

PHED 120B | Yoga

Units: 1

Sections: 49967

Term: Fall 2024 | Tuesday/Thursday 1:00 PM – 1:50 PM

Location: Yoga Room In PHED Sub-Basement

Instructor: Paula Tapia., *C-IAYT, E-RYT500, YACEP*

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

Zoom Office: Zoom Meeting ID TBA

Office Hours: Mondays 4:00 PM – 4:30 PM Or By Appointment

Contact Info: paulatap@usc.edu

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

IT HELP: 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)

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 a continuation of the philosophy and practice of Yoga and follows the introduction received in Yoga PHED 120A. The class offers students the opportunity to deepen their understanding and practice of Hatha Yoga as defined in the Hatha Yoga Pradikpa. Students will 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.

Prerequisite: PHED or PHED 120A

Co-Requisite: None

Recommended Preparation: None

Learning Objectives

- Reinforce the philosophy and fundamentals of a Yoga practice in a safe, supportive, and academic environment
- Experience and practice intermediate and advanced asanas, including arm balances and inversions
- Demonstrate proper body alignment and technique in each pose (asana) and understand how the asanas can be modified according to individuals' preferences and needs
- Integrate and implement breathing techniques for relaxation and stress management
- Identify the physical, psychological, emotional, and spiritual benefits of a Yoga practice
- Determine and facilitate a personal Yoga sequence as it relates to one's overall health and wellness

PEMBH Objectives

Students will be provided with an understanding of the principles of wellness, fitness, and Yoga as they relate to better overall health and a more balanced lifestyle and will be able to:

- Recognize the physical and mental benefits of Yoga postures, breathing, and meditation
- Better appreciate the importance of rest, lifestyle choices, and the power of individualization

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

- Participate in active learning and apply learned skills to stimulate continued inquiry about Physical education, health, and fitness
- 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

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

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 Materials

The course materials are available on Brightspace. Additional 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 (available soon) 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 120B 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 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. 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 opportunities will given during the semester*

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!**

Pranayama Sadhana Paper (10% = 10 points)

For this assignment, students will be asked to pick either samavritti or dirga pranayama and practice their chosen pranayama technique for 3 out of the 7 days of the week. Students will then write about their experience in performing the technique and will reflect on how it altered their normal day-to-day life and activities. A more in-depth format will be provided in class.

Reflection Paper (10% = 10 points)

Reflection is an integral part of the learning process, especially in Yoga. For this assignment, students will write a one page paper about their personal bhavana (visualization) and how it can support their short-term and long-terms their personal life. An exact format for the paper will be provided in class.

Midterm Exams (15% = 15 points)

In-class,multiple choice test. Students must bring their own computer or tablet to class.

Practical Exam: From Practice To Teaching (10% = 10 points)

Students will demonstrate their ability to lead each other in a short asana sequence while showing their attention to alignment and proper transitions. Attendance is required for this assignment and 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.

Final Exam (25% = 25 points)

In-class multiple choice test. Students must bring their own computer or tablet to class.

Grading Criteria

	% Grade	Points
Presence	15%	15
In-Class Participation	15%	15
Pranayama Sadhana Paper	10%	10
Reflection Paper	10%	10
Practical Exam: From Practice To Teaching	10%	10
Midterm Exam	15%	15
Final Exam	25%	25
Total	100%	100 Points

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 = < 60 points (F = Below 60%)

Course Schedule

COURSE OUTLINE AND CLASS SCHEDULE

USC PHYSICAL EDUCATION DEPARTMENT PHED 120B: Yoga Syllabus

Date	Lecture & Practice	Assessment/Assignment
Week 1: August 27 & 29	Day 1: Introduction, Orientation and Review of Syllabus. Pranayama Practice: Ujjai Practicum Day 2: Asana Practice/Surya Namaskar A&B	
Week 2: September 3 & 5	Day 1: Pranayama Practice: Samavritti Asana Lab: Forward Bends. Practicum. Day 2: Asana Practice	
Week 3: September 10 & 12	Day 1: Pranayama Practice: Dirga Asana Lab: Standing Balancing Poses Practicum. Day 2: Asana Practice	*Last Day To Change Grading Option (Letter Grade, P/NP, Audit)
Week 4: September 17 & 19	Day 1: Pranayama Practice: Simhasana Asana Lab: Arm Balances Practicum. Day 2:	Pranayama Sadhana Paper Shared In Class

Date	Lecture & Practice	Assessment/Assignment
<p>Week 5: September 24 & 26</p>	<p>Asana Practice</p> <p>Day 1: Pranyama Practice: Chandra Bedhana Asana Lab: Inversions Practicum.</p> <p>Day 2: Asana Practice</p>	
<p>Week 6: October 1 & 3</p>	<p>Day 1: Midterm Review Notes Pranayama Practice: Sitali & Sitkari Asana Lab: Restorative Yoga Practicum.</p> <p>Day 2: Restorative Asana Practice</p>	<p>Due By End Of Week: Pranayama Sadhana Paper (10 points)</p>
<p>Week 7: October 8</p> <p>No Class On October 10: FALL BREAK</p>	<p>MIDTERM EXAM (15 Points)</p>	<p>Must Bring Computer/Tablet To Class</p> <p>*Last Day To Drop A Class Without A "W" And To Switch A Pass/No Pass Status To A Letter Grade</p>
<p>Week 8: October 15 & 17</p>	<p>Day 1: Prana and the Subtle Body Pranayama Practice: Anulom Vilom Practicum</p> <p>Day 2: Asana Practice/Meditation</p>	
<p>Week 9: October 22 & 24</p>	<p>Day 1: Mudras, Bandhas & Drishti. Practicum (Bhavana)</p> <p>Day 2: Asana Practice</p>	<p>Reflection Paper (Bhavana) Shared In Class</p>
<p>Week 10: October 29 & 31</p>	<p>Day 1: Surya Pranayama/Backbends Asana Lab: Backbends poses/ Scorpion</p> <p>Day 2: Asana Practice</p>	
<p>Week 11: November 4 & 6</p>	<p>Day 1: Purification of Shatkarmas Asana Lab: Twists poses</p> <p>Day 2: Asana Practice</p>	<p>*Last Day To Drop A Class With A "W" On Permanent Record</p>

Date	Lecture & Practice	Assessment/Assignment
Week 12: November 12 & 14	Day 1: The Subtle Body, Nadis and Chakras Pranayama: Kapalabhati Day 2: Asana Practice	
Week 13: November 19 & 21	Day 1: Yoga Nidra, “The Yogic Sleep” Pranayama: Bhramari Day 2: Yoga Nidra Practice	Due By End Of Week: Reflection Paper (10 Points)
Week 14: November 27 No Class On November 29: THANKSGIVING BREAK	Day 1: Asana Practice Yoga Asana: Vinyasa Flow, Restorative Yoga and Yoga Nidra. All sections will incorporate appropriate breathing techniques and asanas learned at this point for each purpose.	
Week 15: December 3 & 5	Day 1: Test Review Day 2: Practical Exam: From Practice to Teaching – You Must Be In Class! (10 Points)	
Week 16: December 10 & 12	FINAL EXAM (25 Points)	Must Bring Computer/Tablet 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. You may also contact OSAS at (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 (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

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