

Instructor: Jennifer Guinter, MA, LMT ([she/her](#))

Section 50050: Mon/Wed 11:00-11:50am

Section 50054: Tues/Thurs 2:00-2:50pm

Section 50057: Tuesday 3:00-4:50pm

Office hours: Thurs 1pm-2pm

Friday 12pm-1pm

guinter@usc.edu

Phone: (213) 740-2488

Please note that on the first day of class ONLY, we will meet in PED 201 (upstairs gym)

All other days, class will be held in PED Sub-Basement #3

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.

Course Description

Yoga Therapy is an approach to wellness that carefully selects postures, breathing techniques, meditation, and other practices of Yoga and applies them to achieve specific goals—ultimately in service of finding more balance. It is more personalized than a normal group class, and may be utilized as a means of prevention and/or adjunct treatment of different health conditions, particularly stress-related health conditions, or simply as a means of improving overall health and quality of life.

Prerequisite(s): none

Co-requisite(s): none

Recommended preparation: none

Course Learning Objectives

- Recognize Yoga Therapy as a healing discipline that takes into account each individual's unique needs.
- Identify specific benefits of postures, breathwork, mantra, and meditation, and apply them as means of holistically improving mental and physical health.
- Understand basic anatomy, biomechanical principles, and Yoga terminology.
- Demonstrate an understanding of how Yoga Therapy can be used in the prevention and/or treatment of stress-related illnesses.
- Develop and implement a home Yoga Therapy practice.

PEMBH Program Objectives

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

- Understand anatomy, basic bio mechanical principles, and terminology.
- Determine training strategies.

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 understand and utilize various training methods.

Course Textbooks

TBA

Equipment

Students must bring their own yoga mat. Appropriate workout attire is required, and water is recommended. Additional props will be provided in class: straps, blankets, bolsters, and blocks.

If props are used during class, please neatly return them to storage cabinets. If blocks are used—please clean them with an antibacterial wipe. Lockers are available to rent from PED 107 (\$20 for entire semester) for storage of your yoga mat. Please note that locker rooms close at 4pm daily.

Evaluation Criteria

1.) In-Class Participation (30 points)

Your active participation is an integral part of your learning (and grade!) in this course. If you are present, you receive participation credit. If you are absent, you do not receive participation credit. It is your responsibility to sign in on our iPad each class; otherwise you may be counted absent. You are not permitted to make-up absences in another instructor's section, and live-streaming class is not permitted.

Tardiness and/or leaving early disrupts everyone's Yoga practice. If you are late or leave early, you will only receive partial credit for the class. If your cell phone is on your yoga mat with you during class, then you are not fully present :) and will only receive partial credit for that day.

• Absentee Policy:

- First 2 absences do not count against your participation grade, period. No questions asked, no emails/excuses required. :) These first two absences are removed from Blackboard at the end of the semester, and this may be revoked if a student is repeatedly late to class.
- Any subsequent absences are excused ONLY w/documentation from a healthcare provider or travel note from a USC professor. No exceptions.

• **What if I am injured?**

- Occasionally classes will not involve movement at all, and will be meditation-focused.
- Even if you cannot do physical activity, you can still earn full participation credit for attending. Let me know in advance if this is ever the case so I can plan accordingly.
- However if an illness or injury will interfere with yoga practice for more than one week, I encourage you to reach out to your doctor or OSAS for temporary accommodations.

2.) Meditation Journals (10 points each)

Students will be assigned three different meditation techniques to try at home, and write a short reflection about each. Please copy & paste your reflection directly into Blackboard rather than attaching a document, if possible. Any usage of ChatGPT or other AI results in an automatic 0.

3.) Home Yoga Practice (40 points total)

Students will be divided into groups, and will co-create a home yoga practice (HYP) based on their interests and needs. This assignment is divided into the following parts:

- **HYP Journals (20 points total)** two weeks of journals, submitted individually
 - Week 11: 2 pts per journal entry x 5 entries per week = 10 points
 - Week 12: 2 pts per journal entry x 5 entries per week = 10 points
- **Presentation (20 points)** completed as a group. See Blackboard for rubric.

3.) Midterm & Final Exams

Exams are all multiple choice questions, plus one short answer question on each.

Grades

Cognitive	120 pts.	Psychomotor	80 pts.
Midterm	50 pts.	In-Class Participation	30 pts.
Final Exam	50 pts.	Meditation Journals (3)	30 pts.
HYP Presentation	20 pts.	HYP Journals (2 weeks)	20 pts.
<u>200 Total Points</u>			

Plus and minus grades will be issued accordingly for each letter grade based on grade percentage.

*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*

Failure to complete any exam, or failure to complete your HYP Presentation with your assigned group, results in auto-deduction of at least one letter grade from final grade.

Assignments must be submitted on Blackboard, including any presentation materials. Email submissions are not accepted for any assignment. Late submissions receive half credit.

Communication

- **In-person**: I encourage reaching out with questions, comments, or concerns before/after class!
- **Zoom Office Hours**: See top of syllabus for availability; schedule at calendly.com/guintier-1/2023
- **Email**: For all other email messages, please put your Yoga Therapy Section # in the subject line.

I am truly always happy to talk—especially in-person! Yoga Therapy is intended to be personalized, and I am here to help you do that. However, teaching physical education classes requires lots of physical presence; thus I am not able to view/respond immediately to emails. It may take 48 hours.

Guidelines for Practice & Class Policies:

- Arrive to class on time. Bring your yoga mat.
- Wear athletic clothing that allows freedom of movement. No socks; we practice yoga barefoot.
- Avoid practicing yoga on a full stomach. Wait two hours after a meal or one hour after a snack.
- **Cell phones must be silenced and out of sight during class.**
 - ➔ *You will receive half credit on participation if viewing or using a cell phone during yoga*
- Refrain from talking during practice, unless asked to do so.
- No candy or chewing gum during practice.
- Prior reading of assigned material is expected; refer to Blackboard for updates & announcements.
- **Notify your instructor of any existing injuries, health problems, and medical conditions – including pregnancy - on 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 your instructor. This will be kept STRICTLY confidential.**

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. 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>.

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 accommodations for students. Once a student has completed the OSAS process (registration, initial appointment, and submitted documentation) and accommodations are determined, a Letter of Accommodation (LOA) will be available. The LOA must be given to course instructor by the student as early as possible. Accommodations are not retroactive. More at osas.usc.edu. (213) 740-0776 or 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 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.

[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

Info about how to get help or help someone affected by harassment or discrimination, rights of protected classes, reporting options. Resources for students, faculty, staff, visitors, & 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, & resources for students.

Course Schedule		Note
Week 1: Week of Aug 26		
Lecture	Introduction to Yoga Therapy	Khalsa article
Practice	Non-Judgmental Awareness	
Week 2: Week of Sept 2 (no class Mon)		
Lecture	Preventing Stress-Related Disease	Articles online
Practice	Sun Salutations & Breath-Initiated Movement	
Week 3: Week of Sept 9		
Lecture	Fluctuations of the Gunas	Gunas assessment
Practice	Yoga for Headache Prevention	
HW	Meditation #1: Candle-Gazing Due by end of day Thurs	10 pts
<i>Fri: Last day to change grading options (Letter Grade, P/NP, Audit)</i>		
Week 4: Week of Sept 16		
Lecture	Yoga & Your Nervous System	Articles online
Practice	Yoga for Digestion	
Week 5: Week of Sept 23		
Lecture	What's Your Dosha?	Doshas assessment
Practice	Yoga for Strength - Warrior I, II, & III	
HW	Meditation #2: Mindful USC App Due by end of day Thurs	10 pts
Week 6: Week of Sept 30		
Lecture	The Five Kleshas (barriers to contentment)	
Practice	Hip Openers & Myofascial Release Balls - bring a clean pair of socks!	
Week 7: Week of Oct 7 (no class Thurs/Fri)		
Practice	Restorative Yoga & Review	
EXAM	Midterm Exam During class	50 pts
<i>Fri: Last day to change grading option to pass/no pass or drop without a W</i>		
Week 8: Week of Oct 14		
Lecture	Annamayakosha - Physical Layer	
Practice	Yoga for Back Pain Prevention	
HW	Meditation #3: Walking Meditation Due by end of day Thurs	10 pts

Week 9: Week of Oct 21		
Lecture	Pranamayakosha - Breath & Energy Layer	
Practice	Deepening Connection to Breath	
Week 10: Week of Oct 28		
Lecture	Manomayakosha: Mind & Emotional Layer	
Practice	Yoga for Depression & Anxiety	
HW	HYP: Week 1 Journals Four separate entries - Due by end of week	10 pts
Week 11: Week of Nov 4		
Lecture	Vijñanamayakosha: Higher Wisdom	
Practice	Shoulder Strength & Candle-Gazing Meditation	
HW	HYP: Week 2 Journals Four separate entries - Due by end of week	10 pts
Week 12: Week of Nov 11		
Lecture	Anandamayakosha: Bliss Layer	
Practice	Heart Openers	
Week 13: Week of Nov 18		
	HYP Presentations Presented as a group	20 pts
Week 14: Week of Nov 25 (no class Thurs/Fri)		
Practice	Yoga Therapy Applied	
Week 15: Week of Dec 2		
Practice	Restorative Yoga & Review	
EXAM	Final Exam During class	50 pts