Aerobic Fitness PHED 129a

Fall 2014 – TTH 11 am

49787R

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By Appointment OFFICE HOURS — https://blackboard.usc.edu COURSE WEBSITE (BLACKBOARD)

COURSE DESCRIPTION

This course is an introduction to the components of physical fitness through various aerobic conditioning activities inclusive of high/low impact aerobics, circuit training, cycling, body sculpting, stretching and cross training 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*

Bishop, J.G. Fitness through Aerobics. (9th Edition) Pearson Benjamin Cummings, 2014. **(ISBN 978-0-321-88452-7)**
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

Cognitive	50%	125 pts.	Psychomotor	50%	125 pts.
Nutrition Assignment	10%	25 pts.	Class Performance	40%	100 pts.
Midterm	20%	50 pts.	Fitness Profile (Pre & Post)	10%	25 pts.
Final Exam	20%	50 pts.			

GRADING SCALE

A (225-250 pts.) B (200-225 pts.) C (175-200 pts.) Pass >175 pts.
D (125-175 pts.) Fail (<125 pts.)

**** 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.*

COURSE OUTLINE

Week 1 *August 26, 28*	Course Introduction	
Week 2 *September 2, 4*	Aerobics, Wellness & You Chapter 1	
Week 3 *September 9, 11*	Aerobics Class Format *Chapter 7*	Setting Goals/Posture *Chapters 5 & 6*
FRIDAY, SEPTEMBER 12	**LAST DAY TO REGISTER, ADD/DROP CLASSES, DROP *WITHOUT MARK OF "W",*** ***CHANGE ENROLLMENT OPTION TO P/NP OR AUDIT & PURCHASE/WAIVE TUITION REFUND***	
Week 4 *September 16, 18*	***Pre-Fitness Profile*** Fitness Components & Exercise Principles *Chapter 3*	
Week 5 *September 23, 25*	Aerobic Target Zone *Chapter 4*	
Week 6 *September 30, October 2*	Weight Control *(Principles & Body Composition)* *Chapter 13*	
Week 7 *October 7, 9*	Weight Control *(Management & Eating Disorders)* *Chapter 13*	
Week 8 *October 14, 16*	**MIDTERM (Review)**	**MIDTERM Exam**
Week 9 *October 21, 23*	Nutrition *(Essential Nutrients)* *Chapter 13*	
Week 10 *October 28, 30*	Nutrition *(Food Label & Diets/Fads)* *Chapter 13*	
Week 11 *November 4, 6*	Anatomy- Muscular Strength/Endurance *Chapters 10 & 11*	
Week 12 *November 11, 13*	Variations & Styles *Chapters 8 & 9*	
FRIDAY, NOVEMBER 14	**LAST DAY TO DROP CLASS WITH MARK OF "W"**	
Week 13 *November 18, 20*	***Post-Fitness Profile*** Prevention & Care *Chapter 14*	
Week 14 *November 25, 27*	Pre-Thanksgiving Fitness Challenge	Thanksgiving Recess **November 26-29**
Week 15 *December 2, 4*	**FINAL (Review)**	**FINAL Exam**