Step Aerobics PHED 131
Fall 2012 – MW 11 am
49786R

Justine Gilman Ed.D. INSTRUCTOR   (213) 740-8120 PHONE
LRC 101 OFFICE   jgilman@usc.edu E-MAIL
By Appointment OFFICE HOURS   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 inclusive of high/low impact aerobics, circuit training, cycling, body sculpting, stretching and cross training 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.

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 Leavey 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.
Nutrition Assignment	5%	15 pts.	Class Performance	40%	100 pts.
Midterm	25%	60 pts.	Fitness Profile (Pre & Post)	10%	25 pts.
Final Project	20%	50 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.)

*** 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 *August 27, 29*	Course Introduction
Week 2 *September 3, 5*	UNIVERSITY HOLIDAY ***Labor Day*** Benefits of Exercise *Chapter 1*
Week 3 *September 10, 12*	Aerobic Target Zone *Chapter 4*
FRIDAY, SEPTEMBER 14	**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 *September 17, 19*	***Pre-Fitness Profile*** Fitness Components & Exercise Principles *Chapter 3*
Week 5 *September 24, 26*	Nutrition *(Essential Nutrients, Food Label & Diets/Fads)* *Chapter 12*
Week 6 *October 1, 3*	Weight Control *(Principles & Body Composition)* *Chapter 12*
Week 7 *October 8, 10*	Weight Control *(Management & Eating Disorders)* *Chapter 12*
Week 8 *October 15, 17*	**MIDTERM** (Review) **MIDTERM**
Week 9 *October 22, 24*	Setting Goals/Posture *Chapters 5 & 6*
Week 10 *October 29, 31*	Aerobic Class Format *Chapter 7*
Week 11 *November 5, 7*	Variations & Styles *Chapter 8*
Week 12 *November 12, 14*	Anatomy- Muscular Strength/Endurance *Chapter 9*
FRIDAY, NOVEMBER 16	**LAST DAY TO DROP CLASS WITH MARK OF "W"**
Week 13 *November 19*	**Pre-Thanksgiving Workout Challenge** **Thanksgiving Recess** *November 21-24*
Week 14 *November 26, 28*	***Post-Fitness Profile*** Prevention & Care *Chapter 13*
Week 15 *December 3, 5*	**FINAL Projects**