4" is best). All other props will be provided: straps, blankets, bolsters, and blocks. Please bring your own hand towel and water if needed.

**Lockers** are available and recommended since the practice space needs to remain uncluttered. Locker Rooms are open from 7:30am-3pm M-TH and closed on Fridays, sign-up in room 107 (PE office).

The lockers will need to be cleared out the week of the PE Dept. finals.

**USC Physical Education IS NOT responsible for any lost, stolen or damaged property. If you choose to bring any valuables to class, it is strongly recommended that they be locked up during class**

## Evaluation Criteria:

\* Testing locations will be announced on Blackboard™

<b>Cognitive 60 points</b>	3 Part- Assignment	15 points
	Midterm	15 points
	Final	30 points
<b>Psychomotor 40 points</b>	Active Participation	40 points
	<b>Point/grade-base cutoffs</b>	
<b>A</b>	100	
<b>B</b>	80	
<b>C</b>	70	
<b>D</b>	60	
<b>F</b>	Below 60	

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

**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. 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 the 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 phones should be turned off.

**No food or drinks (except water), are allowed inside the yoga room.**

## PHED 120A: Yoga Course Outline

Week 1		
	<b>Introduction/Orientation.</b> Review of syllabus. No practice.  <b>Practice:</b> fundamentals of postures/ alignment/ breathing Use of Props/ modifications	
Week 2		
<b>Reading 1</b>	<b>Meditation Practice &amp; Lecture/Discussion:</b> Overview of Philosophy	
<b>Practice</b>	Meditation /Begin Home Meditation Practice (5 min/day)	<b>Read Course Reader Pg. 3-5</b>
Week 3		
<b>Reading 2</b>	<b>Meditation Practice/ Sama Vritti Pranayama</b>	
<b>Practice</b>	Fundamental postures, alignment, adjustments	<b>Read Course Reader Pg. 6-7</b>
	<b>Last day to change grading option (Letter Grade, P/NP, Audit)</b>	
Week 4		
<b>Reading 3</b>	<b>Meditation &amp; Lecture/Discussion:</b> 1 <sup>st</sup> limb of Yoga – Yama: Behavior and Social Conduct	
<b>Practice</b>	Fundamental postures, alignment continued	<b>Read Course Reader Pg. 8-9</b>
Week 5		
<b>Reading 5</b>	<b>Meditation &amp; Lecture/Discussion:</b> 2 <sup>nd</sup> limb – Niyama: Personal discipline	
<b>Practice</b>	Fundamental postures, alignment, continued	<b>Read Course Reader Pg. 15-17</b>
<b>Homework</b>	<b>Assignment Part 1:</b> journal (3 days) – discovering habit patterns	
Week 6		
<b>Reading 6</b>	<b>Meditation &amp; Lecture/Discussion:</b> Intro to Ujjayi Pranayama	
<b>Practice</b>	Restorative yoga	<b>Read Course Reader Pg 9-14</b>
<b>Homework</b>	<b>Assignment Part 2:</b> Analyze personal habits-application of yogic principles, cultivating healthy habits (dietary or environmentally) and taking personal responsibility for correcting negative habits (3 days)	
Week 7		
<b>Midterm Review</b>		

## Assignment (1-3) Due (15 pts)

Midterm Exam Online (15 pts)

Last day to drop without a W and to switch a pass/no pass status to a letter grade.

### Week 8

<b>Practice</b>	Surya Namaskar A	
<b>Practice</b>	Surya Namaskar B	

### Week 9

	<b>Meditation &amp; Lecture</b>	
<b>Practice</b>	Yoga Nidra (a guided, deep-relaxation practice called ‘yogic sleep’)	

### Week 10

<b>Reading 7</b>	<b>Meditation &amp; Lecture/Discussion:</b> 4th limb – Pranayama: Breathing control	
<b>Practice</b>	Restorative	<b>Read Course Reader Pg. 18-25</b>

### Week 11

	<b>Meditation &amp; Lecture/Discussion:</b> 5th limb- Pratyahara: Control of Sensory Perception	
<b>Practice</b>	Cultivating Flow in Yoga	

### Week 12

	<b>Meditation &amp; Lecture/Discussion:</b> Samyama (meditation): limb 6, 7 and 8	
<b>Practice</b>	Vinyasa Flow	

Last day to drop a class with a W on permanent record

### Week 13

	<b>Meditation</b>	
<b>Practice</b>	<b>Meditation &amp; Vinyasa Flow</b>	

### Week 14

<b>Practice</b>	<b>Meditation &amp; Vinyasa Flow</b>	
-----------------	--------------------------------------	--

### Week 15

<b>Practice</b>	<b>Final Review &amp; Restorative</b>	
-----------------	---------------------------------------	--

<b>EXAM</b>	<b>Final Exam Online *Due by 5pm*</b>	<b>30 points</b>
-------------	---	------------------

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

### **COVID-19 (Class Guidelines)**

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

## **Academic Conduct & Support Systems**

### **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](https://osas.usc.edu). You may contact OSAS at (213) 740-0776 or via email at [osasfrontdesk@usc.edu](mailto: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](mailto: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.