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**PHED 123 - Yoga Therapy (2 unit)****Section: 49954 - Monday, Wednesday: 11:00 - 11:50 am - GFS 104 \*****49955 - Tuesday, Thursday: 2:00 - 2:50 pm - THH B9 \*****49956 - Monday, Wednesday: 1:00 - 1:50 pm - GFS 223 \***

**\* The first class of each week will be held in the assigned classroom and the second class in the Yoga Room located in the basement of the PED building (middle room).**

**Office Hours: By appointment****Phone: (213) 740-2488****Office: PED 107****Instructor: Andre Haralyi, MA, C-IAYT****Email: haralyi@usc.edu**

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**COURSE DESCRIPTION:**

Yoga Therapy is a holistic discipline that combines traditional Yoga techniques with modern science to suit specific needs. This groundbreaking approach is applied in the prevention, treatment or palliative care of a variety of stress-related health conditions or simply to improve overall health and quality of life.

**COURSE LEARNING OBJECTIVES:**

- To introduce the student to the fundamentals of a Yoga Therapy practice in a safe, supportive and academic environment.
- To learn basic anatomy and physiology from a Yogic and Western perspective
- Analyze the purpose of each of the yoga techniques as they relate to overall health
- Identify the physical, psychological, and psychological benefits of Yoga
- To learn how Yoga Therapy can be used as a key component in the prevention and/or treatment of stress-related disorders such as chronic pain, insomnia, depression, anxiety, obesity, diabetes, heart disease and high blood pressure

**PHYSICAL EDUCATION PROGRAM OBJECTIVES:**

**Students will understand the importance of a balance lifestyle as it relate to better health and will be able to:**

- Recognize the physical and mental benefits associated with the practice of Yoga.
- Understand anatomy, basic biomechanical principles and terminology.

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

- Apply learned fundamental skills.
- Empower themselves by setting and working toward realistic individual goals.
- Participate in a motivating and nurturing environment resulting in greater sense of well-being & self-esteem.
- Participate in active learning to stimulate continued inquiry about health and wellness.

**Students will demonstrate proficiency through knowledge and acquired skills enabling them to:**

- Create a safe, progressive, methodical and efficient activity based plan to enhance improvement and minimize risk of injury.
- Develop an appreciation of Yoga as a lifetime pursuit and a means to better health.

**COURSE READER:** Course reader available on Blackboard.

**USC BLACKBOARD™:** <https://blackboard.usc.edu>

In addition to the course reader, class information and additional resources will be posted on Blackboard.

**EVALUATION CRITERIA:**

Assignment / Exam	Points	% of Grade	Point/grade-base cutoffs	
Portfolios	10	5.00%	<b>A</b>	180 - 200
Quiz 1	30	15.00%	<b>B</b>	160 - 179
Quiz 2	30	15.00%	<b>C</b>	140 - 159
Final Exam	30	15.00%	<b>D</b>	120 - 139
Group Presentation	50	25.00%	<b>F</b>	below 120
Participation	50	25.00%		
<b>Total Points</b>	<b>200</b>	<b>100%</b>		

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

**COURSE REQUIREMENTS:**

1. Attend Class Daily
2. Participate in Yoga practices
3. Complete Assignments
4. Complete Quizzes
5. Complete Final Exam

**ACADEMIC ACCOMMODATIONS:**

Students requesting academic accommodations based on 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 me as early in the semester as possible. DSP is open Monday – Friday, 8:30am – 5:00pm. The office is in the Student Union 301 and the phone number is (213) 740-0776.

**PARTICIPATION:**

Regular participation is required and is a large component of your final grade. Tardiness and/or leaving early will not be tolerated 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 only allowed for emergency situations and then only upon approval from instructor. Make-up absences may only take place in sections of the same class with the same instructor. *You are not permitted to make-up absences in another instructor's section. **\*Extra credit work and make-up work are not available unless noted by instructor. Midterm and Final make-ups are only available in emergency situations.** It is your responsibility to attend class consistently and fulfill the requirements of this course.*

**EQUIPMENT:**

Students must bring their own yoga mat. All additional props will be provided in class: straps, blankets, bolsters, and blocks. Please bring a hand towel and water if needed. **Please return equipment neatly after use** in the storage cabinets in the hall next to the Yoga Room.

## **GENERAL GUIDELINES FOR PRACTICE & CLASS POLICIES:**

- Arrive to class on time.
- Wear clothing that allows freedom of movement. Absorbent, cotton-type material or athletic wear is best. No jeans or street clothes. No shoes or socks are worn during practice; we practice yoga barefoot.
- Avoid practicing yoga on a full stomach to prevent discomfort from performing yoga poses. Wait three hours after a meal or one hour after a light snack.
- **Turn off cell phones.**
- Refrain from talking during practice, unless asked to do so.
- No candy or chewing gum during practice.
- Prior reading of assigned material will be helpful.
- Refer to blackboard for additional handouts and assignments.
- **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.**

## **LOCKERS:**

Locker Rooms are open from 7:30am-3pm M-TH. Purchase locks in PED 107 (PE office). Lockers need to be cleared out the week of the PE Dept. finals. **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.

## **STATEMENT ON ACADEMIC CONDUCT AND SUPPORT SYSTEMS**

### **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>.

### **Support Systems:**

*Student Counseling Services (SCS) – (213) 740-7711 – 24/7 on call*

Free and confidential mental health treatment for students, including short-term psychotherapy, group counseling, stress fitness workshops, and crisis intervention. [engemannshc.usc.edu/counseling](http://engemannshc.usc.edu/counseling)

*National Suicide Prevention Lifeline – 1 (800) 273-8255*

Provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

*Relationship and Sexual Violence Prevention Services (RSVP) – (213) 740-4900 – 24/7 on call*

Free and confidential therapy services, workshops, and training for situations related to gender-based harm. [engemannshc.usc.edu/rsvp](http://engemannshc.usc.edu/rsvp)

*Sexual Assault Resource Center*

For more information about how to get help or help a survivor, rights, reporting options, and additional resources, visit the website: [sarc.usc.edu](http://sarc.usc.edu)

*Office of Equity and Diversity (OED)/Title IX Compliance – (213) 740-5086*

Works with faculty, staff, visitors, applicants, and students around issues of protected class. [equity.usc.edu](http://equity.usc.edu)

*Bias Assessment Response and Support*

Incidents of bias, hate crimes and micro aggressions need to be reported allowing for appropriate investigation and response. [studentaffairs.usc.edu/bias-assessment-response-support](http://studentaffairs.usc.edu/bias-assessment-response-support)

*The Office of Disability Services and Programs*

Provides certification for students with disabilities and helps arrange relevant accommodations. [dsp.usc.edu](http://dsp.usc.edu)

*Student Support and Advocacy – (213) 821-4710*

Assists students and families in resolving complex issues adversely affecting their success as a student EX: personal, financial, and academic. [studentaffairs.usc.edu/ssu](http://studentaffairs.usc.edu/ssu)

*Diversity at USC*

Information on events, programs and training, the Diversity Task Force (including representatives for each school), chronology, participation, and various resources for students. [diversity.usc.edu](http://diversity.usc.edu)

*USC Emergency Information*

Provides safety and other updates, including ways in which instruction will be continued if an officially declared emergency makes travel to campus infeasible. [emergency.usc.edu](http://emergency.usc.edu)

*USC Department of Public Safety – UPC: (213) 740-4321 – HSC: (323) 442-1000 – 24-hour emergency or to report a crime.* Provides overall safety to USC community. [dps.usc.edu](http://dps.usc.edu)

**\*Please note this is a tentative outline and may be subject to change.  
Any changes will be announced in class and/or via email.**

**Check the Course Outline below**

Yoga Therapy- Course Outline		
<b>Week 1 - JAN 7 - 11</b>		
Lecture	Introduction & Methodology and Guidelines	
Practice	Yoga Lab - Foundations of Yoga Practice; Use of Props	
<b>Week 2 - JAN 14 - 18</b>		
Lecture	Yoga Overview	
Practice	Yoga Lab - Stretching 1	
<b>Week 3 - JAN 21 - 25</b>		
<b>Martin Luther King's Birthday Mon January 21</b>		
Lecture	Key Elements of Yoga	
Practice	Yoga Lab - Stretching 2	
<b>Last day to change grading option (Letter Grade, P/NP, Audit)</b>		
<b>Week 4 - JAN 28 - FEB 1</b>		
Lecture	Foundations of Yoga Therapy	
Practice	Yoga Lab - Stretching 3	
<b>Quiz 1</b>	<b>Online quiz through blackboard (under assignments)</b>	<b>30 points</b>
<b>Week 5 - FEB 4 - 8</b>		
Lecture	Modern Science & Yoga	
Practice	Yoga Lab - Strengthening 1	
<b>Week 6 - FEB 11 - 15</b>		
Lecture	The Stress-Illness Connection 1	
Practice	Yoga Lab - Strengthening 2	
<b>Week 7 - FEB 18 - 22</b>		
<b>President's Day Mon February 18</b>		
Lecture	The Stress-Illness Connection 2	
Practice	Yoga Lab - Balance	
<b>Last day to drop without a W and to switch a pass/no pass status to a letter grade.</b>		
<b>Week 8 - FEB 25 - MAR 1</b>		
Lecture	Physical Level 1 - Anatomy	
Practice	Yoga Lab - Spinal Decompression	
<b>Quiz 2</b>	<b>Online quiz through blackboard (under assignments)</b>	<b>30 points</b>
<b>Week 9 - MAR 4 - 8</b>		
Lecture	Physical Level 2 - Diet and Purificatory Techniques	
Practice	Yoga Lab - Inversions	

Spring Recess Sun-Sun MAR 10-17		
Week 10 - MAR 18 - 22		
Lecture	Physiological Level 1 - Anatomy & Physiology of Breath	
Practice	Yoga Lab - Breathing Practices	
Week 11 -MAR 25 - 29		
Lecture	Physiological Level 2 - Hypoventilation & Hyperventilation	
Practice	Yoga Lab - Breathing Practices	
Week 12 - APR 1 - 5		
Lecture	Psychological Level - Meditation & Relaxation	
Practice	Yoga Lab - Meditation & Relaxation	
Last day to drop a class with a W on permanent record		
Week 13 - APR 8 - 12		
Class Activity	Group Preparation	
Practice	Restorative Yoga	
Week 14 - APR 15 - 19		
GROUP PRESENTATIONS 1		50 points
Week 15 - APR 22 - 26		
GROUP PRESENTATIONS 2		50 points
EXAM	FINAL EXAM Through Blackboard (under assignments)	30 points
FRIDAY, APRIL 26	Last Day of Classes	
Week 16		
PORTFOLIO	Portfolio Due	10 points