

Physical Education & Mind Body Health (PEMBH) provides a variety of offerings in fitness and activities classes designed to promote health and general fitness based upon individual goals and needs.

## Yoga PHED 120A

1 Unit

Fall 2024

Section 49767 Wednesday 3:00 PM – 4:50 PM

Section 49774 Wednesday 5:30 PM – 7:20 PM

**Location:** Yoga Room In PHED Sub-Basement

**Brightspace:** <https://brightspace.usc.edu>

**Instructor:** Eden Goldman, D.C., C-IAYT “Dr. E”  
*he/him/his Pronouns*

**Office:** Zoom Meeting ID# 216 899 9825 (Passcode: 2Cqnuy)

**Office Hours:** Tuesday 3 PM – 4 PM Or By Appointment

**Contact Info:** [eden.goldman@usc.edu](mailto:eden.goldman@usc.edu) Or (305) 336-3129 CELL

### IT HELP

**BB – 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.

## Land Acknowledgement

The PEMBH department acknowledges our presence on the ancestral and unceded territory of the Tongva people and their neighbors: (from North to South) the Chumash, Tataviam, Kitanemuk, Serrano, Cahuilla, Payomkawichum, Acjachemen, Ipai-Tipai, Kumeyaay, and Quechan peoples, whose ancestors ruled the region we now call Southern California for at least 9,000 years. Indigenous stewardship and rightful claims to these lands have never been voluntarily relinquished nor legally extinguished. We pay respects to the members and elders of these communities, past and present, who remain stewards, caretakers, and advocates of these lands, river systems, and the waters and islands of the Santa Barbara Channel.

For additional information – <https://dornsife.usc.edu/hist/land-acknowledgement/>

## Course Description

This class is an introduction to the philosophy and practice of Yoga and offers students the opportunity to experience physical movement practices and Yoga postures (asanas), breathing techniques (pranayama), mental focusing and concentration skills (dharana), and various methods of meditation (dhyana). The class will provide a holistic approach to self-observation and self-discovery where

students will learn to refine personal tendencies while being trained in traditional yogic ways of living a calmer, clearer, and purer (sattvic) life. The course is designed for all people, as beginners and advanced practitioners will both benefit from these practices, and each class will end with a relaxation segment.

**Prerequisite:** None

**Co-Requisite:** None

**Recommended Preparation:** None

## Learning Objectives

- Outline the fundamentals of a Yoga practice in a safe, supportive and academic environment
- Demonstrate proper body alignment and technique in each pose (asana) and understand how the asanas relate to Classical Yoga and one's overall health and wellness
- Integrate and implement breathing techniques for relaxation and stress management
- Identify the physical, psychological, emotional, and spiritual benefits of a Yoga practice
- Ultimately, this class is a laboratory of self-reflection from a yogic perspective that will ask you to see yourself '*as you are*' in body, breath, heart, and mind

## PEMBH Objectives

**Students will be provided both an intellectual and experiential understanding of the principles of wellness, fitness, and Yoga as they relate to a balanced lifestyle and better health and will be able to:**

- Recognize the physical and mental benefits of Yoga postures, breathing, and meditation
- Understand anatomy, basic biomechanical principles, and Yoga terminology

**Students will be exposed to a variety of activities providing them the opportunity to:**

- Apply learned fundamental skills
- Empower themselves by setting and working toward realistic individual goals
- Participate in a motivating and nurturing environment resulting in greater sense of well-being and self-esteem
- Participate in active learning to stimulate continued inquiry about physical education, health, and fitness

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

- Create a safe, progressive, methodical, and efficient activity-based plan to enhance improvement and minimize risk of injury
- Develop an appreciation of physical activity as a lifetime pursuit and a means to better health

## Course Reader And Supplemental Materials

**The course reader is available on Brightspace. Additionally, lecture notes will be provided on Brightspace at <https://brightspace.usc.edu>.** For further personal reading materials, if you are yogically intrigued, please also consider the following supplemental books available for purchase:

**Light on Yoga** by B.K.S. Iyengar

**The Heart of Yoga** by T.K.V. Desikachar

**The Key Muscles of Yoga** by Ray Long, M.D.

**Autobiography of a Yogi** by Paramahansa Yogananda

**Yoga for Dummies** by Georg Feuerstein Ph.D. and Larry Payne Ph.D.

**The Seven Spiritual Laws of Success** by Deepak Chopra, M.D.

**Meditation Made Easy** by Lorin Roche, Ph.D.

**Yoga Therapy and Integrative Medicine: Where Ancient Science Meets Modern Medicine** by Larry Payne, Ph.D., Terra Gold, L.Ac. and Eden Goldman, D.C.

## General Guidelines For Yoga Practice And Course Policies

- **BYOM: Students must bring their own Yoga mat to class!**
- ***Arrive to class on time:*** Be 2 to 3 minutes early to make sure you have your props ready
- ***Dress properly:*** Wear comfortable athletic clothing that allows freedom of movement and note that close-fitting athletic clothes are usually best (avoid baggy t-shirts/pants and dangly jewelry)
- ***Props, Props, Props:*** Additional props beyond a Yoga mat will be provided in class, including straps, blankets, bolsters, and blocks – *please return the equipment neatly in the storage cabinets after use*
- ***Practice Yoga barefoot:*** No shoes or socks are traditionally worn during Yoga practice
- ***Avoid practicing Yoga on a full stomach:*** Wait two hours after a meal or one hour after a light snack and no candy or chewing gum during practice
- ***What else to bring:*** Water, a hand towel, and/or a beach towel to absorb sweat on your mat and/or to cover the props, if preferred
- ***Lockers:*** The USC Physical Education & Mind-Body Health Department has lockers available for student use throughout the semester. The locker rooms' hours of operations are Monday to Friday from 8 AM to 3 PM. If you would like a locker and lock, they can be purchased in the main PEMBH office located at PED 107 in the Physical Education Building.
- ***Report health issues and injuries:*** **Notify the instructor of any existing injuries, health problems, and medical conditions – including pregnancy – in 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 the instructor. This will be kept STRICTLY confidential.**
- ***Life is about showing up:*** If you are unable to practice, you are still required to attend class and observe as you can learn a lot simply by watching
- ***Handle your responsibilities:*** Complete assignments on time
- ***Minimize distractions and seek quietness:*** Turn off cell phones (unless using for notes during lecture)
- ***Plan ahead with communication:*** Email ([eden.goldman@usc.edu](mailto:eden.goldman@usc.edu)) is the preferred method of communication outside of class; emails will normally be answered within 72 hours or within 96 hours if it's over a weekend or following a holiday
- **Please use: Yoga PHED 120A and your section number in subject line of any email communications**
- **Absences:** Only 1 make-up assignment will be given for unexcused absences whereby a 1 paragraph to a 1 page paper on how Yoga was part of the missed absence will substitute and highlight missed in-class work
- ***Consult Brightspace if needed:*** Refer to Brightspace for additional handouts and assignments

## Presence And Participation Policies

Because this is a Physical Education course, your regular presence is required for the participation portion of the grade and it is a large 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 might only receive partial credit for attending the class, so check with the instructor. What's more, you will be expected to attend the section for which you are enrolled. Make-ups for extenuating circumstances are allowed, but only upon approval. Typically, a make-up assignment would be comprised of "How did you apply Yoga to your day while you were out of class?" Overall, though, it is your responsibility to attend class consistently and fulfill the requirements of this course. Failure to attend class **WILL IMPACT** your final course grade.

*\*You cannot make-up the Midterm and Final*

*\*\*Extra credit work will likely be available only 2x around Week 8 and Weeks 13-14*

### **Presence (15% = 15 points → 1.25 points/class starting Week #2)**

Yoga is an experience-based practice and Physical Education course that requires presence, i.e. physical attendance and showing up, day-to-day. Attendance will be taken every class via Qwickly and it is the student's responsibility to confirm presence. Additionally, to receive this credit, presence will be combined with your tardiness, class citizenship, and/or your mature sense of being a part of a collective community endeavor in the class. **Please note that if you have 3 absences, your final grade will probably lower by one full grade. More than 5 absences and your final grade will likely lower by two grades.**

**\*Due to COVID-19, students may need to miss class because of illness, quarantine, isolation, or other COVID-related reasons. If this is the case, please contact the instructor as soon as you can and we will work something out that is most supportive to your health and class. An alternative assignment will be created in lieu of missed classes.**

### **In-Class Participation (15% = 15 points → 1.25 points/participation starting Week #2)**

Yoga is collaborative process that requires conscious feedback, deeper inquiry, and participation, collaboration, and engagement with life. As such, participation is different from just showing up, i.e. physical attendance, and will be determined by your contribution to class, yet not in the performance of the poses or techniques. Instead, to assess the quality of your engaged attention and sincere efforts ethically, students will be given 10 tokens at the beginning of the term. Each time a student participates in a class lecture, the student will be able to pass in one token – and only one token can be handed in per class. If all 10 tokens are turned in by the end of the semester, the student receives full credit and all 15 points for participation, with 1.25 points deducted for participation for each token not turned in.

**\*That said, your grades in physical presence and active participation are large components of your final grade. Just show up and be part of the group and you'll be fine! ☺**

## **The Yamas And Niyamas Homework (10% = 10 points)**

The yamas and niyamas function as Yoga's ethical standards in the Classical Yoga paradigm of the 8 Limbs of Yoga found in Patanjali's *Yoga Sutras*. For this assignment, students will be asked to consider the different ways in which they practice the yamas and niyamas in their respective lives and to outline and write about their experience. A format will be provided in class to streamline the experiential nature of this assignment and minimize the amount of writing necessary for each student to receive credit.

## **Reflection Homework (10% = 10 points)**

Reflection is an integral part of the learning process, especially in Yoga. Students will complete reflections on the material from the Course Reader, class conversations, and direct experiences in Yoga classes (both in class and out of class) throughout the course. For this assignment, students will write a one to two-page paper explaining your experiences and share teachings you have learned in your USC Yoga class and how it applies to your life. An exact format for the paper will be provided in class. Students are welcome to communicate feedback to the instructor throughout the semester on reflections, either by email and/or in person.

## **Practical Exam: Embodied Asana (10% = 10 points)**

In-class practicum, to demonstrate the student's neuromuscular and biomechanical fluency and attention to alignment. Attendance is required for this assignment and students will NOT be graded on the overall shape or performance of the pose, but more on their understanding of it. Please note the date in the syllabus and be on-time and in-class that day, or contact the instructor in advance if you're not able to be there for any reason.

## **Midterm Exams (15% = 15 points)**

In-class, open book, multiple choice test.

## **Final Exam (25% = 25 points)**

In-class, open book, multiple choice test.

## **Grading Criteria**

|                                       | <b>% Grade</b> | <b>Points</b>     |
|---------------------------------------|----------------|-------------------|
| <b>Presence</b>                       | <b>15%</b>     | <b>15</b>         |
| <b>In-Class Participation</b>         | <b>15%</b>     | <b>15</b>         |
| <b>Yamas And Niyamas Homework</b>     | <b>10%</b>     | <b>10</b>         |
| <b>Reflection Homework</b>            | <b>10%</b>     | <b>10</b>         |
| <b>Practical Exam: Embodied Asana</b> | <b>10%</b>     | <b>10</b>         |
| <b>Midterm Exam</b>                   | <b>15%</b>     | <b>15</b>         |
| <b>Final Exam</b>                     | <b>25%</b>     | <b>25</b>         |
| <b>Total</b>                          | <b>100%</b>    | <b>100 Points</b> |

## Grading Scale

Each letter grade is based on points and grade percentage as per the grading scale below.

(100 Total Points)

**A** = 90 – 100 points (A = 90% – 100%)

**B** = 80 – 89 points (B = 80% – 89%)

**C** = 70 – 79 points (C = 70% – 79%)

**D** = 60 – 69 points (D = 60% – 69%)

**F** = Below 60 points (F = Below 60%)

## Course Schedule

### ***COURSE OUTLINE AND CLASS SCHEDULE***

*USC PHYSICAL EDUCATION DEPARTMENT PHED 123: Yoga Therapy Syllabus*

| <b>Date</b>                 | <b>Lecture Topic</b>  | <b>Practice</b>   | <b>Assessment/Assignment</b>   |
|-----------------------------|---|---|--|
| <b>Week 1: August 28</b>    | Review of Syllabus, Guidelines And Methodology, What Is Yoga?, Review Of Breathing Function And Techniques  | <i>Special Focus:</i><br>Intro to 360 Degree Breathing, Dirga Breathing, And Samavritti Pranayama | No Reading Or Assignment But You <b>MUST</b> Bring A Cell Phone, Tablet, Or Laptop To The 1 <sup>st</sup> Day Of Class 😊 |
| <b>Week 2: September 4</b>  | Yoga from Past to Present: The Classical Origins And Evolution Of Modern Yoga Practice                      | <i>Special Focus:</i><br>Intro to Asana, Alignment, And Yoga With Props; Ujjayi Breathing         | Course Reader: Pages 3-5 And Pages 18-19   |
| <b>Week 3: September 11</b> | Intro To Patanjali's <i>Yoga Sutras</i> : The 8 Limbs Of Classical Ashtanga Yoga                            | <i>Special Focus:</i><br>Tadasana   | Course Reader: Page 6<br><b>*Last Day To Change Grading Option (Letter Grade, P/NP, Audit)</b>                           |
| <b>Week 4: September 18</b> | 1 <sup>st</sup> and 2 <sup>nd</sup> Limb Of Ashtanga Yoga: Relationship and Lifestyle Principles (Yamas And | <i>Special Focus:</i><br>Standing Poses; Finding Internal And External Balance                    | Course Reader: Pages 6-9   |

| Date                        | Lecture Topic   | Practice  | Assessment/Assignment  |
|-----------------------------|---|---|--|
|                             | Niyamas); Yoga Sutra 2.46   |   |  |
| <b>Week 5: September 25</b> | 3 <sup>rd</sup> Limb Of Ashtanga Yoga: Posture/"How To Sit" (Asana)   | <i>Special Focus:</i> Surya Namaskar AKA Sun Salutations; Other Morning Practices                         | Course Reader: Pages 10-11 and Pages 13-14; Sun Salutation Handout   |
| <b>Week 6: October 2</b>    | 4 <sup>th</sup> Limb Of Yoga: Breathing Practices (Pranayama)   | <i>Special Focus:</i> Sitting/Prone/Supine Poses; Savasana; Desikachar's Extended Exhale Technique        | Due By End Of Week: <b>Yamas and Niyamas HW (10 points)</b><br><br>Course Reader: Pages 11 and 13  |
| <b>Week 7: October 9</b>    | <b>MIDTERM EXAM (15 Points)</b>   | <i>Special Focus:</i> Online In-Person Exam; Asynchronous Lecture On Restorative Yoga With Practice Links | Must Bring Computer/ Tablet/Phone To Class<br><br><b>*Last Day To Drop A Class Without A "W" And To Switch A Pass/No Pass Status To A Letter Grade</b> |
| <b>Week 8: October 16</b>   | 5 <sup>th</sup> Limb Of Yoga: Enjoying, Controlling, Withdrawing, And/Or Learning How To Interiorize Your Senses (Pratyahara); Overview Of Sympathetic And Parasympathetic Nervous System | <i>Special Focus:</i> Yoga Nidra  | Course Reader: Page 13 And Pages 21-24   |
| <b>Week 9: October 23</b>   | 6 <sup>th</sup> , 7 <sup>th</sup> , and 8 <sup>th</sup> Limbs Of Yoga: Concentration, Meditation, And Absorption (Dharana, Dhyana, and Samadhi)   | <i>Special Focus:</i> Meditation  | Course Reader: Pages 25-28   |
| <b>Week 10: October 30</b>  | Yoga In Your Life: Establishing A Home Practice   | <i>Special Focus:</i> Developing Your Own Home Practice (Sadhana)   | Course Reader: Pages 15-16   |
| <b>Week 11: November 6</b>  | Yoga For A Healthy Spine (Part 1)   | <i>Special Focus:</i> Yoga Practices And Asanas For Spinal  | Course Reader: Pages 15-16   |

| Date                        | Lecture Topic                     | Practice  | Assessment/Assignment   |
|-----------------------------|-----------------------------------|---|---|
|                             |                                   | Care And Maintenance  | <b>*Last Day To Drop A Class With A "W" On Permanent Record</b> |
| <b>Week 12: November 13</b> | Yoga For A Healthy Spine (Part 2) | <i>Special Focus:</i> Yoga Practices And Asanas For Spinal Care And Maintenance                     | Course Reader: Pages 15-16                                      |
| <b>Week 13: November 20</b> | Yoga For Stress Management        | <i>Special Focus:</i> Stress-Relieving Yoga Practices   | Due By End Of Week: <b>Reflection HW (10 Points)</b>            |
| <b>Week 14: November 27</b> | <b>NO CLASS</b>                   | <b>THANKSGIVING BREAK</b>   | No Reading Or Assignment  |
| <b>Week 15: December 4</b>  | Practical Test And Final Review   | <b>Practical Test – You Must Be In Class! (10 Points)</b><br><br><i>Special Focus:</i> Final Review | No Reading Or Assignment  |
| <b>Week 16: December 11</b> | <b>FINAL EXAM (25 Points)</b>     | <i>Special Focus:</i> Online In-Person Exam   | Must Bring Computer/ Tablet/Phone To Class                      |

## COVID 19 (Class Guidelines)

To protect yourself and others, compliance with Trojan Check is required before entering campus. Students are expected to comply with all aspects of USC's COVID-19 policy. Failure to do so may result in removal from the class and referral to Student Judicial Affairs and Community Standards. For updates and information: <https://we-are.usc.edu/>

## Academic Integrity Policy

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 And 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. Please be sure the letter is delivered to me as early in the semester as possible as accommodations are not retroactive. More information can be found at [osas.usc.edu](https://osas.usc.edu). You may also contact OSAS at (213) 740-0776 or via email at [osasfrontdesk@usc.edu](mailto: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](mailto: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.