Aerobic Fitness  PHED 129a  
Fall 2014 – MW 8 am  
49780R

Marcos Briano  BA/BS, MMFT  Instructor  
DRB 367  Office  
By Appointment  Office Hours  
(213) 740-0342  Phone  
marcos@usc.edu  E-mail  
https://blackboard.usc.edu  Course Website (Blackboard)

COURSE DESCRIPTION

This course is an introduction to the components of physical fitness through aerobic fitness training. Cross training activities will incorporate step aerobics, circuit/interval training, TurboKickBoxing™ (TKB), BodyPump™, RIP, cycling, body sculpting, PiYo™, stretching and relaxation 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*

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

<table>
<thead>
<tr>
<th>Cognitive</th>
<th>50%</th>
<th>125 pts.</th>
<th>Psychomotor</th>
<th>50%</th>
<th>125 pts.</th>
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<tbody>
<tr>
<td>Nutrition Assignment</td>
<td>10%</td>
<td>25 pts.</td>
<td>Class Performance</td>
<td>40%</td>
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<td>Midterm</td>
<td>20%</td>
<td>50 pts.</td>
<td>Fitness Profile (Pre &amp; Post)</td>
<td>10%</td>
<td>25 pts.</td>
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<tr>
<td>Final Exam</td>
<td>20%</td>
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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.

University of Southern California  Department of Physical Education  PHED 129a  
PED 108 (213) 740-2488  Fall 2014
<table>
<thead>
<tr>
<th>Week 1</th>
<th>Course Introduction</th>
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<tr>
<td>August 25, 27</td>
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<thead>
<tr>
<th>Week 2</th>
<th>UNIVERSITY HOLIDAY</th>
<th>Aerobics, Wellness &amp; You</th>
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<tbody>
<tr>
<td>September 1, 3</td>
<td>Labor Day</td>
<td>Chapter 1</td>
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<thead>
<tr>
<th>Week 3</th>
<th>Aerobics Class Format</th>
<th>Setting Goals/Posture</th>
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<tbody>
<tr>
<td>September 8, 10</td>
<td>Chapter 7</td>
<td>Chapters 5 &amp; 6</td>
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<th>FRIDAY, SEPTEMBER 12</th>
<th>LAST DAY TO REGISTER, ADD/DROP CLASSES, DROP WITHOUT MARK OF “W”, CHANGE ENROLLMENT OPTION TO P/NP OR AUDIT &amp; PURCHASE/WAIVE TUITION REFUND</th>
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<tr>
<th>Week 4</th>
<th>Pre-Fitness Profile</th>
<th>Fitness Components &amp; Exercise Principles</th>
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<tbody>
<tr>
<td>September 15, 16</td>
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<tr>
<th>Week 5</th>
<th>Aerobic Target Zone</th>
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<td>September 22, 24</td>
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<tr>
<th>Week 6</th>
<th>Weight Control (Principles &amp; Body Composition)</th>
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<tr>
<td>September 29, October 1</td>
<td>Chapter 13</td>
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<tr>
<th>Week 7</th>
<th>Weight Control (Management &amp; Eating Disorders)</th>
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<td>October 6, 8</td>
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<tr>
<th>Week 8</th>
<th>MIDTERM (Review)</th>
<th>MIDTERM Exam</th>
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<th>Week 9</th>
<th>Nutrition (Essential Nutrients)</th>
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<th>Week 10</th>
<th>Nutrition (Food Label &amp; Diets/Fads)</th>
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<th>Week 11</th>
<th>Anatomy- Muscular Strength/Endurance</th>
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<th>Week 12</th>
<th>Variations &amp; Styles</th>
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<th>Week 13</th>
<th>Post-Fitness Profile</th>
<th>Prevention &amp; Care</th>
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<th>Week 14</th>
<th>Pre-Thanksgiving Fitness Challenge</th>
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<th>Week 15</th>
<th>FINAL (Review)</th>
<th>FINAL Exam</th>
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