

**Instructor:** Salena Collins ([she/her](#))  
**Section 50051:** Mon/Wed 10:00-10:50am  
**Section 50052:** Mon/Wed 12:00-12:50pm  
**Section 50055:** Mon/Wed 1:00-1:50pm  
**Section 50053:** Fri 10:00-11:50pm

**Office hours:** Mon 2pm-3pm  
Fri 1pm-2pm  
[salenaco@usc.edu](mailto:salenaco@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):

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.

## **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. Developing strong competencies in these areas will prepare you for a competitive workplace. Therefore, using AI-generated text or other content is prohibited, will be identified as plagiarism, and will be reported to Office of Academic Integrity.

## **Course Textbooks**

Readings & lectures will be posted on Brightspace weekly

Suggested further reading:

- *Siddhartha* by Herman Hesse    *Yoga & the Luminous* by Chris Chapple
- *Breath* by David Nestor        *Yoga for Mental Health*

## **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 (40 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 Brightspace 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 Brightspace rather than attaching a document, if possible. Any usage of ChatGPT or other AI results in an automatic 0.

## **3.) Final Project: Yoga Therapy Plan (40 points total)**

This plan should be holistic, covering the client's dominant Dosha type and addressing wellness at the physical, energetic, and mental levels. Your objective is to craft a thoughtful, research-supported plan that includes diet, asanas, pranayama, and meditation specifically tailored to the individual's needs,

## **4.) Midterm & Final Exams (90 points total)**

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

## Grades

| Cognitive                        | 130 pts. | Psychomotor             | 70 pts. |
|----------------------------------|----------|-------------------------|---------|
| Midterm                          | 40 pts.  | In-Class Participation  | 40 pts. |
| Final Exam                       | 50 pts.  | Meditation Journals (3) | 30 pts. |
| Final Project: Yoga Therapy Plan | 40 pts.  |                         |         |
| <b><u>200 Total Points</u></b>   |          |                         |         |

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*

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

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.

## Communication

- **In-person**: I encourage reaching out with questions, comments, or concerns before/after class!
- **Zoom Office Hours**: See top of syllabus; schedule at <https://calendly.com/guintier-1/2024>
- **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*

- Prior reading of assigned material is expected; refer to Brightspace 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](http://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](http://osas.usc.edu). (213) 740-0776 or [osasfrontdesk@usc.edu](mailto: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              |
|---|---|-------------------|
| <b>Week 1: Week of Jan 13</b>   |   |                   |
| Lecture   | Introduction to Yoga Therapy  | Khalsa article    |
| Practice  | Non-Judgmental Awareness  |                   |
| <b>Week 2: Week of Jan 20 (no class Mon)</b>  |   |                   |
| Lecture   | Preventing Stress-Related Disease                                     | Articles online   |
| Practice  | Sun Salutations & Breath-Initiated Movement                           |                   |
| <b>Week 3: Week of Jan 27</b>   |   |                   |
| Lecture   | Fluctuations of the Gunas   | Gunas assessment  |
| Practice  | Yoga for Headache Prevention  |                   |
| HW  | <b>Meditation Journal #1: Brahma Mudra</b><br>Due by end of day Thurs | <b>10 pts</b>     |
| <i>Fri, Jan 26: Last day to change grading options (Letter Grade, P/NP, Audit)</i>        |   |                   |
| <b>Week 4: Week of Feb 3</b>  |   |                   |
| Lecture   | Yoga & The Autonomic Nervous System                                   | Articles online   |
| Practice  | Yoga for Digestion  |                   |
| <b>Week 5: Week of Feb 10</b>   |   |                   |
| Lecture   | What's Your Dosha?  | Doshas assessment |
| Practice  | Yoga for Strength - Warrior I, II, & III                              |                   |
| HW  | <b>Meditation #2: Mindful USC App</b><br>Due by end of day Thurs      | <b>10 pts</b>     |
| <b>Week 6: Week of Feb 17 (no class Mon)</b>  |   |                   |
| Lecture   | The Five Kleshas (barriers to contentment)                            |                   |
| Practice  | Hip Openers & Myofascial Release Balls - bring a clean pair of socks! |                   |
| <b>Week 7: Week of Feb 24</b>   |   |                   |
| Practice  | Restorative Yoga & Review   |                   |
| EXAM  | <b>Midterm Exam</b><br>During class                                   | <b>40 pts</b>     |
| <i>Fri, Feb 23: Last day to change grading option to pass/no pass or drop without a W</i> |   |                   |
| <b>Week 8: Week of Mar 3</b>  |   |                   |
| Lecture   | Annamayakosha - Physical Layer  |                   |
| Practice  | Yoga for Back Pain Prevention   |                   |
| HW  | <b>Meditation #3: Walking Meditation</b><br>Due by end of day Thurs   | <b>10 pts</b>     |

|   |  |               |
|---|--|---------------|
| <b>Week 9: Week of Mar 10</b>   |  |               |
| Lecture   | Pranamayakosha - Breath & Energy Layer                       |               |
| Practice  | Deepening Connection to Breath                               |               |
| <i>Fri, Mar 8: Last day to drop with a "W" and switch a pass/no pass status to a letter grade</i> |  |               |
| <b>*** SPRING BREAK ***</b>   |  |               |
| <b>Week 10: Week of Mar 24</b>  |  |               |
| Lecture   | Manomayakosha: Mind & Emotional Layer                        |               |
| Practice  | Yoga for Depression & Anxiety                                |               |
| <b>Week 11: Week of Mar 31</b>  |  |               |
| Lecture   | Vijñanamayakosha: Higher Wisdom                              |               |
| Practice  | Shoulder Strength & Candle-Gazing Meditation                 |               |
| <b>Week 12: Week of Apr 7</b>   |  |               |
| Lecture   | Anandamayakosha: Bliss Layer                                 |               |
| Practice  | Heart Openers  |               |
|   | <b>Final Project Due</b>                                     | <b>40 pts</b> |
| <b>Week 13: Week of Apr 14</b>  |  |               |
|   | <b>Final Project Presentations</b><br>Presented Individually |               |
| <b>Week 14: Week of Apr 21</b>  |  |               |
| Practice  | Yoga Therapy Applied   |               |
| <b>Week 15: Week of Apr 28</b>  |  |               |
| Practice  | Restorative Yoga & Review                                    |               |
| <b>EXAM</b>   | <b>Final Exam</b><br>During class                            | <b>50 pts</b> |