



dornsife.usc.edu/phed

PHED 120a | Yoga

Units: 1
Section: 49965R
Term: Spring 2025 | Wednesday 5:30 - 7:20 pm
Location: PHED 210 [SB2 after week 1]

Instructor: Tina Koneazny
Pronouns: she/her/hers [What are pronouns?](#)

Office: JEP House, Room 201
Office Hours: Wednesday 1:00-2:00 pm or By Appointment
Contact Info: koneazny@usc.edu or (213) 740-1834 Office

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) 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](#)

Class Location

PED SB2 -- located in the sub-basement of the PE building
(first day of class ONLY meets in PED 210)

Course Description

- This class is an introduction to Classical yoga and will include the practice of postures (asana), breathing techniques (pranayama), relaxation and meditation.

Prerequisite: None

Co-Requisite: None

Recommended Preparation: None

Learning Objectives

Through this course, students will:

- Gain a basic understanding of the fundamentals of a yoga practice in a safe, supportive and academic environment.
- Practice and display proper body alignment and technique in each yoga pose (asana) and understand how the asanas relate to Classical Yoga and one's overall health and wellness, strength and flexibility.
- Integrate and implement breathing techniques for relaxation and stress management.
- Identify the basic physical, psychological, emotional, and spiritual benefits of a yoga practice.
- Engage in self-reflection from a yogic perspective with the intention of seeing oneself *in union* with body, breath, heart and mind.

Physical Education and Mind Body Health 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 report to the Office of Academic Integrity.

Course Materials/Readings

All course materials, including the Yoga Course Reader will be posted on Brightspace.

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

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

Equipment

- You will need to provide your own yoga mat for this course (**5mm or 1/4” is recommended**)
- Other optional props (blankets, straps, and blocks) are provided but you are welcome to provide your own as you wish.

Attendance & Participation

This is an Experiential-based Physical Education course and as such, regular attendance and active participation is required. Tardiness and/or leaving will result in a loss of attendance points 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.*

Excused absences: Up to 2 excused absences will be allowed with prior communication with instructor for illness, accidents, emergencies with proper documentation.

General Guidelines for Practice and Course Policies

- Wear comfortable clothing that allows freedom of movement; athletic wear is best, no jeans or street clothes.
- Practice barefoot – no shoes or socks are worn during traditional yoga 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.

In-Class Participation

Each class will consist of a lecture and yoga practice components. Consistent attendance, punctuality, and participation in all classes and JEP assignments are extremely important to obtain and absorb course material for JEP instruction, reflection assignments and preparation and execution of final project. Please make sure your read assigned readings prior to class and be prepared to learn and engage with your classmates. Consistent tardiness or absences, as well as failure to participate in class **WILL IMPACT** your final course grade.

Class attendance & participation grading scale per class starting Week #3
2 pts. = full participation 1 pt. = partial participation

0.5 pt. = excused absence 0 pt. = absence/no participation
*Excused absence ONLY – You may earn up to 1.5 pts Only with communication re: absence and instructor approval. **This must be completed 1 week after excused absence.***

Course Assignments

- **Yoga mat:** Bring our own, personal yoga mat to class (5 points will be given for this if completed by week 3)
- **Reflection Assignments:** Instructions and guidelines for the two (2) reflective assignments will be posted on Brightspace. Each assignment will require both a cognitive and psychomotor (physical) aspect. Personal home practice allows you the opportunity to learn and grow as you maintain and strengthen the mind-body system between class sessions. (5 points per each assignment; total 10 points for reflection)
- **Practicals:** These psychomotor practice assessments will occur midway and at the end of the semester along with the mid-term and final examples. They provide an opportunity for students to receive feedback on accuracy and alignment in asanas, as well as effort in the practice. (10 points for mid-term and final assessments; total 20 points for practical assessments)
- **Mid-term and Final Exam:** These are written assessments based on class material, course reading, and applied practice. Both exams will be administered through Brightspace. (20 points each for mid-term and final; total 40 points for exams)

Grading Criteria

* Testing locations will be announced on Brightspace™

Cognitive 50 points	Reflection Assignments (2 @ 5 pts)	10 points	10%
	Midterm	20 points	20%
	Final	20 points	20%
Personal Yoga Mat by week 4		5 points	5%
Psychomotor 40 points	Attendance & Participation	25 points	25%
	Practicals (2 @ 10 pts)	20 points	20%
Total		100 points	100%

A (93 - 100)

A- (90 - 92 pts.)

B+ (86 - 89 pts.)

B (85 - 83 pts.)

B- (80 - 82 pts.)

C+ (79 - 76 pts.)

C (73 - 75 pts.)

C- (70 - 72 pts.)

D+ (66 - 69 pts.)

D (65 - 63 pts.)

D- (62 - 60 pts.)

F (> 60 points.)

PASS (= > 60 points.)

Academic Accommodations

Students requesting academic accommodations based on a disability are required to register with Disability Services and Programs (DSP) each semester. A letter of verification for approved accommodations can be obtained from DSP when adequate documentation is filed. Please be sure the letter is delivered to the instructor or TA as early in the semester as possible. DSP is open Monday-Friday, 8:30am-5:00pm. The office is in Student Union 301 and the phone number is (213) 740-0776.

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

<i>Week 1</i> <i>January 15</i>	Lecture: Course Introduction, Review of Syllabus, What is Yoga? Practice: Mind, Body, Breath Connection (Props/modifications)	Course Readings read prior to class Course Reader pg. 3 – 5
<i>Week 2</i> <i>January 22</i>	Lecture: Overview of Yoga Philosophy / General History of Yoga Practice: Meditation and Intro to Ujjaya Pranayama	Course Reader pg. 6 -7; 18 - 19
<i>Week 3</i> <i>January 29</i>	Lecture: Yoga of Pantanjali – 8 Limbs of Yoga / First Limb: Yama (Behavior and Social Conduct) Practice: Meditation, Fundamental Postures	Course Reader pg. 8 - 9
FRIDAY, JAN. 31	LAST DAY TO: REGISTER & ADD CLASSES, DROP WITHOUT MARK OF “W,” CHANGE ENROLLMENT OPTION TO P/NP OR AUDIT & PURCHASE/WAIVE	
<i>Week 4</i> <i>February 5</i>	Lecture: Second Limb: of Yoga: Niyama (Personal Discipline/Restraint) Practice: Meditation, Seated Asanas & Forward Folds	Supplemental Reading: Yamas/Niyamas Brightspace
<i>Week 5</i> <i>February 12</i>	Lecture: Third Limb: of Yoga: Asana / Anatomy Physiology Practice: Standing Asanas	Course Reader pg. 10-14 Reflection Assignment
<i>Week 6</i> <i>February 19</i>	Lecture: Third Limb: of Yoga: Asana / Anatomy Physiology Practice: Standing Asanas cont’d and Surya Namaskar	Course Reader pg. 11 and 13
<i>Week 7</i> <i>February 26</i>	Lecture: Meditation and Vinyasa Practice: Moving Meditation in Practice	Read Course Reader pg. 23-25
FRIDAY, FEB. 28	LAST DAY TO: DROP COURSE WITHOUT MARK OF “W” ON TRANSCRIPT & CHANGE ENROLLMENT P/NP COURSE TO A LETTER GRADE	
<i>Week 8</i> <i>March 5</i>	Practical Test #1 and Midterm Exam	Review all materials and Class Notes
<i>Week 9</i> <i>March 12</i>	Lecture: Fourth Limb: Pranayama / Breath Control (focus on fundamentals of respiration and effects on stress reduction) Practice: Backbends and Twists	Read Course Reader pg. 15 – 17
<i>March 16 - 23</i>	USC SPRING BREAK	
<i>Week 10</i> <i>March 26</i>	Lecture: Fifth Limb: Pratayara: Control of Sensory Perception Practice: Focus on Alignment, Radical Expansion	Read Course Reader pg. 11 & 12 portions; p 18
<i>Week 11</i> <i>April 2</i>	Lecture: Fifth Limb: Pratayara cont’d Practice: Restorative / Yoga Nidra	Read Course Reader pg. 12 and 19
<i>Week 12</i> <i>April 9</i>	Lecture: Sixth – Eight Limbs: Meditation Practice: Restorative, Supine, Prone Poses	Course Reader pg. 20 – 22 Reflection Assignment
FRIDAY, APRIL 11	LAST DAY TO DROP CLASS WITH MARK OF “W”	
<i>Week 13</i> <i>April 16</i>	Lecture: Anusara Yoga – Stepping into the Flow of Grace Practice: Inversions	Read Course Reader pg. 12
<i>Week 14</i> <i>April 23</i>	Lecture: Returning to Pantanjali – Yoga Sutras Practice: Balancing Asanas	Read Supplemental Materials – Yoga Sutras
<i>Week 15</i> <i>April 30</i>	Practical Test #2 and Final Exam	Review all materials and Class Notes

Academic Conduct & Support Systems

Academic Conduct/Integrity

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 [Research and Scholarship Misconduct](#).

Student & Disability Accommodations

USC welcomes students with disabilities into all 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.

Support Systems

Counseling & Mental Health – (213) 740-9355 – 24/7 on call

sites.google.com/usc.edu/counseling-mental-health

Free and confidential mental health treatment for students, including short-term psychotherapy, group counseling, stress fitness workshops, and crisis intervention.

988 Suicide & Crisis Lifeline – 988 for both calls & text messages – 24/7 on call

988lifeline.org

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

sites.google.com/usc.edu/rsvpclientservices/home

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 of Equity and Diversity & Title IX (EEO-TIX) – (213) 740-5086

eeotix.usc.edu

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

usc-advocate.symlicity.com/care_report

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.usc.edu

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 & Intervention – (213) 740-0411

campussupport.usc.edu

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

diversity.usc.edu

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 Information – UPC: (213) 740-4321 – HSC: (323) 442-1000 – 24/7 on call

emergency.usc.edu

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

dps.usc.edu

Non-emergency assistance or information.

Office of Ombuds – UPC: (213) 821-9556 – HSC: (323) 442-0382

ombuds.usc.edu

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

chan.usc.edu/patient-care/faculty-practice

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