

Instructor: Danielle Roman, MS, ACSM
Email: danielle.roman@usc.edu
Class Meets: After the first day we meet on the steps of the PE
Building (on Rainy days meet in lobby of PE building).

Phone: 213-740-6153
Office #: PED108
Office Hours: T/TH 1:30-2:30
or by appointment

COURSE DESCRIPTION

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 basic anatomy and exercise physiology.

COURSE OBJECTIVES

1. To identify the components of health related physical fitness and understand the importance of each component.
2. To gain knowledge of basic anatomy, exercise physiology and wellness principles.
3. To develop an individual program in Physical Conditioning.
4. To assess your own fitness levels and improve and/or maintain cardiorespiratory endurance, muscle strength, muscle endurance, body composition and flexibility.
5. To experience and understand a variety of training methods used to improve overall fitness.

COURSE READER: Provided on Black Board

COURSE REQUIREMENTS:

1. Attend Class Daily (arrive ON TIME)
2. Complete Exams
3. Complete PRE and POST Fitness Tests
4. Complete Assignments
5. Participate in Class Workouts

****NO make-up exams will be given**

****NO LATE work accepted**

GRADING:

Point Distribution:

COGNITIVE	50%	PSYCHOMOTOR	50 %
Assignments /Quiz	10%	Pre/Post Fitness Assessment	5%
Midterm	20%	Nutrition Project	15 %
Final Exam	20%	Class Participation	30%

Total = 100 %

Grading Scale: A (94+pts), A- (90-93pts), B+ (89-87pts), B (86-84pts), B- (80-83pts), C+ (79-77pts), C (76-74pts), C- (70-73pts), D+ (69-67), D (66-64pts), D- (60-63pts), F (59-0pts) Pass (>69 pts), Fail (<60pts)

EQUIPMENT

- Proper workout attire (including proper shoes)
- Water
- Towel
- Notebook
- pen/pencil
- GradeMaster Scantron for the exams

GENERAL CLASS POLICIES:

1. Courtesy, kindness, and respect are expected from all.
2. It is expected that all students will participate fully in each workout session. Failure to do so will reduce participation points
3. Prior reading of assigned material will be helpful.
4. Refer to blackboard for assignments and additional handouts.
5. **If you have any injuries, illnesses, pregnant, or special concerns that I should know about PLEASE let me know. I will keep your information STRICTLY confidential!**

Blackboard

Students should check the Announcements and their EMAIL as the Instructor may need to add, delete, or update assignments or lecture topics at her discretion.

****Refer to Blackboard for handouts and supplemental information**

Academic Integrity

Students who violate University standards of academic integrity are subject to disciplinary sanctions, including failure in the course and suspension from the University. Since dishonesty in any form harms the individual, other students and the University, academic integrity policies will be strictly enforced. I expect you will familiarize yourself with the Academic Integrity guidelines found in the current Student handbook.

SUPPLEMENTAL MATERIAL*

Major muscle groups, resistance training, general training, much more

<http://exrx.net/>

Interactive descriptions of muscle movements University of Michigan

<http://www.med.umich.edu/lrc/hypermuscle/hyper.html>

Body Suspension Training

www.TRX.com and www.Hanger44.com

More stretching- physiology of stretching and exercises

<http://www.ifafitness.com/stretch/index.html>

Activity calorie calculator:

<http://primusweb.com/fitnesspartner/jumpsite/calculat.htm>

WITHDRAWALS: (see College Catalog under Academic policies and registration)

In the event you choose to withdraw from our course, the burden of following through with the withdrawal process is the student's responsibility. No course may be dropped after the end of the twelfth week. After registering, it is the student's responsibility to withdraw officially from a course if he or she decides not to continue in a course. Please understand that if you do not officially withdraw before the end of the 12th week of the semester, you must be assigned a grade based upon what you have earned and my result in an F for the semester. Please refer to the College Catalog for more detail. If you believe you MUST withdraw, for any reason, PLEASE consult with me first! Perhaps we can find a way to help you complete our course successfully.

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.

Academic Accommodations:

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, 8:30am-5:00pm. The office is in Student Union 301 and the phone number is (213) 740-0776.

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.

COURSE OUTLINE

WK	DATE	LECTURE TOPIC	EXERCISE
1	8/25-8/28	Introduction – Course Objectives Healthy Lifestyle	Transition into Exercise (warm up, stretch and aerobic ex)
2	9/1-9/3	Labor Day Fitness Evaluation/ <u>Pre-testing</u>	Pre-Testing <u>SMART GOALS</u>
3	9/8-9/10	Fitness Evaluation & The <u>SMART Goals</u> Goal Setting	<u>SMART GOALS Due</u> Pre-Testing (include 1.5 mi run)
	Sept. 12	Last day to ADD and Drop without W	
4	9/15-9/17	FITT Principle & Fitness Prescription and Aerobic Training Zone	Interval/ Fartlek Training Campus Run
5	9/22-9/25	Benefits and Values of Aerobic Training Guidelines for Programs/ Interval Training and Fartlek	Stairs Structure Circuit/ body suspension Tr.
6	9/29-10/1	FITT Principle Benefits of Strength Major Muscle Groups Benefits of Strength Training Injuries resulting from exercise	Stairs adventure Cardio and core training/ TRX/Hanger 44 Balance
7	10/6-10/8	Increasing Flexibility through stretching FITT principle	Cardio /Resistance with Bands/Tubes Circuit
8	10/13-10/15	Mid term review <u>Midterm</u>	Circuit Training
9	10-20-10/22	Eating Right	<u>Assignment 2 on Blackboard</u> Circuit Training/ Spin TRX/Hanger 44
10-11	10-27-11-5	CHO, FATS, PRO Macro and Micro nutrients	Game
12	11/10-11/12	Body Composition and Weight Management	Cardio and core resistance
12	Nov. 14	Last Day to Drop with W	
13	11/24-11/26	Weight Management cont. Thanksgiving Holiday	<u>Assignment 2 Due</u> Game
14	12	<u>Post testing</u>	<u>Post Testing</u>
15	4/28-12/5	<u>Final Review and Final</u>	
16	May 5-5/8	Did you make an IMPACT?	

**Outline Subject to change

