

Aerobic Fitness PHED 129a

Spring 2014 – TTH 11 am
49785R

Justine Gilman Ed.D. INSTRUCTOR
LRC 101 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 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

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. (9th Edition) Pearson Benjamin Cummings, 2014. (ISBN 978-0-321-88452-7)
Online eTextbook Option -- http://www.coursesmart.com/IR/2784650/9780321890658?_hdv=6.8

*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).

LOCKER ROOMS

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. Locker rooms are available in the PE building and Lyon Center.

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	10%	25 pts.	Class Performance	40%	100 pts.
Midterm	20%	50 pts.	Fitness Profile (Pre & Post)	10%	25 pts.
Final Exam	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 <i>January 14, 16</i>	Course Introduction	
Week 2 <i>January 21, 23</i>	Aerobics, Wellness & You <i>Chapter 1</i>	
Week 3 <i>January 28, 30</i>	Aerobics Class Format <i>Chapter 7</i>	Setting Goals/Posture <i>Chapters 5 & 6</i>
FRIDAY, JANUARY 31	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>February 4, 6</i>	Pre-Fitness Profile Fitness Components & Exercise Principles <i>Chapter 3</i>	
Week 5 <i>February 11, 13</i>	Aerobic Target Zone <i>Chapter 4</i>	
Week 6 <i>February 18, 20</i>	Weight Control (<i>Principles & Body Composition</i>) <i>Chapter 13</i>	
Week 7 <i>February 25, 27</i>	Weight Control (<i>Management & Eating Disorders</i>) <i>Chapter 13</i>	
Week 8 <i>March 4, 6</i>	MIDTERM (Review)	MIDTERM Exam
Week 9 <i>March 11, 13</i>	Nutrition (<i>Essential Nutrients</i>) <i>Chapter 13</i>	
<i>March 17-22</i>	Spring Recess	
Week 10 <i>March 25, 27</i>	Nutrition (<i>Food Label & Diets/Fads</i>) <i>Chapter 13</i>	
Week 11 <i>April 1, 3</i>	Anatomy- Muscular Strength/Endurance <i>Chapters 10 & 11</i>	
Week 12 <i>April 8, 10</i>	Variations & Styles <i>Chapters 8 & 9</i>	
FRIDAY, APRIL 11	LAST DAY TO DROP CLASS WITH MARK OF "W"	
Week 13 <i>April 15, 17</i>	Prevention & Care <i>Chapter 14</i>	
Week 14 <i>April 22, 24</i>	Post-Fitness Profile	
Week 15 <i>April 29, May 1</i>	FINAL (Review)	FINAL Exam