



[dornsife.usc.edu/phed](https://dornsife.usc.edu/phed)

## PHED 127 | Principles of Yoga through Community Outreach

**Units:** 2

**Section:** 49983R

**Term:** Fall 2024 | Tuesdays 3:00 – 4:50 pm

**Location:** PED 120; SB Room 2 (after week one)

**Instructor:** Tina Koneazny

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

**Office:** JEP 201

**Office Hours:** Wednesday 2:00 – 4:00 pm or By Appointment

**Contact Info:** [koneazny@usc.edu](mailto:koneazny@usc.edu) or (213) 740-1834 Office

**Brightspace:** [brightspace.usc.edu](https://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 course is a partnership between the Physical Education and Body Mind Health Department and JEP (Joint Educational Project). It includes 7 weeks of yoga instruction and 8 weeks of seva, a yogic practice of selfless service. The course introduces the practice of postures (asana), breathing techniques (pranayama), relaxation, and meditation anchored through children's literature. Students will be placed in teams, presenting yoga lessons to "Little Yoginis" in USC neighborhood elementary schools.

**Prerequisite:** Some yoga experience is helpful but not required

**Co-Requisite:** None

**Required Preparation/Additional requirements:**

- LAUSD also requires both TB clearance and LiveScan to work with students. JEP will facilitate for students. More information will be provided the first day of class.

## Learning Objectives

**Students will gain a basic understanding of:**

- The Hatha and Karma yoga paths.
- The basic philosophical and inspirational principles of a yoga practice both on and off the mat, particularly the practice of seva.
- The benefits of meditation and breathing techniques and how to effectively teach these techniques to children.

**Through this service-learning course, students will learn to:**

- Display and execute yoga poses for personal practice.
- Introduce, guide, and adjust community children in these poses.
- Introduce students to children's literature incorporating yoga themes within story structure, and to use these texts as a springboard into a children's yoga practice.

## PEMBH Objectives

**Students will understand the importance of sound health & fitness principles as they relate to better health & will be able to:**

- Recognize the physical and mental benefits of increased physical activity.
- Understand basic anatomy, 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.
- Participate in a motivating and nurturing environment resulting in a greater sense of well-being and self-esteem.

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

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

## 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 Reader and Curriculum

Course Reader and Curriculum will be posted on Brightspace. Resources and children's literature for service-learning instructional sessions can be found at the JEP House, 2<sup>nd</sup> Floor, located on 32<sup>nd</sup> Street (across the street from Taper Hall).

All Supplemental Readings, etc. are posted on Brightspace.

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

Class information will be posted on the blackboard, as well as all resources.

## In-Class Participation (15% = 30 pts. → 3 pts./class starting Week #3)

Each class consistent of a lecture and yoga practice components. Consistent attendance, punctuality, and participation in ALL classes are extremely important to obtain and absorb course material and to obtain supplemental information for course assignments/final exam. Consistent tardiness to class will negatively affect participation grade. Please make sure your read assigned readings prior to class and be prepared to learn and engage with your classmates. Failure to participate in class **WILL IMPACT** your final course grade.

Class participation grading scale per class starting Week #3

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

*Excused absence ONLY – You may earn up to an additional 1 pt.  
This must be completed 1 week after excused absence.*

## JEP Requirement Points (12.5% = 25 pts.)

JEP Registration (5 pts) – by **Friday, 9/6 at 5pm**, in order to be properly matched with teammates for Seva assignment.

LiveScan Fingerprinting (5 pts) – by **Friday, 9/27 at 5pm**, in order to pick up your JEP team assignment.

TB clearance (5 pts) – by **Friday, 9/27 at 5pm**, in order to pick up your JEP team assignment.

### **Weekly Team Lesson Plans (15% = 30 pts.)**

Teams must meet together on hour per week to create lesson plans and submit via Brightspace prior to team zoom meetings with Tina each week of Seva. All team members must contribute to the lesson plan and must attend zoom meetings for full points. 5 points total may be earned for each lesson.

### **Weekly Personal Reflections (15% = 30 pts.)**

Each team member must respond to weekly reflection prompts, which will include person experiences and growth through the practice of seva, as well as addressing participation of other team members. 5 points total may be earned for each reflection.

### **Final Project (15% = 30 pts.)**

Each student will develop their own original lesson plan from an original piece of children's personal to them and will integrate moral principles of yoga (yamas/niyamas), pranayama (breathwork), asanas (postures) and meditation.

### **Final Project Presentation (12.5% = 25 pts.)**

Each student will present their lesson to the class, applying techniques learned through their group seva practice during previous weeks of JEP outreach.

### **Final Reflection (15% = 30 pts.)**

Each student will do a deeper reflection of the semester as a whole, and how they have learned and grown personally through their interactions sharing the principles of karmic yoga with the community students.

### **Grading Criteria**

	<b>% Grade</b>	<b>Points</b>
<b>Class Participation</b>	<b>15%</b>	<b>30</b>
<b>JEP Requirements</b>	<b>12.5%</b>	<b>25</b>
<b>Weekly Team Lesson Plans</b>	<b>15%</b>	<b>30</b>
<b>Weekly Personal Reflections</b>	<b>15%</b>	<b>30</b>
<b>Final Project</b>	<b>15%</b>	<b>30</b>
<b>Final Project Presentations</b>	<b>12.5%</b>	<b>25</b>
<b>Final Reflection</b>	<b>15%</b>	<b>30</b>
<b>Total</b>	<b>100%</b>	<b>200 Points</b>

<b>A</b> (190 pts. & higher)	<b>A-</b> (180-188 pts.)	<b>B+</b> (174-178 pts.)	<b>B</b> (166-172 pts.)
<b>B-</b> (160-164 pts.)	<b>C+</b> (154-158 pts.)	<b>C</b> (146-152 pts.)	<b>C-</b> (140-144 pts.)
<b>PASS</b> (>140 pts.)	<b>D+</b> (134-138 pts.)	<b>D</b> (123-132 pts.)	<b>D-</b> (120-124 pts.)
		(<118 pts.)	<b>Fail</b>

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

## Additional Course Policies

- **No Make-Ups** will be given for any unexcused missed in-class work.

- **Attendance**

Because this is a Physical Education as well Service-Learning course, regular attendance is required for the participation portion of the grade – both for class sessions on campus and JEP assignments at schools. Tardiness and/or leaving early will not be tolerated as it disrupts the class and practice. 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 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.
- Practicing on an empty stomach is recommended, but not a rule.
- Please turn cellphones off and keep them out of sight to avoid distractions – both during class lecture and practice as well as while teaching in assigned community school classroom.
- 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.
- ***Please be mindful of dressing appropriately when teaching at K-5 schools. You will be sent home by school staff and lose participation points for the day.***

## COVID-19 (Class Guidelines)

USC (COVID-19) Resource Center <https://coronavirus.usc.edu/>

## Course Schedule (see next pages)

An [\*] next to class meeting dates denotes classes which will be held in person. All other weeks, meetings will be virtual

JEP weeks, you will meet with instructor with your team via zoom.  
Final three weeks, full class will meet together via zoom.

Weeks 1 – 6 will take place in PED SB2 for yoga instruction, curriculum orientation, final class discussions and project presentations.

JEP assignments will take place weeks 6-15 (Assignment location TBD during the first weeks of the course).

- Students will be assigned to groups of 3 - 4 and assigned to one specific USC neighborhood school and classroom in which they will share yoga and related children's literature.
- Beginning Week 6, teams will meet for hour per week each team will plan their lesson together during agreed upon day/time. Team will then teach one hour per week at assigned school.
- An additional 15–20-minute zoom meeting with instructor will be scheduled for lesson plan review and refinement prior to teaching planned lessons Weeks 7 – 12.
- Whole class will meet via zoom for final weeks of class (weeks 13 – 15) for group sharing and final project presentations.

**Course Schedule** (additional course readings/assignments may be added)

*Week 1 August 27	Introduction/Orientation to JEP Service-Learning <i>Practice: Fundamental postures, alignment, breathwork</i>	<i>JEP sign-up/ registration</i>
*Week 2 September 3	Overview of Yoga Philosophy, Karmic Yoga (selfless action) <i>Practice: Sun salutations</i>	Course Reader pgs. 2 – 8 <b>JEP deadline Fri.</b>
*Week 3 September 10	Yoga Sutras – 1 <sup>st</sup> and 3 <sup>rd</sup> limbs (Yamas and Asana) Literature share/Little Yoginis Curriculum	Course Reader pgs. 9, 11, 14, 15 <b>ECE training &amp; essay due</b>
<b>FRIDAY, SEPTEMBER 13</b>	<b>LAST DAY TO: REGISTER &amp; ADD CLASSES, DROP WITHOUT MARK OF “W,” CHANGE ENROLLMENT OPTION TO P/NP OR AUDIT &amp; PURCHASE/WAIVE TUITION REFUND INSURANCE</b>	
*Week 4 September 17	2 <sup>nd</sup> and 4 <sup>th</sup> Limbs – Niyamas and Pranayama <b>JEP Match-ups</b>	Course Reader pgs. 12, 13, 16 - 19 <i>Review Little Yoginis</i>
*Week 5 September 24	Meditation – “higher” limbs 5 – 8 Deeper Dive into Little Yoginis <b>JEP Pick-ups</b>	Course Reader pgs. 20 - 26 <b>JEP Pick-up</b>
*Week 6 October 1	Lesson Planning/Practice – in teams CLASSROOM OBSERVATIONS – JEP WEEK 1	<i>Revisit Little Yoginis Curriculum</i>
Week 7 October 8	JEP WEEK 2 – Lesson #1	Turn in Lesson Plan #2: Reflection Lesson #1
<b>FRIDAY, OCTOBER 11</b>	<b>LAST DAY TO: DROP COURSE WITHOUT MARK OF “W” ON TRANSCRIPT &amp; CHANGE ENROLLMENT P/NP COURSE TO A LETTER GRADE</b>	
Week 8 October 15	JEP WEEK 3– Lesson #2	Turn in Lesson Plan #3: Reflection Lesson #2
Week 9 October 22	JEP WEEK 4 – Lesson #3	Turn in Lesson Plan #4: Reflection Lesson #3
Week 10 October 29	JEP WEEK 5 – Lesson #4	Turn in Lesson Plan #5: Reflection Lesson #4
Week 11 November 5	JEP WEEK 6 – Lesson #5	Turn in Lesson Plan #6 Reflection Lesson #5
Week 12 November 12	JEP WEEK 7– Lesson #6	Turn in Lesson Plan #7; Reflection Lesson #6
<b>FRIDAY, NOVEMBER 15</b>	<b>LAST DAY TO DROP CLASS WITH MARK OF “W”</b>	
Week 13 November 19	Small Group Sharing JEP Experiences Yoga Practice JEP WEEK 8 – Lesson #7	Turn in Reflection Lesson #7
Week 14 November 26	<b>Thanksgiving Week</b> – Asana/Pranayana Practice/ Final Project Prep	<b>Final Project Write- up Due</b>
	<b>Thanksgiving Break</b> November 27 – December 1	
Week 15 December 3	<b>Final Project Presentations</b>	<b>Final Reflection Due</b>

## 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](https://osas.usc.edu). You may contact OSAS at (213) 740-0776 or via email at [osasfrontdesk@usc.edu](mailto: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](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.