



## **PHED 127 Principles of Yoga for community outreach**

**Instructor:** Isabelle Mazumdar

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**Office hours:** Tuesday 2-3pm, Wednesday 1-2pm

**Office:** PED 106B

### **Course Description:**

This class is a partnership between the Physical Education Department and the Joint Education Project (JEP). It will include 8 weeks of yoga instruction and 8 weeks of seva, a yogic practice of selfless service. The class will include the practice of postures (asana), breathing techniques (pranayama), relaxation and meditation to be incorporated with children's literature in a children's yoga class as a service-learning experience in neighborhood grade schools.

### **Course objectives:**

- To introduce students to Classical and Karma yoga.
- To introduce students to the basic philosophical and inspirational principles of a yoga practice both on and off the mat, particularly the practice of seva.
- To teach students the benefits of meditation and a variety of breathing techniques and how to effectively teach these techniques to children.
- To teach students yoga poses for personal practice as well as how to lead and adjust children in these poses.
- To introduce students to children's literature incorporating yoga themes within story structure, and to use these texts as a springboard into a children's yoga practice.
- To provide students a service-learning experience in the USC Family of Schools by teaching yoga themes and practice to grade school children.
- To help students develop their own yoga practice and learn to lead a yoga class.

### **Physical education program objectives:**

1. 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.

Understand anatomy, basic bio mechanical principles and terminology.

2. Students will be exposed to a variety of activities providing them the opportunity to:  
Apply learned fundamental skills.

Participate in a motivating and nurturing environment resulting in a greater sense of well-being and self-esteem

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

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

**Course Material:**

Course material will be posted on Blackboard in addition to hand-outs.

Resources and children's literature for service-learning instructional sessions located at the JEP House on 34th Street (across the street from Taper Hall).

**Blackboard™:** <https://blackboard.usc.edu>

We will use it in addition to classroom instruction for resources, class information and for turning in your reflections.

**Location:**

Yoga instruction will take place in PED SB2

JEP program, week 6-13 location TBD during the first weeks of the course. Students will be paired and assigned to one specific USC neighborhood schools.

**Equipment:**

Students must have their own mat and bring it for each class.

Mats for the 8-week service-learning will be provided by Physical Education and JEP.

**Lockers**

The PED locker Rooms are open from 7:30am-3pm M-TH. Register for a locker in the PED office, PED 107. The lockers need to be cleared out the last week of PE classes.

**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**

**General Guidelines and attendance:**

- Regular attendance is required for the participation portion of the grade.
- Arrive to class on time as tardiness disrupts the class and practice.
- Wear comfortable clothing for practicing yoga, no jeans or street clothes, no shoes or socks as yoga is practiced barefoot.
- Please turn off cell phones and keep them out of sight to avoid distractions.
- Please notify instructor of any injuries or physical limitations prior to the first class in order to make appropriate accommodations.

### Evaluation Criteria:

Active Participation	45 points
Weekly reflections	35 points
Weekly lesson plans	35 points
Final project	20 points
Final reflection	15 points
Total	150 points

	<b>Point/grade-base cutoffs</b>
<b>A</b>	135
<b>B</b>	120
<b>C</b>	105
<b>D</b>	90
<b>F</b>	Below 90

Plus and minus will be issued for each grade, based on percentage range. Make-up points will be offered during JEP registration for missed lesson plans/reflections due to Holidays, parent conference...

1. Participation: Your active participation during class and the JEP program is an integral part of your learning experience in this class and will contribute to your experiential learning.
2. Weekly reflections: Reflection on your experience preparing and teaching the children class.
3. Weekly lesson plans: Choose a book from the JEP library and a theme from the book (i.e. gratitude, strength, resilience) to apply to the yoga practice.
4. Prepare one class on your own: find a book with a yogic theme and prepare a short sequence of asanas that emphasize the meaning of the book.
5. Written final

**Attendance:** 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.

**Department of Physical Education-Yoga  
Course Outline**

Week 1	Introduction/Orientation. Practice: fundamental of postures, alignment, breathing Diaphragmatic breath
Week 2	Overview of Philosophy Karma yoga: The yoga of selfless action Sun salutations
Week 3	Yoga Sutra- 1 <sup>st</sup> limb: Yama 3 <sup>rd</sup> limb: Asana- alignment, adjustments Literature share
Week 4	2 <sup>nd</sup> limb: Niyama <b>JEP Match-up</b> Intro to Meditation Literature share
Week 5	4 <sup>th</sup> limb: Pranayama-Ujjayi breath Vinyasa yoga- Integrating movement and breath Literature share
Week 6	JEP assignment start: Meet and greet Lesson plan in class for week 7
Week 7	2 <sup>nd</sup> week of JEP Lesson plan Weekly reflection
Week 8 2/25	3 <sup>rd</sup> week of JEP Lesson plan Weekly reflection
Week 9	4 <sup>th</sup> week of JEP Lesson plan Weekly reflection
3/10- 17	<b>SPRING BREAK</b>
Week 10	5 <sup>th</sup> week of JEP Lesson plan Weekly reflection
Week 11	6 <sup>th</sup> week of JEP Lesson plan Weekly reflection
Week 12	7 <sup>th</sup> week of JEP Lesson plan Weekly reflection
Week 13	JEP assignment ends or week 14
Week 14	Class meeting Group discussion
Week 15	Finding your yoga
Week 16	Final Reflection Due

## **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 Section 11, <https://scampus.usc.edu/1100-behavior-violating-university-standards-and-appropriate-sanctions/>. 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/>.

## **Support Systems:**

**Student Health Counseling Services** - (213) 740-7711 – 24/7 on call

[engemannshc.usc.edu/counseling](http://engemannshc.usc.edu/counseling)

Free and confidential mental health treatment for students, including short-term psychotherapy, group counseling, stress fitness workshops, and crisis intervention.

**National Suicide Prevention Lifeline** – 988 or 1 (800) 273-8255 – 24/7 on call

[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

Free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.

**Relationship and Sexual Violence Prevention Services (RSVP)** - (213) 740-4900 – 24/7 on call

[engemannshc.usc.edu/rsvp](http://engemannshc.usc.edu/rsvp)

Free and confidential therapy services, workshops, and training for situations related to gender-based harm.

**Office of Equity and Diversity (OED) | Title IX** - (213) 740-5086

[equity.usc.edu](http://equity.usc.edu), [titleix.usc.edu](http://titleix.usc.edu)

Information about how to get help or help a survivor of harassment or discrimination, rights of protected classes, reporting options, and additional resources for students, faculty, staff, visitors, and applicants. The university prohibits discrimination or harassment based on the following protected characteristics: race, color, national origin, ancestry, religion, sex, gender, gender identity, gender expression, sexual orientation, age, physical disability, medical condition, mental disability, marital status, pregnancy, veteran status, genetic information, and any other characteristic which may be specified in applicable laws and governmental regulations.

**Bias Assessment Response and Support** - (213) 740-2421

[studentaffairs.usc.edu/bias-assessment-response-support](http://studentaffairs.usc.edu/bias-assessment-response-support)

Avenue to report incidents of bias, hate crimes, and microaggressions for appropriate investigation and response.

**The Office of Disability Services and Programs** - (213) 740-0776

[dsp.usc.edu](http://dsp.usc.edu)

Students requesting academic accommodations based on a disability are required to register with Disability Services and Programs (DSP) each semester. A letter of verification for approved accommodations can be obtained from DSP when adequate documentation is filed. Please be sure the letter is delivered to the instructor or TA as early in the semester as possible. DSP is open Monday-Friday, 8:30am-5:00pm. The office is in Student Union 301  
Services include assistance in providing readers/notetakers/interpreters, accommodations for test taking needs, assistive technology, and support for individual needs.

**USC Support and Advocacy** - (213) 821-4710

[studentaffairs.usc.edu/ssa](http://studentaffairs.usc.edu/ssa)

Assists students and families in resolving complex personal, financial, and academic issues adversely affecting their success as a student.

**Diversity at USC** - (213) 740-2101

[diversity.usc.edu](http://diversity.usc.edu)

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

[dps.usc.edu](http://dps.usc.edu), [emergency.usc.edu](http://emergency.usc.edu)

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) 442-120 – 24/7 on call

[dps.usc.edu](http://dps.usc.edu)

Non-emergency assistance or information.