



dornsife.usc.edu/phed

PHED 120A | Yoga

Units: 1

Section: 49964

Term: Fall 2024 | Tuesday/Thursday 10:00-10:50am

Location: PED, Sub-Basement A

Instructor: Diana Ordorica, M.A., C-IAYT, C.Y.T.500-hr

Pronouns: she/her [What are pronouns?](#)

Office: PED 108

Office Hours: Tuesday & Thursday 11:00am-12:00pm or By Appointment

Contact Info: dordoric@usc.edu

Brightspace: brightspace.usc.edu

IT Help: USC Information Technology Services Help

Phone: (213) 740-5555

Contact Info: <https://itservices.usc.edu/contact/>

Physical Education & Mind Body Health (PEMBH)

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

PEMBH embraces an inclusive spirit, based on equity, diversity, and inclusion to achieve academic and institutional excellence. For PEMBH's acknowledgments and more information visit our website -- <https://dornsife.usc.edu/phed/about/>

[Additional Resources](#)

COURSE DESCRIPTION: This class is an introductory course to Classical yoga and will include yoga practices including poses (asana), meditation, breathing techniques(pranayama), guided meditation and relaxation techniques as well as life skills for empowerment.

LEARNING OBJECTIVES:

1. Demonstrate proper body alignment, technique & form of yoga postures (asanas).
2. Outline the fundamentals of a Yoga practice in a safe and supportive academic environment.
3. Integrate and implement breathing techniques for relaxation and stress management.
4. Increase awareness, flexibility, balance, strength and coordination.
5. Identify all elements of well-being through a safe and supportive yoga practice.
6. Identify the basics of anatomical terms as they relate 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:

- Understand anatomy of the body through movement.
- Recognize the physical and mental benefits of exercise and a yoga practice.
- Learn how to de-stress through tools provided and practiced in yoga.

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 & acquired skills enabling them to:

- Understand and utilize various yogic tools for stress reduction.
- Understand the benefits of exercise, yoga, meditation & breathing techniques.

PEMBH Policy for the use of AI Generators

This course aims to develop creative, analytical, and critical thinking skills. Therefore, all assignments should be prepared by the student working individually or in groups. Students may not have another person or entity complete any substantive portion of the assignment. Developing strong competencies in these areas will prepare you for a competitive workplace. Therefore, using AI-generated text, code, or other content is prohibited in this course, will be identified as plagiarism, and will be reported to the Office of Academic Integrity.

COURSE TEXTBOOK:

- Yoga Course Manual will be provided on Brightspace: <http://brightspace.usc.edu>
Class information will be posted. We will use resources posted on Brightspace, in addition to the course manual.

CLASS LOCATION:

Classes will meet in the PED building inside the yoga room in the Sub-Basement A/1st classroom to the far left in the Sub-Basement floor.

DRESS ATTIRE

Please dress in appropriate workout attire (athletic clothes), and bring your own yoga mat, water, towel, notebook and pen/pencil.

PARTICIPATION/ATTENDANCE:

Physical fitness improvements require consistent and active participation in all class activities, which is a large determinant and component of your final grade. Arriving late, leaving early and wearing inappropriate workout attire will affect the participation portion of the grade. In case of absence, you will be held accountable for all work missed.

COURSE POLICIES

- **No Make-Ups** will be given for any missed in-class work/exams or late assignments.
- Excused **Absences** students receive 2 excused absence credits to be used for emergencies, such as illness, accidents, bereavement, etc. Emailed dated documentation is required, e.g. doctor's note, incident report, etc.
- Email (dordoric@usc.edu) is the preferred method of communication outside of class.
- Email will generally be answered within 48 hours & 72 hours over a weekend, and the workday following a holiday.
- **Please NOTE: "YOGA 120A (day/time of section)" in the subject line of the email.**
- Students are responsible for confirming personal grade points and class standing by checking Brightspace.
- **Be Respectful & Responsible:** Please show respect for all parties involved and turn off cell phones to not disturb anyone's experience. (Phones can be utilized for lecture notes or exam review days.)
- **Be diligent & Professional:** Please check Brightspace & your campus email for class announcements, class materials, & course assignments (be mindful of due dates.)
- **Consult Brightspace regularly:** Refer to Brightspace for additional course handouts & class information.
- **Courtesy, kindness, and respect** are expected from all.

In-Class Participation (15%/15pts)

Consistent attendance, punctuality, and participation in ALL classes are tremendously important to develop appropriate skills and to obtain supplemental information for course assignments/quizzes. Consistent tardiness to class will negatively affect participation grade. Failure to participate for the entire class session **WILL IMPACT** your final course grade.

Gratitude Journal (20%/20pts)

Details posted on Brightspace.

Mindfulness Assignment (20%/20pts)

Details posted on Brightspace.

Midterm Exam (20%/20pts)

Multiple choice exam administered via Brightspace in-class

Final Exam (25%/25pts)

Multiple choice exam administered via Brightspace in-class.

ADDITIONAL POLICY:

USC PEMBH 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. Lockers are available in the PED building.

GRADING SCALE:

A (94+ pts), A- (90-93 pts), B+ (89-87 pts), B (86-84 pts), B- (80-83 pts), C+ (79-77 pts), C (76-74 pts), C- (70-73 pts), D+ (69-67 pts), D (66-64 pts), D- (60-63 pts), F (59-0 pts)
Pass (>69 pts), Fail (<60 pts)

WEEKLY COURSE CONTENT AND SCHEDULE:

****Course outline subject to change****

- Week 1** 8/27 Course Intro – Syllabus Review, Introduction & Class Questions
Yoga Practice & Meditation: Down dog, child's pose, savasana
- Week 2** 9/3 What is Yoga? *Yoga Manual, pages 3-5*
Yoga Practice: Fundamental yoga postures (asanas)
- Week 3** 9/10 Yoga Philosophy, *Yoga Manual pages 3-5*
Yoga Practice: Sun Salutations
- Week 4** 9/17 Yoga Sutras, 8 Limbs of Yoga **(MINDFULNESS ASSIGNMENT)**
Yoga Practice: Yoga Therapy/ Yoga Chikitsa
- Week 5** 9/24 1st Limb, The Yamas, *Yoga Manual pages 6-7*
Yoga Practice: 26 & 2 **(MINDFULNESS ASSIGNMENT DUE)**
- Week 6** 10/1 2nd Limb of Yoga, The Niyamas, *Yoga Manual page 8*
Yoga Practice: Cardio Flow
- Week 7** **FALL RECESS – October 10 & 11 (NO CLASS Oct. 10th)**
Midterm Exam Review (October 8th)
- Week 8** 10/15- 10/17 ***MIDTERM EXAM***
- Week 9** 10/22 3rd Limb of Yoga, 4th Limb, *Yoga Manual pages 9-14 & 15-17*
Yoga Practice: Restorative Yoga
- Week 10** 10/29 5th Limb of Yoga, *Yoga Manual pages 18-21*
Yoga Practice: Strength Flow
- Week 11** 11/5 6th Limb of Yoga, *Yoga Manual page 22* **GRATITUDE JOURNAL**
Yoga Practice: Flexibility Flow
- Week 12** 11/12 7th Limb, *Yoga Manual page 22* **GRATITUDE JOURNAL DUE**
Yoga Practice: Meditation & Class Vote
- Week 13** 11/19 8th Limb of Yoga, *Yoga Manual page 22* ***FINAL EXAM REVIEW***
Yoga Practice: Breathwork & Meditation
- Week 14** 11/26 **(NOV. 28th – NO CLASS) THANKSGIVING BREAK**
Yoga Practice: Yoga Nidra
- Week 15** 12/3 -12/5 ***FINAL EXAM* last day of class**

IMPORTANT DATES:

3rd week – Last day to change grading option (Letter Grade, P/NP, Audit)

7th week – Last day to drop without a “W” and to switch a pass/no pass status to a letter grade

8th week – Midterm

9th week – Last day to drop a W and to switch a pass/no pass status to a letter grade.

12th week – Last day to drop with a W on permanent record

15th week – Final Exam

As Trojans, we will: *Act with integrity in the pursuit of excellence. Embrace diversity, equity, and inclusion, and promote well-being. Engage in open communication and be accountable for living our values.*

<https://culturejourney.usc.edu/explore/unifying-values/#our-unifying-values-and-behaviors>

COVID-19 (Class Guidelines)

USC (Covid-19) Resource Center <https://we-are.usc.edu/>

Academic Conduct & Support Systems

Academic Integrity

The University of Southern California is foremost a learning community committed to fostering successful scholars and researchers dedicated to the pursuit of knowledge and the transmission of ideas. Academic misconduct is in contrast to the university’s mission to educate students through a broad array of first-rank academic, professional, and extracurricular programs and includes any act of dishonesty in the submission of academic work (either in draft or final form).

This course will follow the expectations for academic integrity as stated in the [USC Student Handbook](#). All students are expected to submit assignments that are original work and prepared specifically for the course/section in this academic term. You may not submit work written by others or “recycle” work prepared for other courses without obtaining written permission from the instructor(s). Students suspected of engaging in academic misconduct will be reported to the Office of Academic Integrity.

Other violations of academic misconduct include, but are not limited to, cheating, plagiarism, fabrication (e.g., falsifying data), knowingly assisting others in acts of academic dishonesty, and any act that gains or is intended to gain an unfair academic advantage.

Academic dishonesty has a far-reaching impact and is considered a serious offense against the university. Violations will result in a grade penalty, such as a failing grade on the assignment or in the course, and disciplinary action from the university itself, such as suspension or even expulsion.

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.

Statement on University Academic & Support Systems

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

Student Financial Aid & Satisfactory Academic Progress

To be eligible for certain kinds of financial aid, students are required to maintain Satisfactory Academic Progress (SAP) toward their degree objectives. Visit the [Financial Aid Office webpage](#) for [undergraduate](#)- and [graduate-level](#) SAP eligibility requirements and the appeals process.

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 consists 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) 740-2500

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.