

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 A

### PHED 120A

1 unit

Fall 2023

Sections 49761 | 49763 | 49763 | 49767 | 49768 | 49774

**Location:** PED, Sub-Basement A

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

**Instructor:** Jino De Castro, M.A., C.Y.T 500-hr, CPT "Coach J"  
*he/him/el* [Pronouns](#)

**Office:** PED 209

**Virtual Office Hours:** <https://usc.zoom.us/j/5258489717>

Mondays & Wednesdays 9-9:45 am or by appointment

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

#### IT HELP

**Bb - USC Information Technology Services Help**

**Phone:** 213.740.5555

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

**Hours:** 24 hours a day, every day

## 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

Yoga A offers students an introductory experience of the physical practice (asana), explores fundamental meditation and breathwork techniques (pranayama), along with an introduction to classical philosophy. Students will investigate strategies that lead down a path towards physical, mental and spiritual aliveness. This is an entry level course designed with a foundational/beginner approach to practicing a complete yoga asana class and offers tools to explore a daily practice.

**Prerequisite:** None

**Co-Requisite:** None

**Recommended Preparation:** None

## Course Objectives

1. Outline the fundamentals of a Yoga practice in a safe, supportive and academic environment
2. Demonstrate proper body alignment and technique in each pose (asana) and understand how the asanas relate to Classical Yoga practice and one's overall health and wellness
3. Integrate and implement breathing techniques for relaxation and stress management
4. Identify the physical, psychological, emotional, and spiritual benefits of a Yoga practice
5. Ultimately, this class is a laboratory of self-reflection through a yogic lens

## PEMBH Objectives

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

- Understand anatomy, basic biomechanical principles and terminology.
- Determine factors involved with development, fitness levels and training strategies.

**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.

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

- Understand and utilize various training methods.
- Assess individual levels of fitness components.
- Identify common health and fitness myths along with trends involved with the evolving nature of physical education.

## Course Textbook

The full course reader is available on Blackboard <https://blackboard.usc.edu/webapps/login/>

## Class Meeting Information

Classes meet in Sub-Basement A of the PED building, unless specified otherwise by the instructor.

## COVID-19

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

## Participation/Attendance

Consistent attendance and active participation is a minimum requirement for completing a performance-based class and is a large determinant and component of your final grade.

## Course Policies

- **Up to 5 Participation Make-Ups** are allowed. Students must attend an alternate section for make-ups and must be completed within 7 days after a missed class. **No Make-Ups** will be given for any missed in-class work/exams or late assignments.
- Email ([jadecast@usc.edu](mailto:jadecast@usc.edu)) is the preferred method of communication outside of class.
- Email will generally be answered within 48 hours & 72 hours over a weekend, and the workday following a holiday.
- **Please NOTE: “Yoga A (day/time of section)” in the subject line of the email.**
- Students are responsible for confirming personal grade points and class standing by checking Blackboard.
- USC PEMBH **IS NOT** responsible for any lost, stolen or damaged property. If you choose to bring any valuables to class, it is strongly recommended to lock them up during class. Lockers are available for rental fee in the PED building.

## General Guidelines for Yoga Practice

- **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:** The USC PEMBH Department has lockers available for student use throughout the semester. Locker room hours of operations are Monday to Thursday from 8 AM to 3 PM, CLOSED on Fridays. If you 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 regularly:** Refer to Blackboard for additional handouts and assignments

**In-Class Participation (30%/30pts)**

Consistent attendance, punctuality, and participation in ALL classes are tremendously important to develop appropriate skills and to obtain supplemental information for course assignments/quizzes. Consistent tardiness to class will negatively affect participation grade. Failure to participate for the entire class session WILL IMPACT your final course grade.

**2 Active Learning Demonstrations (20%/20pts, 10%/10pts/each)**

**Identify** anatomical movement principles and their **Applications** to yoga postures. In-class, group format.

**2 Reflection Papers (20%/20pts, 10%/10pts/each)**

**Describe and examine** personal yoga experience. Prompts are posted on Blackboard.

**Midterm Exam (15%/15pts)**

**Multiple choice exam** administered via Blackboard in-class, open book.

**Final Exam (15%/15pts)**

**Multiple choice exam** administered via Blackboard in-class, open book.

<b>Grading Criteria</b>			
<b>Cognitive</b>	<b>50% /50 pts</b>	<b>Psychomotor</b>	<b>50%/50 pts</b>
Mid-Semester Reflection Paper	10%/10pts	Active Learning Demonstration #1	10%/10pts
Final Reflection Paper	10%/10pts	Active Learning Demonstration #2	10%/10pts
Midterm Exam	15%/15pts	Participation	30%/30pts
Final Exam	15%/20pts		

**A** (95 pts. & higher)      **A-** (90-94 pts.)      **B+** (87-89 pts.)      **B** (83-86 pts.)      **B-** (80-82 pts.)  
**C+** (77-79 pts.)      **C** (73-76 pts.)      **C-** (70-72 pts.)      **PASS** (>70 pts.)  
**D+** (67-69 pts.)      **D** (63-66 pts.)      **D-** (60-62 pts.)      **Fail** (<59 pts.)

A = 95%-100%    A- = 90%-94%    B+ = 87%-89%    B = 83%-86%    B- = 80%-82%    C+ = 77%-79%  
 C = 73%-76%    C- = 70%-72%    D+ = 67%-69%    D = 63%-66%    D- = 60%-62%    F = 59% and below

## Course Schedule

<b>Week 1</b> <i>August 21</i>	<u>Lesson:</u> Introduction & Orientation <i>Syllabus Review</i> <u>Practice:</u> Landmarks: The Mind, The Body, & The Breath <i>Movement Principle Overview</i>	
<b>Week 2</b> <i>August 28</i>	<u>Lesson:</u> What is Yoga? <i>Yoga Reader, pages 3 - 5</i> <u>Practice:</u> The Spine - The Physical Foundation <i>Movement Principle 1</i>	
<b>Week 3</b> <i>September 4</i>	<u>Lesson:</u> Overview of Yoga Philosophy <i>Yoga Reader pages 3-5</i> <u>Practice:</u> The Pelvic Girdle: Transverse Plane <i>Movement Principle 2A</i>	
<b>LABOR DAY</b> <i>MONDAY, SEPTEMBER 4</i>		
<b>LAST DAY TO: REGISTER &amp; ADD CLASSES, DROP WITHOUT MARK OF "W"</b> <i>FRIDAY, SEPTEMBER 8</i>		
<b>Week 4</b> <i>September 11</i>	<u>Lesson:</u> Intro to Patanjali Yoga Sutras, 8 Limbs <i>Yoga Reader pages 6 - 7</i> <u>Practice:</u> The Pelvic Girdle: The Coronal Plane <i>Movement Principle 2B</i>	
<b>Week 5</b> <i>September 18</i>	<u>Lesson:</u> The Don'ts, 1st Limb, The Yamas <i>Yoga Reader pages 6-7</i> <u>Practice:</u> The Pelvic Girdle: Multi-Planar, Twists <i>Movement Principle 2C</i>	
<b>Week 6</b> <i>September 25</i>	<u>Lesson:</u> The Do's, 2nd Limb, The Niyamas <i>Yoga Reader page 8</i> <u>Practice:</u> Hip vs Spinal Flexion: Forward Folds <i>Movement Principle 3</i>	<b>Reflection Paper #1</b> <i>Due: 9/29/23</i>
<b>Week 7</b> <i>October 2</i>	<u>Lesson:</u> What is the Point of Poses?, 3rd Limb, Asana <i>Yoga Reader, pages 9-14</i> <u>Practice:</u> The Shoulder Girdle: Arms in Neutral <i>Movement Principle 4A</i>	<b>Active Learning Demo #1</b> <i>10/5/23</i>
<b>LAST DAY TO: DROP COURSE WITHOUT MARK OF "W" ON TRANSCRIPT &amp; CHANGE ENROLLMENT P/NP COURSE TO A LETTER GRADE</b> <i>FRIDAY, OCTOBER 6</i>		
<b>Week 8</b> <i>October 9</i>	<b>Midterm Exam Review</b>	<b>Midterm Exam</b> <i>10/12/23</i>
<b>Fall Recess</b> <i>Th-Fri, October 12-13</i>		
<b>Week 9</b> <i>October 16</i>	<u>Lesson:</u> The Breath is an Anchor, 4th Limb, Pranayama <i>Course Reader: pages 15-17</i> <u>Practice:</u> The Shoulder Girdle - Arms in Extension <i>Movement Principle 4B</i>	

<p><i>Week 10</i> October 23</p>	<p><u>Lesson</u>: The Journey Inward, 5th Limb, Pratyahara  <u>Course Reader</u>: pages 18 - 21  <u>Practice</u>: The Shoulder Girdle - Arms in Flexion  <i>Movement Principle 4C</i></p>	
<p><i>Week 11</i> October 30</p>	<p><u>Lesson</u>: Meditation - Exploring the Unseen, 6th Limb, Dharna  <u>Course Reader</u>: page 22  <u>Practice</u>: The Femoral Head: Backbends  <i>Movement Principle 5</i></p>	
<p><i>Week 12</i> November 6</p>	<p><u>Lesson</u>: Meditation - Observing the Unknown, 7th Limb, Dhiyana  <u>Course Reader</u>: page 22  <u>Practice</u>: Breathwork/Energetic Awareness  <i>Movement Principle 6</i></p>	
	<p><b>Veteran's Day</b> Friday, November 10</p>	
<p><b>LAST DAY TO DROP CLASS WITH MARK OF "W"</b> FRIDAY, NOVEMBER 10</p>		
<p><i>Week 13</i> November 13</p>	<p><u>Lesson</u>: Everything : Nothing, 8th Limb, Samadhi  <u>Course Reader</u>: page 22  <u>Practice</u>: Breathwork/Energetic Awareness  <i>Movement Principle 6</i></p>	
<p><i>Week 14</i> November 20</p>	<p><u>Lesson</u>: Everywhere : Nowhere  <u>Practice</u>: Breathwork/Energetic Awareness  <i>Movement Principle 6</i></p>	<p><b>Active Learning Demo #2</b> <i>11/23/23</i></p>
	<p><b>Thanksgiving Holiday</b> Wed-Sun November 22-26</p>	
<p><i>Week 15</i> November 27</p>	<p>Final Exam Review</p>	<p><b>Final Exam</b> <i>11/30/23</i> <b>Reflection Paper #2</b> <i>Due: 12/1/23</i></p>

# 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.