



dornsife.usc.edu/phed/

PHED 127

Principles of Yoga through Community Outreach

2 units

Instructor: Isabelle Mazumdar

imazumda@usc.edu

Office: PED 107

Office hours: Tuesday and Thursday 12-1pm

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:

This class is a partnership between the Physical Education Mind-Body Health Department and the Joint Education Project (JEP). The class will include the practice of postures (asana), breathing techniques (pranayama), relaxation and meditation. It will also include 7 weeks of seva, a yogic practice of service, student will teach in teams a yoga practice to be incorporated with children's literature as a service-learning experience in neighborhood grade schools. During the 7 weeks of JEP assignment, week 6-13, students will meet for 1 hour in the classroom and 1 hour of service.

Course objectives:

- Introduce students to Hatha and Karma yoga.
- Introduce students to the basic philosophical and inspirational principles of a yoga practice both on and off the mat, particularly the practice of seva.
- Outline the benefits of meditation and breathing techniques and how to effectively teach these techniques to children.
- Display and execute yoga poses for personal practice as well as to lead and adjust 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.
- Provide students a service-learning experience in the USC Family of Schools by teaching yoga themes and practice to grade school children.

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.
- Examine the effect of nutrition, rest, and other lifestyle factors that contribute to better health.

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

- 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.

Course Material:

Course material will be posted on Blackboard in addition to hand-outs. Resources and children's literature for service-learning instructional sessions located at the JEP House on 34th Street (across the street from Taper Hall).

Blackboard™: <https://blackboard.usc.edu>

We will use it in addition to classroom instruction for resources, class information and for turning in your reflections.

Location:

On campus yoga classes will take place in PED SB2. The JEP program, location TBD during the first weeks of the course. Students will be teamed and assigned to one specific USC neighborhood schools.

Equipment:

Students must have their own mat and bring it for each class.

Lockers:

The PED locker Rooms are open from 7:30am-3pm M-TH. Register for a locker in the PED office, PED 107. The lockers need to be cleared out the last week of PE classes.

USC Physical Education 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

General Guidelines and attendance:

- Regular attendance is required for the participation portion of the grade.
- Arrive to class on time as tardiness disrupts the class and practice.
- Wear comfortable clothing for practicing yoga, no jeans or street clothes, no shoes or socks as yoga is practiced barefoot.
- Please turn off cell phones and keep them out of sight to avoid distractions.

- Please notify instructor of any injuries or physical limitations prior to the first class in order to make appropriate accommodations.

Evaluation Criteria:

| | |
|----------------------|------------|
| Active Participation | 45 points |
| In-class work | 15 points |
| Weekly reflections | 35 points |
| Weekly lesson plans | 35 points |
| Final reflection | 20 points |
| Total | 150 points |

| | Point/grade-base cutoffs |
|----------|---------------------------------|
| A | 135 |
| B | 120 |
| C | 105 |
| D | 90 |
| F | Below 90 |

Plus and minus will be issued for each grade, based on percentage range. Make-up points will be offered at the end of the semester for missed lesson plans/reflections due to Holidays, parent conference...(1 week make-up only=10 points).

1. Participation: Your active participation during class and the JEP program is an integral part of your learning experience in this class and will contribute to your experiential learning.
2. Weekly lesson plans: Choose a book from the JEP library and a theme from the book (i.e. gratitude, strength, resilience) to apply to the yoga practice.
3. Weekly reflections: Reflection on your experience preparing and teaching the children class.
4. Make-up lesson plan and reflection: Prepare one class on your own- find a book with a yogic theme and prepare a short sequence of asanas that emphasize the meaning of the book.
5. Final reflection

Attendance: Regular attendance is required for the participation portion of the grade. Tardiness and/or leaving early will not be tolerated as it disrupts the class and practice.

Course Outline

| | |
|----------|---|
| Week 1 | Introduction/Orientation. Practice: fundamental of postures, alignment, breathing Diaphragmatic breath |
| Week 2 | Overview of Philosophy Karma yoga: The yoga of selfless action Sun salutations |
| Week 3 | Yoga Sutra- 1 st limb: Yama 3 rd limb: Asana- alignment, adjustments Literature share |
| Week 4 | 2 nd limb: Niyama JEP Match-up Intro to Meditation Literature share |
| Week 5 | 4 th limb: Pranayama-Ujjayi breath Vinyasa yoga- Integrating movement and breath. Literature share |
| Week 6 | JEP assignment start: Meet and greet. Lesson plan in class for week 7 |
| Week 7 | 2 nd week of JEP Lesson plan Weekly reflection |
| Week 8 | 3 rd week of JEP Lesson plan Weekly reflection |
| Week 9 | 4 th week of JEP Lesson plan Weekly reflection |
| 3/17- 23 | SPRING BREAK |
| Week 10 | 5 th week of JEP Lesson plan Weekly reflection |
| Week 11 | 6 th week of JEP Lesson plan Weekly reflection |
| Week 12 | 7 th week of JEP Lesson plan Weekly reflection |
| Week 13 | 8 th week of JEP Lesson plan Weekly reflection |
| Week 14 | JEP class if needed Class meeting Group discussion |
| Week 15 | JEP class if needed Finding your yoga |
| Week 16 | Final Reflection Due |

Academic Conduct & Support Systems

Academic Integrity

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 & 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 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.

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

dps.usc.edu, 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) 442-120 – 24/7 on call

dps.usc.edu

Non-emergency assistance or information.