

# Step Aerobics PHED 131

Spring 2009 – MW 9 am  
49763R

Marcos Briano INSTRUCTOR  
DRB 367 OFFICE  
By Appointment OFFICE HOURS

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<https://blackboard.usc.edu> COURSE WEBSITE (BLACKBOARD)

## COURSE DESCRIPTION

This course is an introduction to the components of physical fitness through step aerobic training. Cross training activities will incorporate circuit/interval training, S.E.T. (Strength Endurance Training), body sculpting, PiYo™, stretching and relaxation workouts. ONE ACADEMIC UNIT OF CREDIT, NO PREREQUISITE.

## COURSE OBJECTIVES

### To gain knowledge and understanding of:

1. The five components of physical fitness.
2. Basic anatomy, exercise physiology and wellness principles.
3. Dietary & nutritional information.
4. The importance of cardiovascular exercise as a lifestyle.

### To learn and develop the following skills:

1. The basic steps utilized in step aerobics.
2. How to assess and improve fitness level.
3. How to develop an individual fitness program.
4. How to appraise/critique an aerobic class.

## LIABILITY WAIVER

Liability waiver **must be completed online** at <https://usccollege.usc.edu/secure/phed/waiver.cfm>  
This form must be completed the first week of class and will count towards class performance points.

## TEXTBOOK\*

Bishop, J.G. Fitness through Aerobics. (7th Edition) Pearson Benjamin Cummings, 2007. (ISBN 0805346171)

\*Textbook is on RESERVE at Levey Library (Library USE ONLY – under PHED 129a & Instructor: Staff).

## PARTICIPATION/PERFORMANCE

Timely and consistent attendance is imperative in order to improve overall physical fitness and obtain supplemental information of course lecture notes. Failure to attend class **WILL IMPACT** your final grade.

## EQUIPMENT

USC student ID\*\*, proper workout attire, water, towel, notebook, pen/pencil and scantrons (Scan # 25420).

\*\*Access to the Lyon Center *will be denied if you forget your USC Student ID -- you will have to purchase a \$10 day pass in order to enter (no exceptions).*

## EVALUATION CRITERIA\*\*\*

(MAKE-UPS **WILL NOT** BE GIVEN FOR ANY OF THE COGNITIVE OR PSYCHOMOTOR COMPONENTS)

### 250 Total Points

Cognitive	50%	125 pts.	Psychomotor	50%	125 pts.
Final Exam	20%	50 pts.	Class Performance	40%	100 pts.
Midterm	20%	50 pts.	Fitness Profiles	6%	15 pts.
Assignment	10%	25 pts.	Group Project	4%	10 pts.

\*\*\* 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 me as early in the semester as possible. DSP is open Monday-Friday, 8:30 am -5:00 pm.

The office is in Student Union 301 and the phone number is (213) 740-0776.

## GRADING SCALE

A (225-250 pts.)      B (200-225 pts.)      C (175-200 pts.)      Pass >175 pts.  
D (125-175 pts.)      Fail (<125 pts.)

## COURSE OUTLINE

Week 1 <i>January 11, 13</i>	Course Introduction	
Week 2 <i>January 18, 20</i>	UNIVERSITY HOLIDAY <b>Martin Luther King Day</b>	Benefits of Exercise <i>Chapter 1</i>
Week 3 <i>January 25, 27</i>	Aerobic Class Format <i>Chapter 8</i>	Setting Goals/Posture <i>Chapters 6 &amp; 7</i>
FRIDAY, JANUARY 29	<b>LAST DAY TO REGISTER, ADD/DROP CLASSES, DROP WITHOUT MARK OF "W", CHANGE ENROLLMENT OPTION TO P/NP OR AUDIT &amp; PURCHASE/WAIVE TUITION REFUND</b>	
Week 4 <i>February 1, 3</i>	<b>Pre-Fitness Profile</b> Fitness Components & Exercise Principles <i>Chapter 4</i>	
Week 5 <i>February 8, 10</i>	Aerobic Target Zone <i>Chapter 5</i>	
Week 6 <i>February 15, 17</i>	Weight Control ( <i>Principles &amp; Body Composition</i> ) <i>Chapter 13</i>	
Week 7 <i>February 22, 24</i>	Weight Control ( <i>Management &amp; Eating Disorders</i> ) <i>Chapter 13</i>	
Week 8 <i>March 1, 3</i>	<b>MIDTERM</b> (Review)	<b>MIDTERM</b>
Week 9 <i>March 8, 10</i>	Nutrition ( <i>Essential Nutrients</i> ) <i>Chapter 13</i>	
March 15-20	Spring Recess	
Week 10 <i>March 22, 24</i>	Nutrition ( <i>Food Label &amp; Diets/Fads</i> ) <i>Chapter 13</i>	
Week 11 <i>March 29, 31</i>	Anatomy- Muscular Strength/Endurance & Body Toning <i>Chapter 10</i>	
Week 12 <i>April 5, 7</i>	Variations & Styles <i>Chapter 9</i>	
FRIDAY, APRIL 9	<b>LAST DAY TO DROP CLASS WITH MARK OF "W"</b>	
Week 13 <i>April 12, 14</i>	<b>Group Projects</b>	
Week 14 <i>April 19, 21</i>	<b>Post-Fitness Profile</b> Prevention & Care <i>Chapter 14</i>	
Week 15 <i>April 26, 28</i>	<b>FINAL</b> (Review)	<b>FINAL</b>