**University of Southern California**

**Physical Education Department**

[www.usc.edu/dept/LAS/phed](http://www.usc.edu/dept/LAS/phed)

**PHYSICAL CONDITIONING:  PHED 106A - FALL 2014 - Instructor:  Sarah Hayes, C.S.C.S.**

**Email:**[**sarahhay@usc.edu**](mailto:sarahhay@usc.edu) **- Office:  PED 108 - Office Hours:  Arranged by appointment**

**Class Meets: After the first day, we meet on the steps of the PE Bldg. On rainy days we meet in lobby of PE Bldg.**

**Course Description:**

Introductory level physical conditioning course with emphasis on running and the development of cardiorespiratory endurance, muscular strength and endurance, body composition and flexibility. Students will be exposed to practical application of both basic anatomy and exercise physiology. One Academic Unit Of Credit, No Prerequisite.

**Course Objectives:**

1. To identify the components of health related physical fitness and understand the importance of each component.

1. 2. To gain knowledge of basic anatomy, exercise physiology and wellness principles.
2. 3. To develop an individual program in Physical Conditioning.

4. To assess your own fitness levels and improve and/or maintain cardiorespiratory endurance, muscle strength, muscle endurance, body composition and flexibility.

1. 5. To experience and understand a variety of training methods used to improve overall fitness.

**Course Reader:** Provided on Black Board

**Course Requirements - Participation / Performance:**

Timely and consistent attendance is imperative in order to improve overall physical fitness and to acquire supplemental course information. You are required to complete assignments, exams, PRE & POST Fitness Tests and participate in class workouts.

**Equipment & Locker Room:**

Please dress in appropriate workout attire (athletic clothes, shoes, knee pads – optional), and bring water, towel, notebook and pen/pencil. GradeMaster Scantron is required for the exams.  **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 the Lyons Center.**

**Evaluation Criteria:**

Cognitive 50%:   Assignments & Quiz 10%, Midterm 20%, Final Exam 20%

Psychomotor:  50% Pre/Post Fitness Assessment 5%, Nutrition Project 15%, Participation 30%

**Make-Ups Will Not Be Given For Any Of The Cognitive Or Psychomotor Components**

**Grading Scale:**  A (94+pts), A- (90-93pts), B+ (89-87pts), B (86-84pts), B- (80-83pts), C+ (79-77pts), C (76-74pts), C- (70-73pts), D+ (69-67), D (66-64pts), D- (60-63pts), F (59-0pts) Pass (>69 pts), Fail (<60pts)

**General Class Policies:**

1. Courtesy, kindness, and respect are expected from all.

2. It is expected that all students will participate fully in each workout session. Failure to do so will reduce participation points

3. Prior reading of assigned material will be helpful.

4. Refer to blackboard for assignments and additional handouts.

5. If you have any injuries, illnesses, pregnant, or special concerns that I should know about

PLEASE let me know. I will keep your information STRICTLY confidential!

**Academic Integrity:**

USC seeks to maintain an optimal learning environment. General principles of academic honesty include the concept of respect for the intellectual property of others, the exception that individual work will be submitted unless otherwise allowed by an instructor, and the obligations both to protect one's own academic work from misuse by others as well as to avoid using another's work as one's own. All students are expected to understand and abide by these principles. S Campus, the Student Guidebook, ([www.usc.edu/scampus](http://www.usc.edu/scampus) or [http://scampus.usc.edu](http://scampus.usc.edu/)) contains the University Student Conduct Code (see University Governance, Section 11.00), while the recommended sanctions are located in Appendix A.

**Academic Accommodations:**

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, 8:30am-5:00pm. The office is in Student Union 301 and the phone number is (213) 740-0776.

**Blackboard:**

Students should check the Announcements and their EMAIL as the Instructor may need to add, delete, or update assignments or lecture topics at her discretion. **\*\*Refer to Blackboard for handouts and supplemental information**

**Supplemental Material:**

* Major muscle groups, resistance training, general training, much more

<http://exrx.net/>

* Interactive descriptions of muscle movements University of Michigan

<http://www.med.umich.edu/Irc/hypermuscle/hyper.html>

* Body Suspension Training

www.TRX.com and [www.Hanger44.com](http://www.Hanger44.com)

* More stretching- physiology of stretching and exercises

<http://www.ifafitness.com/stretch/index.html>

* Activity calorie calculator:

http://primusweb.com/fitnesspartner/jumpsite/calculat.htm

**Weekly Course Content and Schedule:**

WEEK LECTURE TOPIC – Tuesday / Thursday EXERCISE – Tuesday / Thursday

1 Introduction – Course Objectives / Healthy Lifestyle Transition into Exercise / Warm up, stretch, aerobic ex.

2 Labor Day – Fitness Evaluation / PRE TESTING Pre-Testing / **SMART GOALS**

3 Fitness Evaluation & The **SMART Goals** / Goal Setting **SMART Goals** due / Pre-Testing (include 1.5 mi run)

**\*Last day to drop a class without a W on permanent record / Last day to change grading option (Letter Grade, P/NP, Audit)**

4 FITT Principle & Fitness Rx / Aerobic Training Zone Interval Fartlek Training / Campus Run

5 Benefits & Values of Aerobic Training Guidelines for Stairs Structure Circuit / Body Suspension Tr.

Programs/ Interval Training & Fartlek

6 FITT Principle Benefits of Strength, Major Muscle Stairs Adventure, Cardio & Core Training / TRX /

Groups, Benefits of Strength Training, Injuries Hanger 44 / Balance

resulting from exercise

7 Increasing Flexibility through stretching / FITT Principle Cardio / Resistance with Bands / Tubes Circuit

8 **Midterm Review/MIDTERM –** Circuit Training

**2nd class meeting of the week**

9 Eating Right **Assignment 2 on Blackboard** / Circuit Training / Spin /

TRX / Hanger 44

10-11 CHO, FATS, PRO, Macro, Micro Nutrients **Game**

12 Body Composition & Weight Management Cardio & Core Resistance

**\* Last day to drop with a W**

13 Weight Management (continued) / **Assignment 2 DUE** / Game

Thanksgiving Holiday

14 **Post – Testing** **Post – Testing**

15 **Final Review & Exam** **– last class meeting of the semester**. **Final is comprehensive**