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

***PHED 106a: Physical Conditioning***

**Fall 2016**

**Section 49733: TTH 11:00 – 11:50am**

**Course = 1 unit**

**Instructor: Steve Hsu**

**Office: PED 213**

**Office Hours: By appointment**

**Phone: (213) 740-6301**

**Email:** [**stevehsu@usc.edu**](mailto:stevehsu@usc.edu)

**Course Description:**

This class is an 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 anatomy and exercise physiology.

**Course Objectives:**

1. Understand the components of health related physical fitness
2. Gain knowledge of basic anatomy, exercise physiology, and wellness principles
3. Understand the importance of nutrition and exercise as a lifestyle
4. Learn how to assess and improve fitness level
5. Learn how to develop an individual fitness program

**Online Course Reader:**

Posted on USC Blackboard

**Equipment:**

Proper workout attire, water, towel, notebook, and pen/pencil are required. 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. **Grademaster scan form** (**Scan #25420**) is required for the Final Exam.

**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 Lyons Center.

**Class Meeting Information:**

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

**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 textbook.

**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. Final = 50 points 1. Active Participation = 60 points
2. Midterm = 50 points 2. Fitness Pre-Test = 10 points
3. Muscle Anatomy Quiz = 20 points 3. Fitness Post-Test = 10 points

4. Biomechanical Critique = 40 points

216 – 240 points = A

192 – 215 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 percentage

Below 144 points = F earned.

*\*****Extra credit work and make-up work are not available****. You are not permitted to make-up absences in another section.* ***Make-ups will not be given for any of the cognitive or psychomotor components.*** *It is your responsibility to attend class consistently and fulfill the requirements of this course.*

**Statement on Academic Conduct and Support Systems**

**Academic Conduct**

Plagiarism – presenting someone else’s ideas as your own, either verbatim or recast in your own words – is a serious academic offense with serious consequences.  Please familiarize yourself with the discussion of plagiarism in *SCampus* in Section 11, *Behavior Violating University Standards*<https://scampus.usc.edu/1100-behavior-violating-university-standards-and-appropriate-sanctions/>.  Other forms of academic dishonesty are equally unacceptable.  See additional information in *SCampus* and university policies on scientific misconduct, <http://policy.usc.edu/scientific-misconduct/>.

Discrimination, sexual assault, and harassment are not tolerated by the university.  You are encouraged to report any incidents to the *Office of Equity and Diversity* <http://equity.usc.edu/> or to the *Department of Public Safety* <http://capsnet.usc.edu/department/department-public-safety/online-forms/contact-us>.  This is important for the safety whole USC community.  Another member of the university community – such as a friend, classmate, advisor, or faculty member – can help initiate the report, or can initiate the report on behalf of another person.  *The Center for Women and Men* <http://www.usc.edu/student-affairs/cwm/> provides 24/7 confidential support, and the sexual assault resource center webpage [sarc@usc.edu](mailto:sarc@usc.edu) describes reporting options and other resources.

## ***Support Systems***

A number of USC’s schools provide support for students who need help with scholarly writing.  Check with your advisor or program staff to find out more.  Students whose primary language is not English should check with the *American Language Institute* <http://dornsife.usc.edu/ali>, which sponsors courses and workshops specifically for international graduate students.  *The Office of Disability Services and Programs* <http://sait.usc.edu/academicsupport/centerprograms/dsp/home_index.html>provides certification for students with disabilities and helps arrange the relevant accommodations.  If an officially  declared emergency makes travel to campus infeasible, *USC Emergency Information* <http://emergency.usc.edu/>will provide safety and other updates, including ways in which instruction will be continued by means of blackboard, teleconferencing, and other technology.

**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 Physical Conditioning - Fall 2016**

**COURSE OUTLINE\***

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| Week 1August 23, 25 | Course Introduction/Health- and Skill-Related Components  *Course Reader: Pages 1 to 7* | | |
| Week 2 August 30, September 1 | |  |  | | --- | --- | | Fitness Program Design/Goals  *Course Reader: Pages 5, 34* | Fitness Pre-testing/Target Heart Rate  *Course Reader: Pages 8 to 11, 33* | | | |
| Week 3September 6, 8 | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  | | --- | --- | | Cardiorespiratory Training  *Course Reader: Pages 8 to 10* | Cardiorespiratory Training  *Course Reader: Pages 8 to 10* | |  |  | | Aerobic Class Format  *Chapter 8* |  | | | |
| **Friday, September 9** | **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 4September 13, 15 | Strength Training Anatomy  *Course Reader: Page 38* | | Strength Training and Conditioning  *Course Reader: Pages 12 to 14* |
| Week 5September 20, 22 | |  |  | | --- | --- | | Flexibility Training  *Course Reader: Pages 15 to 16* | **Muscle Quiz**  *Course Reader: Pages 15 to 16* | |  |  | | | |
| Week 6 September 27, 29 | Circuit Training/Nutrition  *Course Reader: Pages 22 to 25* | | |
| Week 7October 4, 6 | Interval Training/Nutrition  *Course Reader: Pages 22 to 27* | | |
| Week 8 October 11, 13 | Midterm Review | Midterm Exam | |
| Week 9October 18, 20 | Speed and Agility Training | | |
| Week 10October 25, 27 | Plyometric Training | | |
| Week 11November 1, 3 | **Biomechanical Critique on Second Class Meeting of this Week** | | |
| Week 12November 8, 10 | |  |  | | --- | --- | | General Conditioning | General Conditioning *Course Reader: Pages 20 to 21; 26 to 27* | | | |
| **Friday, November 11** | **Last Day To Drop Class With Mark Of “W”** | | |
| Week 13 November 15, 17 | General Conditioning *Course Reader: Pages 28 to 31* | Fitness Post–Testing | |

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| Week 14November 22 | Fun Day – Ultimate Frisbee | **Thanksgiving Holiday** *No class on Thursday, 11/24* |
| Week 15November 29, December 1 | FINAL Review | FINAL Exam |

**\*Please note this is a tentative outline and may be subject to change. Any changes will be announced in class and/or via email.**