



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

## PHED 123 | Yoga Therapy

**Units:** 2

**Section:** 50055, 50058

**Term:** Fall 2025 | Tuesday 11:00-12:50 pm, Friday 10:00-11:50 am

**Location:** PED 210

**Instructor:** Salena Collins

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

**Office:** PED 108

**Office Hours:** Tuesday 1:00-2:00 pm or By Appointment

**Contact Info:** [salenaco@usc.edu](mailto:salenaco@usc.edu) or (213) 740-2242 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**

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

**Prerequisite:** None

**Co-Requisite:** None

**Recommended Preparation:** None

### **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 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.

## 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 Textbook

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

## Evaluation Criteria

### In-Class Participation (40pts)

Each class consists of a lecture and activity/exercise 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.

#### • *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 interferes with yoga practice for more than one week, I encourage you to reach out to your doctor or OSAS for temporary accommodation.

### **Meditation Journal (10 pts. 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.

### **Final Project: Yoga Therapy Plan (40 pts.)**

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.

### **Midterm and Final Exam (90 pts.)**

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

### **Grading Criteria**

	<b>% Grade</b>	<b>Points</b>
<b>Class Participation</b>	<b>20%</b>	<b>40</b>
<b>Meditation Journal (3)</b>	<b>15%</b>	<b>30</b>
<b>Midterm</b>	<b>20%</b>	<b>40</b>
<b>Final Project-Yoga Therapy Plan</b>	<b>20%</b>	<b>40</b>
<b>Final Exam</b>	<b>25%</b>	<b>50</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.)	<b>Fail</b> (<118 pts.)

*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.
- Late work will be accepted & penalized by 10% deduction every week it is late unless due to an emergency excused by me. Email me as soon as possible to discuss alternate arrangements due to an emergency.
- Email ([salenaco@usc.edu](mailto:salenaco@usc.edu)) is the preferred method of communication outside of class. Email will be answered within 48 hours & 72 hours over a weekend, and the workday following a holiday. ***Please use: PHED 123 and section# in subject line of email.***

### **COVID-19 (Class Guidelines)**

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

### **Course Schedule**

Week 1 August 26	Course Introduction Lecture Introduction to Yoga Therapy Practice Non-Judgmental Awareness	Course Readings Khalsa article
Week 2 September 2	<b>Labor Day</b> University Holiday	
Week 3 September 9	Lecture Preventing Stress-Related Disease Practice Sun Salutations & Breath-Initiated Movement	Articles online
<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 16	Lecture Fluctuations of the Gunas Practice Yoga for Headache Prevention	Gunas assessment
	HW Meditation Journal #1: Brahma Mudra Due by end of day Thurs	10 pts
Week 5 September 23	Lecture Yoga & The Autonomic Nervous System Practice Yoga for Digestion	Articles online
Week 6 September 30	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	<b>10 pts</b>
Week 7 October 7	Lecture The Five Kleshas (barriers to contentment) Practice Hip Openers & Myofascial Release Balls - bring a clean pair of socks!	
<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 14	Practice Restorative Yoga & Review EXAM Midterm Exam During class	<b>40 pts</b>
Week 9 October 21	Lecture Annamayakosha - Physical Layer Practice Yoga for Back Pain Prevention	
	Meditation #3: Walking Meditation Due by end of day Thurs	<b>10 pts</b>
Week 10 October 28	Lecture Pranamayakosha - Breath & Energy Layer Practice Deepening Connection to Breath	
Week 11 November 4	Lecture Manomayakosha: Mind & Emotional Layer Practice Yoga for Depression & Anxiety	
Week 12 November 11	<b>Veterans Day</b> University Holiday	
<b>FRIDAY, NOVEMBER 15</b>	<b>LAST DAY TO DROP CLASS WITH MARK OF "W"</b>	
Week 13 November 18	Lecture Vijñanamayakosha: Higher Wisdom Practice Shoulder Strength & Meditation	
Week 14 November 25	Lecture Anandamayakosha: Bliss Layer Practice Heart Openers	
	Final Project Due	<b>40 pts</b>

	<b>Thanksgiving Break</b> November 27 – December 1	
<i>Week 15</i> <i>December 2</i>	Final Exam	50 pts

## **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.