
Section 49750: Monday 2:00-3:50pm

Location: PHED 201

Instructor: Jennifer Guintier, MA, LMT

Pronouns: she/her/hers

Office hours: Thurs 1pm-2pm

Friday 12pm-1pm

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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

AcroYoga combines the dynamic movement of acrobatics with the mindfulness of yoga. Groups of two or more work together to build balance, strength, and communication skills in a safe, supportive environment. Classes will focus on spotting, basic L-basing, partner and solo stretching, supported inversions, handstand training, and AcroYoga culture worldwide.



This a teamwork-building fitness class that utilizes basic acrobatic training techniques. Students work in groups of two or more, and we will rotate partners throughout class. All exercises are equipment-free, using only bodyweight. Partner stretching techniques will also be utilized.

Prerequisite(s): none

Co-requisite(s): none

Recommended preparation: none

Course Learning Objectives

- learn unique fitness techniques that improve balance, strength, flexibility, and coordination that can be used anywhere, with no equipment required
- understand basic inversions and handstand training exercises
- practice ethical touch, teamwork, and clear communication in partner/group activities
- gain a working knowledge of AcroYoga culture worldwide

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

AcroFit Manual (available on Blackboard or acroyoga.org)

- Printing this is recommended, as PDF formatting is difficult to view on a screen

Periodic Table of AcroYoga (available on Blackboard)

Equipment

Yoga mat is suggested. Appropriate workout attire is required. Do not wear baggy clothes nor jeans. Lockers are available for a rental fee in the PED building.

Evaluation Criteria

1.) In-Class Participation (60 points)

Classroom participation will constitute 30% of students' final grades. Timely and consistent attendance is imperative in order to build on techniques taught in previous classes. Failure to attend class **will impact** your final grade. If you are tardy and/or leave early, you will not receive any credit for that day. Excused absences are to accommodate for illness, injury, or school-related business only. **No Make-Ups** are available for any missed classes or late assignments.

Class participation grading scale per class.

4 pts. = full participation 3 pts. = excused absence
2 pts. = partial participation 0 pt. = absence/no participation

2.) Reflection (20 points)

Pick one of the Noble Elements from the Periodic Table of AcroYoga. Recall something that we have done in class that stands out to you as memorable “aha!” moment relating to that Noble Element. Perhaps you surprised by how you were able to do something that you didn't think you could do; maybe you've found a particular stretch to be specifically helpful, or perhaps you've

really enjoyed the collaborative nature of the class. Alternatively perhaps you've been challenged in other ways; try and practice some non-judgement towards yourself and others :) and share your experience. Double-spaced, Times New Roman, 12-point font, 1" margins, MLA

3.) Practical Exam (20 points)

We will form groups of 3-4. With your group members, you must work together to demonstrate a transition between any two poses. May be acrobatic or therapeutic. Must include the following:

- Identify the correct names of the two poses
- Identify any hand grips used
- Key actions for the base and flyer
- Spotting stance, and key actions for the spotter

This will be done during regular class time. Be creative! All group members must be present.

4.) Midterm & Final Exams (50 points each)

In this multiple choice exam, students will demonstrate knowledge of key AcroYoga poses and partner stretches. These exams will also cover types of spotting, hand grips, and AcroYoga-specific vocabulary.

5.) OPTIONAL Experiential Extra Credit (5 points)

You can earn extra credit OR make up a missed class by attending any of the local AcroYoga classes and submitting the makeup form under Assignments. Include a selfie with your instructor or classmates. Due before the Final Exam.

Grades

Cognitive	50%	50 pts.	Psychomotor	50%	50 pts.
Midterm	15%	15 pts.	In-Class Work	30%	30 pts.
Final Exam	25%	25 pts.	Practical Exam	20%	20 pts.
Reflection	10%	10 pts.			
<u>100 Total Points</u>					

*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*

Course Policies, Safety, and Etiquette

- Please be aware that this course does involve contact with other participants. Therefore it is important to be clean, avoid wearing any perfume/cologne/essential oils, and be respectful when engaging with others. Hand sanitizer is required at the start and end of every class.
- At any point if someone says “down” or “stop” then all members of the group must safely stop the activity, no questions asked.
- If you feel too exhausted and/or uncomfortable to perform an activity, take care of yourself; communicate with instructor and partners, and ask someone else to step in for you if need be.
- Appropriate spotting techniques must be utilized AT ALL TIMES.
- *Please put **PHED 126: AcroYoga** as the subject line of any email communication.*
- Teamwork activities can bring up a lot of thoughts and questions; I’m always happy to talk. Please don’t hesitate to schedule office hours. To do so, please use this clickable link.

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 each course instructor by the student. This should be done as early in the semester as possible, as accommodations are not retroactive. More info at osas.usc.edu. (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 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**

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

COURSE SCHEDULE

Week 1	Alphabet of Acro & Etiquette Forward Flying: Front Plank, Front Bird, Walk the Plank	Jason Nemer p. 81, 101, 109 Daniel Scott
Week 2 - (no class Monday)	Throne, Foot to Shin—>Throne	Jason Nemer
Week 3	Straddle Throne & High Flying Whale	Daniel Scott p. 55-56, 101
Last day to change grading options (Letter Grade, P/NP, Audit)		
Week 4	Therapeutics: Backward Flying I	Daniel Scott p.49, p. 63
Week 5	Inversions: Candlestick, Shoulderstand, and Star HOMEWORK DUE—REFLECTION	Daniel Scott p. 93, 101 20 points
Week 6	Inside & Outside Side Stars, Straddle Bat, and Floating Paschi	Daniel Scott
Week 7 - (no class Monday)	Practice Therapeutics: Forward Flying I	Daniel Scott AcroBhakti p. 41-42
Last day to change grading option to pass/no pass or drop without a W		
Week 8	Review & Calibrations EXAM—MIDTERM	Daniel Scott 50 points

Week 9	Thighstand Counterbalance	p.98-100
Week 10	Foot to Hand & Reverse Throne	
Week 11	Tick Tock	Daniel Scott
Week 12	Ninja Star EXAM—PRACTICAL	20 points
Week 13	Goofy and Mono-Limb Poses; Acro Jam Etiquette	
Week 14	Flying Therapeutics III	
Week 15	Review EXAM—FINAL	50 points