

## Physical Education

<http://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.

### Course Materials

Provided for each student on Blackboard

Class will always meet in the Cardinal Room of the Lyons center before entering the weight room. Student ID's are required to enter the building. Please dress appropriately to exercise (gym clothes and athletic shoes).

To improve your physical fitness requires regular participation in class activities. Arriving late and leaving class early will affect the participation portion of the grade. In case of absence, you will be held accountable for all work missed.

USC Physical Education IS NOT responsible or 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%	Muscle Group Quiz - 5%
	Nutrition Quiz - 5%
	Midterm - 15%
	Final Exam - 25%
Psychomotor: 50%	Final Project (Individual Free Weight / Body Weight Resistance Exercise Program based on learned fitness principals - 20%
	Participation (Attending class regularly; arriving on time; participating in individual routine for entire class period) - 30%

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](http://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.

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 the instructor as early in the semester as possible. DSP is open Monday-Friday, 8:30-5:00 pm. The office is in Student Union 301 and the phone number is (213) 740-0776

### Course Content and Schedule

1. Weight Training Technique; Safety and Etiquette
2. Designing a Weight Training Program, based upon goals
3. Stretching and Flexibility
4. Muscular Structure and Function
5. Myths and Common Questions and Muscle Group Quiz
6. Free Weights vs. Machines
7. Finalize Individual Routines and Mid-term Review
8. Mid-term
9. Free Weight Variations: Back and Chest Exercises
10. Free Weight Variations: Shoulder and Arm Exercises
11. Free Weight Variations: Leg Exercises
12. Nutrition and Nutrition Quiz
13. Measuring Progress and Problem Solving
14. Advanced Weight Training and Final Exam Review
15. Final Exam

### Important Dates

3 <sup>rd</sup> week	Last day to drop a class without a W on permanent record
3 <sup>rd</sup> week	Last day to change grading option (Letter Grade, P/NP, Audit)
8 <sup>th</sup> week	Midterm
12 <sup>th</sup> week	Last day to drop with a W
15 <sup>th</sup> week	Final Exam