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**PHED - Yoga 120A (1 unit)****Salena Collins****Semester: Fall 2024**[salenaco@usc.edu](mailto:salenaco@usc.edu) Office Hours by Appointment

Section: 49766 – Monday &amp; Wednesday, 11:00 -11:50 am

Section: 49768 – Monday & Wednesday, 12:00 -12:50 am

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**Course Description:** This class is an introduction to Classical yoga and will include the practice of postures (asana), breathing techniques (pranayama), relaxation and meditation.

**Course 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.

**COURSE READER:** The course reader is posted in CONTENT on Blackboard

**Physical education program objectives:**

**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 biomechanical principles and terminology.

**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:**

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

**Course Reader:** The reading material is posted on Blackboard under content.

**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™

<b>Cognitive 120 points</b>	Assignment	10 points
	Midterm Quiz	20 points
	Final	30 points
<b>Psychomotor 60 points</b>	Active Participation	40 points
	<b>Point/grade-base cutoffs</b>	
<b>A</b>		100-90
<b>B</b>		89-80
<b>C</b>		79-70
<b>D</b>		69-60
<b>F</b>		Below 60

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, this is especially true of 50-minute class sections. 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.**

### STATEMENT ON ACADEMIC CONDUCT AND SUPPORT SYSTEMS

#### 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](http://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>.

#### Support Systems:

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

Free and confidential mental health treatment for students, including short-term psychotherapy, group counseling, stress fitness workshops, and crisis intervention. [engemannshc.usc.edu/counseling](http://engemannshc.usc.edu/counseling)

*National Suicide Prevention Lifeline – 1 (800) 273-8255*

Provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

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

Free and confidential therapy services, workshops, and training for situations related to gender-based harm. [engemannshc.usc.edu/rsvp](http://engemannshc.usc.edu/rsvp)

*Sexual Assault Resource Center*

For more information about how to get help or help a survivor, rights, reporting options, and additional resources, visit the website: [sarc.usc.edu](http://sarc.usc.edu)

*Office of Equity and Diversity (OED)/Title IX Compliance – (213) 740-5086*

Works with faculty, staff, visitors, applicants, and students around issues of protected class. [equity.usc.edu](http://equity.usc.edu)

*Bias Assessment Response and Support*

Incidents of bias, hate crimes and micro aggressions need to be reported allowing for appropriate investigation and response. [studentaffairs.usc.edu/bias-assessment-response-support](http://studentaffairs.usc.edu/bias-assessment-response-support)

*The Office of Disability Services and Programs*

Provides certification for students with disabilities and helps arrange relevant accommodations. [dsp.usc.edu](http://dsp.usc.edu)

*Student Support and Advocacy – (213) 821-4710*

Assists students and families in resolving complex issues adversely affecting their success as a student EX: personal, financial, and academic. [studentaffairs.usc.edu/ssa](http://studentaffairs.usc.edu/ssa)

*Diversity at USC*

Information on events, programs and training, the Diversity Task Force (including representatives for each school), chronology, participation, and various resources for students. [diversity.usc.edu](http://diversity.usc.edu)

*USC Emergency Information*

Provides safety and other updates, including ways in which instruction will be continued if an officially declared emergency makes travel to campus infeasible. [emergency.usc.edu](http://emergency.usc.edu)

*USC Department of Public Safety – UPC: (213) 740-4321 – HSC: (323) 442-1000 – 24-hour emergency or to report a crime.* Provides overall safety to USC community. [dps.usc.edu](http://dps.usc.edu)

## PHED 120A: Yoga Course Outline

Week 1 Aug 26		
	<b>Introduction/Orientation.</b> Review of syllabus. No practice.  <b>Practice:</b> fundamentals of postures/ alignment/ breathing Use of Props/ modifications	
Week 2 Sept 2 -No Class Mon Labor Day		
<b>Reading 1</b>	<b>Meditation Practice &amp; Lecture/Discussion:</b> Overview of Philosophy	
<b>Practice</b>	Meditation /Begin Home Meditation Practice (5 min/day)	<b>Read Course Reader Pg. 3-5</b>
Week 3 Sept 9		
<b>Reading 2</b>	<b>Meditation Practice/ Sama Vritti Pranayama</b>	
<b>Practice</b>	Fundamental postures, alignment, adjustments	<b>Read Course Reader Pg. 6-7</b>
<b>9/13 Last day to change grading option (Letter Grade, P/NP, Audit)</b>		
Week 4 Sept 23		
<b>Reading 3</b>	<b>Meditation &amp; Lecture/Discussion:</b> 1 <sup>st</sup> limb of Yoga – Yama: Behavior and Social Conduct	
<b>Practice</b>	Fundamental postures, alignment continued	<b>Read Course Reader Pg. 8-9</b>
Week 5 Sept 30		
<b>Reading 5</b>	<b>Meditation &amp; Lecture/Discussion:</b> 2 <sup>nd</sup> limb – Niyama: Personal discipline	
<b>Practice</b>	Fundamental postures, alignment, continued	<b>Read Course Reader Pg. 15-17</b>
<b>Homework</b>	<b>Assignment Part 1:</b> journal (3 days) – discovering habit patterns	
Week 6 Oct 7		
<b>Reading 6</b>	<b>Meditation &amp; Lecture/Discussion:</b> Intro to Ujjayi Pranayama	
<b>Practice</b>	Restorative yoga	<b>Read Course Reader Pg 9-14</b>
<b>Homework</b>	<b>Assignment Part 2:</b> Analyze personal habits-application of yogic principles, cultivating healthy habits (dietary or environmentally) and taking personal responsibility for correcting negative habits (3 days)	
Week 7 Oct 14		
<b>Midterm Review</b>		

Assignment (1-3) Due (10 pts)		
Midterm Exam Online (20 pts)		
10/11 Last day to drop without a W and to switch a pass/no pass status to a letter grade.		
Week 8 Oct 21		
Practice	Surya Namaskar A	
Practice	Surya Namaskar B	
Week 9 Oct 28		
	<b>Meditation &amp; Lecture</b>	
Practice	Yoga Nidra (a guided, deep-relaxation practice called ‘yogic sleep’)	
Week 10 Nov 4		
Reading 7	<b>Meditation &amp; Lecture/Discussion:</b> 4th limb – Pranayama: Breathing control	
Practice	Restorative	<b>Read Course Reader Pg. 18-25</b>
Week 11 Nov 11 No Class - Veterans Day		
	<b>Meditation &amp; Lecture/Discussion:</b> 5th limb- Pratyahara: Control of Sensory Perception	
Practice	Cultivating Flow in Yoga	
Week 12 Nov 18		
	<b>Meditation &amp; Lecture/Discussion:</b> Samyama (meditation): limb 6, 7 and 8	
Practice	Vinyasa Flow	
Last day to drop a class with a W on permanent record		
Week 13 Nov 25 No Class Thanksgiving Break		
Week 14 Dec 2		
Practice	Final Review & Exam	
EXAM	Final Exam Online *Due by 5pm*	30 points