

**Section 49865:** Tues & Thurs 11:00-11:50am

**Location:** PHED Sub-Basement #1

**Instructor:** Jennifer Ginter, MA, LMT

**Pronouns:** she/her/hers

**Office hours:** Thurs 1pm-2pm

Friday 12pm-1pm

Email: [ginter@usc.edu](mailto:ginter@usc.edu)

Phone: (213) 740-2488

Location: Far left yoga room in basement of PHED Building  
**(First day of class will meet initially in PE 210 –2nd floor gym in PE building)**

### **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.

### **Course Description**

This class is an introduction to Yoga practice emphasizing the philosophy of Classical Yoga as recorded in Patañjali's *Yoga Sūtras*. Attention will be given to physical alignment, breathing techniques, and improving concentration skills. Each class ends with a short relaxation segment.

Prerequisite(s): none

Co-requisite(s): none

Recommended preparation: none

### **Course Learning Objectives**

- Introduce students to the fundamentals of a Yoga practice in a safe, supportive, and academic environment.
- Demonstrate proper technique and body alignment in each *āsana* (posture).
- Understand how each of the *āsanas* relate to overall health and fitness.
- Identify physical and psychological benefits of Yoga.
- Learn Sanskrit terminology relating to *āsanas* and the *Yoga Sūtras*.

## PEMBH Program Objectives

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.
- Examine the effect of nutrition, rest & other lifestyle factors that contribute to health.

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

- Utilize physical activity as a tool to manage stress.
- Participate in a motivating and nurturing environment resulting in a greater sense of wellbeing and self-esteem.

Students will acquire skills enabling them to develop an appreciation of physical activity as a lifetime pursuit & means to better health.

## Textbook

Course reader available on Blackboard. <https://blackboard.usc.edu> In addition to the course reader, class information and additional resources will be posted.

## Equipment

Students must bring their own yoga mat. Appropriate workout attire is required, and water is recommended. Additional props will be provided in class: straps, blankets, bolsters, and blocks. If props are used during class, please neatly return them to storage cabinets. If blocks are used—please clean them with an antibacterial wipe.

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 that they be locked. PEMBH Locker Rooms are open from 7:30am-3pm M-TH, and lockers are available for rental (\$20 for the semester) in PED 107 (PE office). Lockers must be cleared out the week of the PE Dept. finals.

## Evaluation Criteria

### 1.) In-Class Participation (30 points)

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

Tardiness and/or leaving early disrupts everyone's Yoga practice. If you are late or leave early, you will only receive partial credit for the class. If you are using or viewing cell phone notifications during class, you are not fully present :) and only receive partial credit for the class.

2 pts. = full participation      1 pt. = partial participation      0 pt. = absence/no participation

What is an excused absence?

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

Non-excused: Rain, personal travel, soreness, oversleeping, stubbed toes, on your period.

## 2.) Homework (10 points each)

Guidelines for reflection on the Yamas & Niyamas will be posted on Blackboard. Assignment must be completed on Blackboard; email submissions are not accepted.

## 3.) Practical Exam (10 points)

Students will “play Simon says” and be able to demonstrate postures called out by professor with appropriate alignment. Grades are not assigned based on flexibility!

## 4.) Midterm & Final Exams

Exams are all multiple choice questions, taken during class. Not open-book. You may not make up the midterm nor final exams.

Assignment / Exam	Points	% of Grade	Point/grade-base cutoffs	
Reflection	10	10.00%	<b>A</b>	180-200
Midterm	20	20.00%	<b>B</b>	160-180
Final Exam	30	30.00%	<b>C</b>	140-160
Practical Exam	10	10.00%	<b>D</b>	120-140
Participation	30	30.00%	<b>F</b>	below 120
<b>Total Points</b>	<b>100</b>	<b>100%</b>		

*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*

## Guidelines for Practice & Class Policies

- Arrive to class on time, with your yoga mat.
- Wear athletic clothing that allows freedom of movement. No shoes or socks.
- Avoid practicing yoga on a full stomach. Wait two hours after a meal or one hour after a light snack. No candy or chewing gum during practice.
- **Turn off cell phones.** Participation credit deducted if phone is used/viewed during class.
- **Notify your instructor of any injuries,** health problems, and medical conditions – *including pregnancy.* 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.

## Communication

- **In-person:** I encourage reaching out with questions, comments, or concerns before/after class!
- **Zoom Office Hours:** See top of syllabus for hours; schedule at [calendly.com/guinter-1/2023](https://calendly.com/guinter-1/2023)
- **Email:** For any email messages, *please include Yoga 120A in the subject line.*

I am truly always happy to talk—especially in-person! 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.

## 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](https://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](https://policy.usc.edu/scientific-misconduct).

## 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 accommodations for students. Once a student has completed the OSAS process (registration, initial appointment, and submitted documentation) and accommodations are determined, a Letter of Accommodation (LOA) will be available. The LOA must be given to course instructor by the student as early as possible. Accommodations are not retroactive. More at [osas.usc.edu](https://osas.usc.edu). (213) 740-0776 or [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 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.

*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**

Info about how to get help or help someone affected by harassment or discrimination, rights of protected classes, reporting options. Resources for students, faculty, staff, visitors, & 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, & resources for students.

*USC Emergency (213) 740-4321 – 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

## YOGA 120A: COURSE OUTLINE

Topic		Note	Reading
<b>Week 1: Week of Aug 21</b>			
Lecture	Introduction & Review of Syllabus		
Practice	Ocean Breath and Key <i>Āsanas</i>		
<b>Week 2: Week of Aug 28</b>			
Lecture	Foundations: The Origins & Evolution of Yoga		p. 1-6
Practice	Sun Salutation A: How to Move with the Breath		
<b>Week 3: Week of Sept 4 (No Class Monday)</b>			
Lecture	Intro to Patañjali's <i>Yoga Sūtras</i> : The 8 Limbs of Classical Yoga		p. 7
Practice	Moon Salutation		
Fri, Sept 8: Last day to change grading options (Letter Grade, P/NP, Audit)			
<b>Week 4: Week of Sept 11</b>			
Lecture	1 <sup>st</sup> Limb of <i>Ashtanga-Yoga</i> : <b>Yamas</b> Five Guidelines on Ethics (Social)		p. 7-8
Practice	Sun Salutation B; Circle <i>Āsana</i> ; Candle-Gazing Meditation		
<b>Week 5: Week of Sept 18</b>			
Lecture	2 <sup>nd</sup> Limb of <i>Ashtanga-Yoga</i> : <b>Niyamas</b> Five Guidelines on Ethics (Internal)		p. 9-10
Practice	Moon Salutation & Balance Poses		
<b>HW</b>	<b>Reflection on Yamas &amp; Niyamas</b>	10 points	
<b>Week 6: Week of Sept 25</b>			
Lecture	3 <sup>rd</sup> Limb of <i>Ashtanga-Yoga</i> : <b>Āsana</b>		p. 10-15
Practice	Horse Stance Sequence & Hip Openers		
<b>Week 7: Week of Oct 2</b>			
<b>EXAM</b>	<b>MIDTERM</b> (Wed, in-class)	20 points	
Practice	Restorative Yoga & Review		
Fri, Oct 6: Last day to change grading option to pass/no pass or drop without a W			
<b>Week 8: Week of Oct 9</b>			
Lecture	3 <sup>rd</sup> Limb of <i>Ashtanga-Yoga</i> : <b>Āsana (continued)</b>		
Practice	Sun Salute B & Backbends		

<b>Week 9: Week of Oct 16</b>			
Lecture	4 <sup>th</sup> Limb of <i>Ashtanga-Yoga: Prānāyāma</i>		p.16-18
Practice	Moon Salute + <i>Nadi Shodhana</i> (alternate nostril breathing) + <i>Dirgha</i> (3 part breath)		
Fri, Oct 20: Last day to drop with a “W” and switch a pass/no pass status to a letter grade			
<b>Week 10: Week of Oct 23</b>			
Lecture	5 <sup>th</sup> Limb of <i>Ashtanga-Yoga: Pratyahāra</i> Sense Withdrawal or Inwardness		p. 18-21
Practice	Sun Salute A + Twists		
<b>Week 11: Week of Oct 30</b>			
Lecture	6 <sup>th</sup> , 7 <sup>th</sup> , 8 <sup>th</sup> Limbs of <i>Ashtanga-Yoga: Dhāraṇa, Dhyāna</i> and <i>Samādhi</i> Concentration, Meditation, and Absorption		p. 23-26
Practice	<i>Bhramari</i> (Bee Breath) and Candle-Gazing Meditation Horse Stance Sequence + Shoulder Strength		
<b>Week 12: Week of Nov 6</b>			
Lecture	6 <sup>th</sup> , 7 <sup>th</sup> , 8 <sup>th</sup> Limbs of <i>Ashtanga-Yoga: Dhāraṇa, Dhyāna</i> and <i>Samādhi</i> Concentration, Meditation, and Absorption		p. 23-26
Practice	Discussion & Heart Openers		
<b>Week 13: Week of Nov 13</b>			
Lecture	Review		
<b>EXAM</b>	<b>PRACTICAL EXAM</b>	10 points	
<b>Week 14: Week of Nov 20 (No class Wed-Fri)</b>			
Practice	Yoga for Digestion		
<b>Week 15: Week of Nov 27</b>			
Lecture	Final Review		
<b>EXAM</b>	<b>FINAL EXAM</b>	30 points	

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