

USC Dornsife
College of Letters,
Arts and Sciences

**HBIO203L – Individualized Exercise Prescription
(2 units)**

Fall 2015

Lectures: T/Th 11:00- 11:50 a.m.

Location: THH 108

Laboratory: Tuesday 8:00 - 9:20 am

Location: PED B15a

Instructor: Gioia Polidori Francisco, PhD

Office: AHF 253

Office Hours: Wednesday 2:00 pm- 4:00 pm

Friday 1:30-3:30 pm

Contact Info: gpolidor@usc.edu

Lab Director: Emi Embler, PhD

Contact Info: eembler@usc.edu

Course Description

Principles and theories related to exercise prescription; programs of weight-training, circuit-training, aerobics, flexibility, high and low-intensity training guidelines; safeguards and effectiveness.

Learning Objectives

- To understand cross-disciplinary concepts of basic anatomy, nutrition and physiology as they relate to physical fitness and contribute to the development of an individualized exercise prescription to safely and effectively reach personal fitness goals.
- To obtain core knowledge and skills that can foster professional development and provide tools for future employment in a variety of fields or for graduate study in the health professions or other biology-related disciplines.
- To develop the ability to think critically, analyze, and use information to solve problems that solidify students' understanding of basic scientific principles.
- To place biological knowledge into an ethical context, especially how biology can contribute to the resolution of ethical, social, and environmental issues.

Required Texts:

Principles and Labs for Fitness and Wellness. 12th edition. Hoeger, W.W.K., Hoeger, S.A. Thomson Wadsworth, Belmont, CA. 2010, 2008.

Recommended Texts:

Strength Training Anatomy. 3rd edition, Delavier, F. Human Kinetics, Champaign, IL. 2006.

ACSM's Guidelines for Exercise Testing and Prescription. 7th edition. Lippincott Williams and Wilkins, Baltimore, MD. 2006.

Essentials of Strength Training and Conditioning. 3rd edition. Baechle and Earle. Human Kinetics, Champaign, IL. 2009.

Description and Assessment of Assignments

- Class material will be evaluated via quizzes and exams.
- Material covered in labs will be evaluated via laboratory exercises and quizzes as well as classroom exams.

Grading Breakdown

| Assignment | % of Grade |
|--------------------|------------|
| Midterm 1 | 20 |
| Midterm 2 | 20 |
| Final Exam | 30 |
| Lab | 25 |
| Quizzes | 5 |
| TOTAL | 100 |
| JEP (Extra Credit) | 2.5 |

Additional Policies

- The grading scale is based on the traditional scale as follows:

| | | |
|------------|----------|-----------|
| | A (≥93%) | A- (≥90%) |
| B+ (≥87%) | B (≥83%) | B- (≥80%) |
| C+ (≥77%) | C (≥73%) | C- (≥70%) |
| D+ (≥67%) | D (≥63%) | D- (≥60%) |
| F (≤59.9%) | | |

- Quizzes will be given during lectures and will be based on the material discussed.
- A midterm exam can be taken after the specified date **ONLY** if the student has a **documented** medical excuse.
- Exams and lab grades will not be given a letter grade. Only the final grade will be given a letter grade.
- The final lab project will be in the form of a complete exercise prescription.
- Assignments will be submitted on Blackboard. Students will be allowed to submit via email only if blackboard is down and will be expected to submit on Blackboard as soon as the software is working again.
- Blackboard will be used to post announcements, handouts, articles, rubrics, deadlines, feedback to quizzes and midterm exams so check this site periodically.
- A request to take a make-up exam must be accompanied by evidence of necessity (ie: letter from a doctor, excuse letter) and must be made before the date of the scheduled exam. Make-up exams will be different from the scheduled exam and may be proctored by personnel who do not have extensive knowledge in the area being tested.
- JEP is the oldest and largest university service-learning program in the country. It offers students the unique opportunity to combine academic coursework with experiences in the community surrounding the campus. At the beginning of the semester, a JEP representative will visit our class and tell you more about the opportunities available that semester. To register for JEP, visit <http://dornsife.usc.edu/joint-educational-project/>.

Tentative Lecture Schedule

| Date | Lecture Topic | Hoeger | ACSM | Lab |
|-------------|-----------------------------------|---------------|-------------|------------------------------|
| Aug 25 | Introduction | | | No Lab |
| Aug 27 | Physical Fitness & Wellness | 1 | | |
| Sep 1 | Behavior Modification | 2 | | Body Comp |
| Sep 3 | Risk Stratification | | 2,3 | |
| Sep 8 | Body Composition | 4 | | No Lab |
| Sep 10 | Nutrition for Wellness I | 4 | | |
| Sep 15 | Nutrition for Wellness II | 4 | | No Lab |
| Sep 17 | Sports Nutrition | ACSM | | |
| Sep 22 | Weight Management & Revision | 5 | | C/R |
| Sep 24 | Midterm I | | | |
| Sep 29 | Cardiorespiratory System overview | 6 | | No Lab |
| Oct 1 | Cardiorespiratory Benefits | 6 | | |
| Oct 6 | Cardiorespiratory Endurance | 6 | | Strength |
| Oct 8 | Musculoskeletal System overview | 7 | | |
| Oct 13 | Muscular Strength and Endurance | 7 | | No Lab |
| Oct 15 | Muscular Strength and Endurance | 7 | | |
| Oct 19 | Movement Analysis | notes | | Endurance |
| Oct 22 | Special considerations & Revision | | | |
| Oct 26 | Midterm II | | | No Lab |
| Oct 28 | Muscular Flexibility | 8 | | |
| Nov 3 | Muscular Flexibility | 8 | | Flexibility |
| Nov 5 | Plyometric Training | notes | | |
| Nov 10 | Skill Fitness | 9 | | No Lab |
| Nov 12 | Skill Fitness Testing | 9 | | |
| Nov 17 | Periodization & Revision | notes | | Agility |
| Nov 19 | Injury Rehabilitation | notes | | |
| Nov 24 | Sport Psychology | 10 | | No Lab |
| Nov 26 | Thanksgiving | | | |
| Dec 1 | Exercise and Health | Notes | | Exercise Prescription |
| Dec 3 | Revision | | | |
| Dec 5-8 | Study Days | | | |
| Dec 15 | EXAM 8:00 AM – 10:00 AM | | | |

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 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.