

Physical Education

www.usc.edu/dept/LAS/phed

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Weight Training: PHED 102A

Course Description

An introductory course designed to help each student: improve muscular strength; gain knowledge and understanding of weight training theory and practice; develop a personalized weight training program.

Course Objectives

1. To understand basic anatomy and application of exercise physiology.
2. To gain fundamental knowledge of physiological principles: strength training benefits, strength training effects, strength training principles
3. To develop an individualized program based upon students goals: Emphasizing either muscle strength, muscle endurance, muscle size, muscle flexibility or a combination of any.

Class meets in the Cardinal room of the Lyons Center on the second class meeting. Please be sure to bring your student identification card in order to gain access to the Lyons Center. Attending class and being on time are extremely important. To improve your physical fitness requires regular participation in class activities. Failure to attend class regularly may affect your ability to obtain certain required performance levels and thus may lower your grade. In case of absence, you will be held accountable for all work missed. Athletic type clothing and athletic shoes are required.

Evaluation Criteria

Cognitive: 50%

Assignments-10%, Midterm-15%, Final Exam-25%

Psychomotor: 50%

Strength and Endurance Tests-20% (Self evaluation on strength test; muscular endurance test; training log)

Participation -30% (Attending class regularly; arriving on time; active participation)

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.

Weekly Course Content

1. Myths and Common Questions, beginning program
2. Safety and techniques
3. Measuring Progress and Goal Setting
4. Weight training programs
5. Muscular Structure and Function
6. Stretching and Flexibility
7. Midterm Review
- 8. Midterm – 2nd class meeting of the week**
9. Upper body, lower body
10. Advanced Weight Training
11. Nutrition
12. Nutrition
13. Measurement and retesting
14. Final exam review
- 15. Final exam – last class meeting of the semester
Final is comprehensive**

Statement for Students with Disabilities

Any student requesting academic accommodations based on a disability is required to register with Disability Services and Programs (DSP) each semester. A letter of verification for approved accommodations can be obtained from DSP. Please be sure the letter is delivered to me (or to TA) as early in the semester as possible. DSP is located in STU 301 and is open 8:30 a.m.–5:00 p.m., Monday through Friday. Website and contact information for DSP: http://sait.usc.edu/academicsupport/centerprograms/dsp/home_index.html, (213) 740-0776 (Phone), (213) 740-6948 (TDD only), (213) 740-8216 (FAX) ability@usc.edu.

Statement on 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 expectation 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. *SCampus*, the Student Guidebook, (www.usc.edu/scampus or <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.

Emergency Preparedness/Course Continuity in a Crisis

In case of a declared emergency if travel to campus is not feasible, USC executive leadership will announce an electronic way for instructors to teach students in their residence halls or homes using a combination of Blackboard, teleconferencing, and other technologies.