

Aerobics PHED 129a

Spring 2012 – TTH 8 am

49779R

Marcos Briano BA/BS, MMFT 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 various aerobic conditioning activities and the incorporation of high/low impact aerobics, circuit training, TurboKickBoxing™(TKB), BodyPump™, cycling, body sculpting, stretching and cross training workouts. ONE ACADEMIC UNIT OF CREDIT, NO PREREQUISITE.

COURSE OBJECTIVES

1. Understand the Components & Principles of Fitness
2. Gain Knowledge of Basic Anatomy, Exercise Physiology and Wellness Principles
3. Promote Cardiovascular Exercise as a Lifestyle
4. Learn How to Develop an Individual Fitness Program
5. Assess and Improve Current Fitness Level
6. Acquire Diet/Nutritional Information
7. Learn how to Appraise/Critique an Aerobic Class

TEXTBOOK*

Bishop, J.G. Fitness through Aerobics. (8th Edition) Pearson Benjamin Cummings, 2010. (ISBN 0321678281)

Online eTextbook Option -- http://www.coursesmart.com/9780321696205?_instructor=2784650

*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/Individual Project	4%	10 pts.

GRADING SCALE

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

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

*** 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.

COURSE OUTLINE

Week 1 <i>January 10, 12</i>	Course Introduction	
Week 2 <i>January 17, 19</i>	Benefits of Exercise <i>Chapter 1</i>	
Week 3 <i>January 24, 26</i>	Setting Goals/Posture <i>Chapters 5 & 6</i>	Aerobic Class Format <i>Chapter 7</i>
FRIDAY, JANUARY 27	LAST DAY TO REGISTER, ADD/DROP CLASSES, DROP WITHOUT MARK OF "W", CHANGE ENROLLMENT OPTION TO P/NP OR AUDIT & PURCHASE/WAIVE TUITION REFUND	
Week 4 <i>January 31, February 2</i>	Pre-Fitness Profile Fitness Components & Exercise Principles <i>Chapter 3</i>	
Week 5 <i>February 7, 9</i>	Aerobic Target Zone <i>Chapter 4</i>	
Week 6 <i>February 14, 16</i>	Weight Control (<i>Principles & Body Composition</i>) <i>Chapter 12</i>	
Week 7 <i>February 21, 22</i>	Weight Control (<i>Management & Eating Disorders</i>) <i>Chapter 12</i>	
Week 8 <i>February 28, March 1</i>	MIDTERM (Review)	MIDTERM
Week 9 <i>March 6, 8</i>	Nutrition (<i>Essential Nutrients</i>) <i>Chapter 12</i>	
March 12-17	Spring Recess	
Week 10 <i>March 20, 22</i>	Nutrition (<i>Food Label & Diets/Fads</i>) <i>Chapter 12</i>	
Week 11 <i>March 27, 29</i>	Anatomy- Muscular Strength/Endurance <i>Chapter 9</i>	
Week 12 <i>April 3, 5</i>	Group/Individual Projects	
FRIDAY, APRIL 6	LAST DAY TO DROP CLASS WITH MARK OF "W"	
Week 13 <i>April 10, 12</i>	Post-Fitness Profile Variations & Styles <i>Chapter 8</i>	
Week 14 <i>April 17, 19</i>	Prevention & Care <i>Chapter 13</i>	
Week 15 <i>April 24, 26</i>	FINAL (Review)	FINAL