

## **Aerobic Fitness - PHED 129a**

**Units: 1 unit (#49785R)**

**Spring 2016 – T Th 11 am**

**Location:** Lyon Center (Group Exercise Room)

**Blackboard:** <https://blackboard.usc.edu>

**Instructor: Justine Gilman, Ed.D.**

**Office:** LRC 101

**Office Hours:** By Appointment

**Contact Info:** [jgilman@usc.edu](mailto:jgilman@usc.edu), 213-740-8120

### **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.

**Prerequisite:** None

### **Course Learning 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

### **Physical Education Objectives**

**Students will understand the importance of sound health and fitness principles as they relate to better health and will be able to:**

- Define the various health components of fitness.
- Recognize the physical and mental benefits of increased activity.
- Determine factors involved with development, fitness levels and training strategies.

**Students will be exposed to a variety of activities providing them the opportunity to:**

- Apply learned fundamental skills.
- Participate in a motivating and nurturing environment resulting in a greater sense of well-being and self-esteem.
- Participate in active learning to stimulate continued inquiry about physical education, health and fitness.

**Students will demonstrate proficiency through knowledge and acquired skills enabling them to:**

- Understand and utilize various training methods.
- Assess individual levels of fitness components.
- Identify common health and fitness myths along with trends involved with the evolving nature of physical education.
- Develop an appreciation of physical activity as a lifetime pursuit and a means to better health.

**Course Textbook\***

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

Online eTextbook Option -- [http://www.coursesmart.com/IR/2784650/9780321890658?\\_hdv=6.8](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).

**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.

**Grading Criteria**

**250 Total Points**

<b>Cognitive</b>	<b>50%</b>	<b>125 pts.</b>	<b>Psychomotor</b>	<b>50%</b>	<b>125 pts.</b>
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.			

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

*\*Plus or minus grades will be issued accordingly for each letter grade range based on grade percentage earned*

**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.

**Assignment Submission Policy**

Pre/Post – Fitness Profiles will be done in-class per the course schedule.

Nutrition Assignment is due per course schedule and a copy/original food label must be attached to worksheet.

**Additional Policies**

**No Make-Ups** will be given for any missed coursework/components (cognitive/psychomotor).

## Course Schedule

Week 1 January 12, 14	Course Introduction		
Week 2 January 19, 21	UNIVERSITY HOLIDAY <i>Martin Luther King Day</i>	Aerobics, Wellness & You <i>Chapter 1</i>	
Week 3 January 26, 28	Aerobics Class Format <i>Chapter 7</i>	Setting Goals/Posture <i>Chapters 5 &amp; 6</i>	
FRIDAY, JANUARY 29	<b>LAST DAY TO REGISTER, ADD/DROP CLASSES, DROP WITHOUT MARK OF "W", CHANGE ENROLLMENT OPTION TO P/NP OR AUDIT &amp; PURCHASE/WAIVE TUITION REFUND</b>		
Week 4 February 2, 4	<b>Pre-Fitness Profile</b> Fitness Components & Exercise Principles <i>Chapter 3</i>		
Week 5 February 9, 11	Aerobic Target Zone <i>Chapter 4</i>		
Week 6 February 16, 18	UNIVERSITY HOLIDAY <b>Presidents' Day</b>	Weight Control ( <i>Principles &amp; Body Composition</i> ) <i>Chapter 13</i>	
Week 7 February 23, 25	Weight Control ( <i>Management &amp; Eating Disorders</i> ) <i>Chapter 13</i>		
Week 8 March 1, 3	Midterm (Review)	Midterm Exam	
Week 9 March 8, 10	Nutrition ( <i>Essential Nutrients</i> ) <i>Chapter 13</i>		
March 14 - 18	Spring Recess		
Week 10 March 22, 24	Nutrition ( <i>Food Label &amp; Diets/Fads</i> ) <i>Chapter 13</i>		
Week 11 March 29, 31	Anatomy- Muscular Strength/Endurance <i>Chapters 10 &amp; 11</i>		
Week 12 April 5, 7	Variations & Styles <i>Chapters 8 &amp; 9</i>		
FRIDAY, APRIL 8	<b>LAST DAY TO DROP CLASS WITH MARK OF "W"</b>		
Week 13 April 12, 14	<b>Post-Fitness Profile</b>		Food Label Assignment Due 4/14
Week 14 April 19, 21	Prevention & Care <i>Chapter 14</i>		
Week 15 April 26, 28	Final (Review)	Final Exam	

## 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](mailto: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](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.

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.