

**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 students 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 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.

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 based on learned fitness principals - 20%
	Participation (Attending class regularly; arriving on time; participating in individual routine for entire class period) - 30%

## 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 class early will affect the participation portion of the grade. In case of absence, you will be held accountable for all work missed.

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 expectation 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. *SCampus*, the Student Guidebook, ([www.usc.edu/scampus](http://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.

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 the instructor as early in the semester as possible. DSP is open Monday-Friday, 8:30-5:00 pm. The office is in Student Union 301 and the phone number is (213) 740-0776

## **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-](http://capsnet.usc.edu/department/department-public-safety/online-forms/contact-us)

[us](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.

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.

### 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
9. Free Weight Variations: Back and Chest Exercises
10. Free Weight Variations: Shoulder and Arm Exercises
11. Free Weight Variations: Leg Exercises
12. Nutrition and Nutrition Quiz
13. Measuring Progress and Problem Solving
14. Advanced Weight Training and Final Exam Review
15. Final Exam

### Important Dates

3 <sup>rd</sup> week	Last day to change grading option (Letter Grade, P/NP, Audit)
8 <sup>th</sup> week	Midterm
9 <sup>th</sup> week	Last day to drop without a W and to switch a pass/no pass status to a letter grade.
13 <sup>th</sup> week	Last day to drop a class with a W on permanent record
15 <sup>th</sup> week	Final Exam