



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 Therapy

PHED 123

2 unit (#50051, #50052, #50054)

Fall 2023- Mon, Wed 12:00pm-12:50pm,
1:00pm-1:50pm, 2:00 pm-2:50 pm

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

IT Help

Bb-USC Information Technology Services Help

Phone:213.740.5555

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

Hours: 24 hours

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

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 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.

Prerequisite: None

Co-Requisite: None

Recommended Preparation: None

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.

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 yoga 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™

Assignments	Points	% of Grade	Point/grade-base cutoffs				
Meditation Logs (3)	15	7.5%	A	>	93%		
Midterm Quiz	25	12.5%	A-	>	90%	<	92.99 %
Final Project	40	20%	B+	>	87%	<	89.99 %
Final Exam	50	25%	B	>	84%	<	86.99 %
Participation	70	35%	B-	>	80%	<	83.99 %
Total Points	200	100%	C+	>	77%	<	79.99 %
			C	>	74%	<	76.99 %
			C-	>	70%	<	73.99 %
			D+	>	67%	<	69.99 %
			D	>	64%	<	66.99 %
			D-	>	60%	<	63.99 %
			F			<	59.99 %

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

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. You may contact OSAS at (213) 740-0776 or via email at 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

Confidential Lifestyle Redesign services for USC students to support health promoting habits and routines that enhance quality of life and academic performance.

FALL 23' COURSE OUTLINE

Topic	Reading	Assignments
Week 1		
Introduction to Yoga Therapy Becoming the Non-Judgmental Observer	Khalsa article p. 8-12	Balance, Breath, and Flexibility Assessment
Week 2		
Preventing Stress-Related Disease Sun Salute A & B	Khalsa article p. 6-7	Gunās Assessment Due In-Class
Week 3		
Fluctuations of the <i>Gunās</i> Yoga for Headache Prevention - <i>Brahma Mudra</i>	Articles online	Meditation Journal 1 - 5 pts Due Fri
Last day to change grading options (Letter Grade, P/NP, Audit)		
Week 4		
What's Your Dosha? Yoga for Strength - Warrior I, II, & III		Dosha Assessment
Week 5		
Yoga & The Autonomic Nervous System Yoga for Better Digestion		Meditation Journal 2 - 5 pts Mindful USC App Due Fri
Week 6		
The Five Kleshas Yoga for Better Posture		
Week 7		
Restore & Review: Restorative Yoga		Midterm Exam - 25 pts
Last day to change grading option to pass/no pass or drop without a W		
Week 8		
Annamayakosha - Physical Layer Yoga for Back Pain Prevention	Sullivan article	
Week 9		
Pranamayakosha - Breath & Energy Layer Deepening Connection to Breath		

Week 10		
Manomayakosha: Mind & Emotional Layer Yoga for Depression & Anxiety	Mason article	
Week 11		
Vijñanamayakosha: Higher Wisdom Asana Practice	Article online	
Week 12		
Anandamayakosha: Bliss Layer Asana Practice	Article online	Meditation Journal 3 - 5 pts Walking Meditation Due Fri
Week 13		
FINAL PROJECT PRESENTATIONS - 40 pts Due by Sun		
Week 14		
FINAL PROJECT PRESENTATIONS		
Week 15		
Review & Final Exam		Final Exam – 50 pts