

Instructor: Jennifer Guinter, MA, LMT ([she/her](#))

Section 50050: Mon/Wed 11:00-11:50am

Section 50055: Tues/Thurs 2:00-2:50pm

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

Office hours: Thurs 1pm-2pm

Friday 12pm-1pm

guinter@usc.edu

Phone: (213) 740-2488

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

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

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(s): none

Co-requisite(s): none

Recommended preparation: none

Course Learning Objectives

- Recognize Yoga Therapy as a healing discipline that takes into account each individual's unique needs.
- Identify specific benefits of postures, breathwork, mantra, and meditation, and apply them as means of holistically improving mental and physical health.
- Understand basic anatomy, biomechanical principles, and Yoga terminology.
- Demonstrate an understanding of how Yoga Therapy can be used in the prevention and/or treatment of stress-related illnesses.
- Develop and implement a home Yoga Therapy practice.

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:

- Understand anatomy, basic bio mechanical principles, and terminology.
- Determine 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.

Course Textbooks

TBA

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. Lockers are available to rent from PED 107 (\$20 for entire semester) for storage of your yoga mat.

Evaluation Criteria

1.) In-Class Participation (60 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 will 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 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.

2.) Meditation Journals (10 points each)

Students will be assigned two guided different meditation techniques to try at home, and write a short reflection about each. Please copy & paste your reflection directly into Blackboard rather than attaching a document, if possible.

3.) Home Yoga Practice (50 points total)

Students will be divided into groups, and will co-create a home yoga practice (HYP) based on their interests and needs. This assignment is divided into the following parts:

- **HYP Plan (10 points)** submitted as a group
- **HYP Journals (20 points total)** two weeks of journals, submitted individually
 - Week 11: 2 pts per journal entry x 5 entries per week = 10 points
 - Week 12: 2 pts per journal entry x 5 entries per week = 10 points
- **Presentation (20 points)** submitted as a group

3.) Midterm & Final Exams

Exams are all multiple choice questions, plus one short answer question on each.

Grades

Cognitive	50%	100 pts.	Psychomotor	50%	100 pts.
Midterm	15%	30 pts.	In-Class Participation	30%	60 pts.
Final Exam	20%	40 pts.	Meditation Journals (3)	15%	30 pts.
HYP Plan	5%	10 pts.	HYP Journals (2 weeks)	5%	10 pts.
HYP Presentation	10%	20 pts.			
<u>200 Total Points</u>					

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

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

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.

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
- **Email**: For all other email messages, please put your Yoga Therapy Section # in the subject line.

I 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.

Guidelines for Practice & Class Policies:

- Arrive to class on time. Bring your yoga mat.
- Wear athletic clothing that allows freedom of movement. No socks; we practice yoga barefoot.
- Avoid practicing yoga on a full stomach. Wait two hours after a meal or one hour after a snack.
- **Cell phones must be silenced and out of sight during class.**
 - ➔ *You will receive half credit on participation if viewing or using a cell 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 updates & announcements.
- **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 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. 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>.

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. (213) 740-0776 or 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.

Course Schedule		Note
Week 1: Week of Aug 21		
Lecture	Introduction to Yoga Therapy	Khalsa article
Practice	Non-Judgmental Awareness	
Week 2: Week of Aug 28		
Lecture	Preventing Stress-Related Disease	
Practice	Sun Salutations & Breath-Initiated Movement	
Week 3: Week of Sept 4 (no class Monday)		
Lecture	Fluctuations of the Gunas	Gunas assessment
Practice	Moon Salute & Yoga for Headache Prevention	
HW	Meditation #1: Candle-Gazing Due before 8pm on Sunday, Sept 10th	10 pts
<i>Fri, Sept 8: Last day to change grading options (Letter Grade, P/NP, Audit)</i>		
Week 4: Week of Sept 11		
Lecture	What's Your Dosha?	Doshas assessment
Practice	Yoga for Strength - Warrior I, II, & III	
Week 5: Week of Sept 18		
Lecture	Yoga & The Autonomic Nervous System	Blackboard
Practice	Yoga for Digestion	
HW	Meditation #2: Mindful USC App Due before 8pm on Sunday, Sept 24th	10 pts
Week 6: Week of Sept 25		
Lecture	The Five Kleshas (barriers to contentment)	
Practice	Hip Openers & Myofascial Release Balls - bring a clean pair of socks!	
Week 7: Week of Oct 2		
Practice	Restorative Yoga & Review	
EXAM	Midterm Exam During class	30 pts
<i>Fri, Oct 6: Last day to change grading option to pass/no pass or drop without a W</i>		
Week 8: Week of Oct 9 (no class Thurs-Fri)		
Lecture	Annamayakosha - Physical Layer	
Practice	Yoga for Back Pain Prevention	
HW	HYP Plan - Due Wed! Submitted as a group—unless you wish to modify practices based on personal needs	10 pts

Topic		Note
Week 9: Week of Oct 16		
Lecture	Pranamayakosha - Breath & Energy Layer	
Practice	Moon Salute + Deepening Connection to Breath	
HW	Meditation #3: Walking Meditation Due before 8pm on Sunday, Oct 22	10 pts
<i>Fri, Oct 20: Last day to drop with a "W" and switch a pass/no pass status to a letter grade</i>		
Week 10: Week of Oct 23		
Lecture	Manomayakosha: Mind & Emotional Layer	
Practice	Yoga for Depression & Anxiety	
HW	HYP: Week 1 Journals Four separate entries - Due before 8pm on Sunday, Oct 29th	10 pts
Week 11: Week of Oct 30		
Lecture	Vijñanamayakosha: Higher Wisdom	
Practice	Shoulder Strength & Candle-Gazing Meditation	
HW	HYP: Week 2 Journals Four separate entries - Due before 8pm on Sunday, Nov 5th	10 pts
Week 12: Week of Nov 6		
Lecture	Anandamayakosha: Bliss Layer	
Practice	Heart Openers	
Week 13: Week of Nov 13		
HYP Presentations Presented as a group		20 pts
Week 14: Week of Nov 20 (no class Wed-Fri)		
Practice	Yoga Therapy Applied	
Week 15: Week of Nov 27		
Practice	Restorative Yoga & Review	
EXAM	Final Exam During class	40 pts