

University of Southern California

Physical Education Department

www.usc.edu/dept/LAS/phed

WEIGHT TRAINING: PHED 102A

Instructor: Kevin Robinson • Email: kevinrob@usc.edu • Office Hours: By appointment
Office: PED 108

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 student goals: emphasizing either muscular strength, muscular hypertrophy, muscular endurance, muscular flexibility or a combination of any of these.

PHYSICAL EDUCATION PROGRAM OBJECTIVES:

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

- Understand anatomy, basic bio mechanical principles and terminology.
- 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.
- Utilize physical activity as a tool to manage stress.

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.

COURSE MATERIALS:

Weight training manual provided on Blackboard: <http://blackboard.usc.edu>

Class information will be posted. We will use resources posted on Blackboard, in addition to the course textbook.

CLASS LOCATION:

Classes will meet in the Cardinal Room of the Lyons Center, before entering the weight room. Student ID's are required to enter the building.

DRESS ATTIRE:

Please dress in appropriate workout attire (athletic clothes & shoes), and bring water, towel, notebook and pen/pencil.

PARTICIPATION/ATTENDANCE:

Physical fitness improvements require consistent and active participation in all class activities, which is a large determinant and component of your final grade. Arriving late, leaving early and wearing inappropriate workout attire will affect the participation portion of the grade. In case of absence, you will be held accountable for all work missed.

LOCKER ROOM:

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.

GRADING POLICY and 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 - 20%;

Participation - Attending class regularly, arriving on time, participating in individual routine for entire class period - 30%

94% - 100% = A

90% - 93% = A-

87% - 89% = B+

83% - 86% = B

80% - 82% = B-

77% - 79% = C+

73% - 76% = C

70% - 72% = C-

67% - 69% = D+

63% - 66% = D

60% - 62% = D-

0% - 59% = F

ACADEMIC INTEGRITY:

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 exception 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. S Campus, the Student Guidebook, (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.

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.

ACADEMIC ACCOMMODATIONS:

Students requesting academic accommodations based on a disability are required to register with Disability Service 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 the Student Union 301 and the phone number is (213) 740-0776.

WEEKLY 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 – 2nd class meeting of the week
9. Free Weight Variations: Leg, Back, Chest, Shoulder, Arm Exercises
10. Advanced Weight Training
11. Nutrition
12. Nutrition and Nutrition Quiz
13. Measuring Progress and Problem Solving
14. Final Exam Review
15. Final Exam – last class meeting of the semester. Final is comprehensive

IMPORTANT DATES:

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| 3 rd week | Last day to change grading option (Letter Grade, P/NP, Audit) |
| 8 th week | Midterm |
| 9 th week | Last day to drop a W and to switch a pass/no pass status to a letter grade. |
| 13 th week | Last day to drop with a W on permanent record |
| 15 th week | Final Exam |