

Physical Education

<http://www.usc.edu/dept/LAS/phed>

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Weight Training: PHED 102A

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's goals: emphasizing either muscle strength, muscle endurance, muscle size, muscle flexibility or a combination of any.

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 biomechanical 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.

Evaluation Criteria

Cognitive: 50%

Quizzes- 10% (1 Muscle quiz and 1 nutrition quiz)

Midterm - 15%

Final Exam - 25%

Psychomotor: 50%

Final Project - 20% Training log and individual program write-up based on learned fitness principles.

Participation – 30% Attend/participate in class regularly, arrive on time.

Course Materials

Provided for each student on Blackboard.

Class will always meet in the Cardinal room of the Lyons center before entering the weight room.

Student ID's are required to enter the building. Please dress appropriately to exercise (gym clothes and athletic shoes)

To improve your physical fitness requires regular participation in class activities. Arriving late and leaving early will negatively affect the participation portion of your grade. In case of absence, you will be held accountable for all missed work.

COURSE CONTENT

Weeks 1	Myths and common questions, beginners program
Week 2	Safety and technique, training log, goals/self assessments
Week 3	Stretching and flexibility
Week 4	Muscle structure and function, Muscle quiz 2nd class meeting
Week 5	Weight training program variables,
Week 6	Weight training program variables, finalized programs based on goals
Week 7	Free weights vs machines, midterm review
Week 8	Midterm
Week 9	Return midterm and review results, variations on leg exercises
Week 10	Variations on chest, shoulder and tricep exercises
Week 11	Variations on back and bicep exercises, core exercises
Week 12	Nutrition
Week 13	Nutrition, Nutrition quiz 2nd class meeting
Week 14	Advanced weight training and final exam review
Week 15	Final Exam (Comprehensive) – Last Day of Class

Important Dates

8th week Midterm

15th week Final exam