

PHED 120A: Yoga (1 unit)
Spring Semester 2024

Section 49763: TTh 9:00 - 9:50 am ~ **Location:** PED SB1
Section 49765: TTh 10:00 - 10:50 am ~ **Location:** PED SB1
Section 49769: TTh 12:00 - 12:50 pm ~ **Location:** PED SB1
Section 49770: MW 1:00 - 1:50 pm ~ **Location:** PED SB1
Section 49771: TTh 1:00 - 1:50 pm ~ **Location:** PED SB1
Section 49772: MW 2:00 - 2:50 pm ~ **Location:** PED SB1
Section 49773: TTh 2:00 - 2:50 pm ~ **Location:** PED SB1

Instructor: Steve Hsu

Office: PED 209

Office Hours: Monday and Wednesday 12:00 – 1:00 pm

Contact Info: stevehsu@usc.edu or 213.740.2488 PEMBH Office (PED 107)

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

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.

Acknowledgements

Land Acknowledgement: <https://libraries.usc.edu/land-acknowledgement>

Course Description

This class is an introduction to the elementary techniques of Classical Yoga with a general introduction to Yoga philosophy based upon Patanjali's *Yoga Sutras*.

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.
- Examine the effect of nutrition, rest, and other lifestyle factors that contribute to better 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 well-being and self-esteem.

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

- Develop an appreciation of physical activity as a lifetime pursuit and a means to better health.

Course Reader

Posted on Blackboard

Equipment

Appropriate workout attire for yoga and yoga mat.

Blackboard: <http://blackboard.usc.edu>

Class information will be posted. We will use resources posted on Blackboard™ in addition to the course textbook.

Participation/Performance

Timely and consistent attendance and participation are required in order to obtain and retain course material and to improve one's physical and mental fitness. Failure to attend class **will impact** your final grade. If you are tardy and/or leave early, you will only receive partial credit for attending class. Participation in class discussions and activity labs are also significant determinants of your final grade.

Class participation grading scale:

Full participation = 1 point **Partial participation** = 1/2 point **Absence/No participation** = 0 point

Please come prepared for class meetings, be it lecture or activity. Prior reading of assigned reading is highly recommended. Courtesy, kindness, and respect are expected from all class participants.

Grading Policy and Evaluation Criteria

Grading Policy and Evaluation Criteria:

Cognitive = 50% (100 points).

1. Final = 50 points
2. Midterm = 50 points

Psychomotor = 50% (100 points)

1. Active Participation = 60 points
2. Performance Test #1 = 20 points
3. Performance Test #2 = 20 points

Grading Scale: A (94+%), A- (90-93%), B+ (87-89%), B (84-86%), B- (80-83%), C+ (77-79%), C (74-76%), C- (70-73%), D+ (67-69%), D (64-66%), D- (60-63%), F (0-59%)

180 – 200 points = A

160 – 179 points = B

140 – 159 points = C

120 – 139 points = D

Below 120 points = F

PASS/NO-PASS , Pass = greater or equal to 140 points

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

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

Grading Policy and Evaluation Criteria (continued):

**Extra credit work and make-up work are not available. You are not permitted to make-up absences in another section. It is your responsibility to attend class consistently and fulfill the requirements of this course.*

Location:

We meet in the Yoga Room SB-1, located in the sub-basement of the Physical Education building.

Equipment and Lockers:

- All props, other than yoga mats, will be provided in class: straps, blankets, bolsters, and blocks. **You will need to bring your own yoga mat.** The storage cabinets containing the yoga props are in the hall next to the yoga room.
- 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. Locker rooms and lockers are available in the PE building. Assigned lockers for the entire semester are available for a fee – please see office staff in PED 107 to obtain a locker and combination lock.

General Guidelines for Practice:

- Wear clothing that allows freedom of movement. Absorbent, cotton-type material or athletic wear is best. No jeans or street clothes. No shoes or socks are worn during practice; we practice yoga barefoot.
- It is recommended that you avoid practicing yoga on a full stomach to prevent discomfort from performing yoga poses. Wait three hours after a meal or one hour after a light snack.
- Turn off cell phones.
- Refrain from talking during practice, unless asked to do so.
- No candy or chewing gum during practice.

General Guidelines for Practice (continued):

- **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.**

USC Yoga – Spring 2024 COURSE OUTLINE*

Week 1 (1/8 - 1/11)	Introduction/Orientation: Review of Syllabus and The Use of Props --- Read Ch. 1
Week 2 (1/15 – 1/18) MLK Jr. Birthday – Monday, 1/15 – no class meeting	Lecture: General History and Overview of Yoga Philosophy --- Read Ch. 1 & 7 Practice: Body alignment and kinesthetic awareness through yoga poses
Week 3 (1/22 - 1/25)	Lecture: The Yamas --- Read Ch. 2 Practice: Savasana (corpse pose) with partner adjustment and deep diaphragmatic breathing and Asana (anatomy & physiology overview)
Week 4 (1/29 - 2/1)	Lecture: The Niyamas --- Read Ch. 2 & 3 Practice: Asana – yoga poses
Week 5 (2/5 - 2/8)	Lecture: Asana (fundamentals) --- Read Ch. 5: p. 69-82; 107-109 Practice: Foundation for Standing Poses
Week 6 (2/12 - 2/15)	Lecture: Asana (fundamentals) -- Read Ch. 5 and Ch. 6 Practice: Standing Poses
Week 7 (2/19 - 2/22) President’s Day – Monday, 2/19 – no class meeting	Lecture: Asana <i>continued</i> --- Read Ch. 5 & 6 Practice: Standing Poses
Week 8 (2/26 – 2/29) Midterm Exam on Wednesday and Thursday	Review for Midterm on Mon. & Tues. Practice: Standing Poses and Backbends Midterm Exam – online on Blackboard
Week 9 (3/4 - 3/7) Spring Recess: 3/10 – 3/17	Practice for Performance Test #1: first class meeting this week Performance Test #1: second class meeting this week
Week 10 (3/18 - 3/21)	Lecture: Vinyasa & Surya Namaskar A & B --- Read Ch. 5: p. 121 - 122 Practice: Vinyasa & Surya Namaskar A & B
Week 11 (3/25 – 3/28)	Lecture: Vinyasa & Surya Namaskar A & B Practice: Vinyasa & Surya Namaskar A & B
Week 12 (4/1 – 4/4)	Lecture: Vinyasa & Surya Namaskar A & B Practice: Vinyasa & Surya Namaskar A & B
Week 13 (4/9 – 4/11)	Lecture: Restorative Yoga --- Read Ch. 4 for Practice: Restorative Poses next 2 weeks
Week 14 (4/15 - 4/18)	Lecture: Restorative Yoga and Pranayama Practice: Restorative Poses, Nadi Sodhana and Viloma Pranayama Practice for Performance Test #2: first class meeting this week

	Performance Test #2: second class meeting this week
Week 15 (4/22 - 4/25) Final Exam on Wednesday and Thursday	Readings: Meditation - Read Ch. 6 Review for Final Exam: first class meeting this week Final Exam – online on Blackboard

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

Statement on 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.