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| **University of Southern California**  **Department of Physical Education** |

**PHED 124- Walking for fitness**

**Fall 2014**

**Instructor: Isabelle Mazumdar**  
**Office: PED 213**  
**Office Hours: By appointment**  
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**Course Description**

This course is designed to provide students with a fitness foundation through the means of walking. Students will be given a fitness assessment profile and develop an individualized exercise prescription. Conditioning emphasis be placed on stamina, muscle strength and endurance, flexibility, body composition. Walking techniques and fitness strategies will also be highlighted. Student’s progress will be assessed to assure completion of their goals and objectives.

**Course Objectives:**   
**To gain knowledge and understanding of:**

1. The 5 health related components of physical fitness: cardiorespiratory endurance, muscle strength, muscle endurance, body composition, flexibility
2. Basic anatomy, exercise physiology, and wellness principles
3. The importance of nutrition and exercise as a lifestyle
4. How to assess and improve fitness level
5. How to develop an individual fitness program, setting goals
6. Variety of training methods used to improve overall physical fitness

**Required Textbook:** Rosato Frank. Walking and Jogging For Health and Wellness 6th ed., Wadsworth.

**Blackboard:** [**http://blackboard.usc.edu**](http://blackboard.usc.edu)

Class information will be posted. We will use resources posted on BlackboardTM in addition to the course reader.

**Equipment:**

Proper workout attire, water, towel. You will not be allowed to participate in the designated physical activity if you do not have proper workout attire and will lose participation points.

**Lockers:**

USC PHED 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.

**Injuries:**

Please notify me of any injuries, illness or medical conditions- including pregnancy- prior to starting the practice. This is confidential and necessary to avoid complications and to help adapt the practice to your specific needs as best we can,

**Class Meeting Information:**

Classes will meet in front of the main entrance of the P.E. building and on rainy days inside the lobby, unless specified otherwise by instructor.

**Participation/Attendance:**

Consistent attendance and active participation is a minimum requirement for completing a performance class and is a large determinant and component of your final grade.

**Grading Policy and Evaluation Criteria:**

Cognitive = 50% (120 points) Psychomotor = 50% (120 points)

1. Midterm = 50 points 1. Active Participation = 100 points
2. Final = 50 points 2. Pre-fitness Tests = 10 points
3. Assignments = 20 points 3. Post-fitness Test = 10 points

215 – 240 points = A

192 – 214 points = B

168 – 191 points = C \*Plus and minus grades will be issued accordingly

144 – 167 points = D for each letter grade range based on grade

Below 144 points = F percentage earned.

**Academic Accomodations:**

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.

**USC Walking for fitness - Fall 2014**

**COURSE OUTLINE**

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| Week 1  August 25, 31 | Course Introduction/ course objectives | |
| Week 2  September 1, 7 | |  |  | | --- | --- | | Labor day | General conditioning  **Ch 1** | | |
| Week 3  September 8, 14 | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  | | --- | --- | | Fitness Pre-testing **Ch 2** | Fitness Program Design- Goals setting  Biomechanics of normal walking gait- **Ch 3** | |  |  | | Aerobic Class Format  *Chapter 8* |  | | |
| **Friday, September 12** | **Last Day To Register & Add/Drop Classes**  **Drop Class Without Mark Of “W” Or Change enrollment option to P/NP Or Audit &purchase/waituition** | |
| Week 4  September 15, 21 | Monitoring intensity levels of exercise  Training heart rate | |
| Week 5  September 22, 28 | |  |  | | --- | --- | | Improving muscle strength and endurance | | |  |  | | |
| Week 6  Sept. 29- October 5 | Strategies to improve Cardiovascular Fitness  Biomechanics of Aerobic walking (Power) **Ch 5** | |
| Week 7  October 6, 12 | Flexibility Training- Yoga  Stretching Techniques for walking | |
| Week 8  October 13, 19 | **MIDTERM review** | **MIDTERM** |
| Week 9  October 20, 26 | Balance and Coordination training  Skill related components of fitness | |
| Week 10  October 27, Nov.2 | Nutrition-**Ch.6** | |
| Week 11  November 3, 9 | Weight management  Body composition | |
| Week 12  November 10, 16 | |  |  | | --- | --- | | **Food Log Due** | Practicing Safe Fitness- Injuries  Prevention and remedies **Ch 4** | | |
| **Friday, November 14** | **Last Day To Drop Class With Mark Of “W”** | |
| Week 13  November 17, 23 | General conditioning | Fitness Post–Testing |

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| Week 14  November 24, 30 | General conditioning | **Thanksgiving Holiday** |
| Week 15  December 1, 7 | **FINAL Review** | **FINAL Exam** |