

University of Southern California
Department of Physical Education

PHED 106a: Physical Conditioning
Spring 2019

Section 49734: MW 12:00 – 12:50pm

Course = 1 unit

Instructor: Steve Hsu

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Office Hours: By appointment

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

Course Description:

This class is an introductory level physical conditioning course with emphasis on running and the development of cardiorespiratory endurance, muscular strength and endurance, body composition, and flexibility. Students will be exposed to practical application of both anatomy and exercise physiology.

Course Objectives:

1. Understand the components of health related physical fitness
2. Gain knowledge of basic anatomy, exercise physiology, and wellness principles
3. Understand the importance of nutrition and exercise as a lifestyle
4. Learn how to assess and improve fitness level
5. Learn how to develop an individual fitness program

Physical Education Department Objectives:

1. **Students will understand the importance of sound health and fitness principles as they relate to better health and will be able to:**
 - Recognize the physical and mental benefits of increased activity
 - Understand anatomy and basic biomechanical principles and terminology
2. **Student 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

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

- Create a safe, progressive, methodical, and efficient activity based plan to enhance improvement and minimize risk of injury
- Develop an appreciation of physical activity as a lifetime pursuit and a means to better health

Course Reader:

Course reader is posted on USC Blackboard.

Equipment:

Proper workout attire, water, towel, notebook, and pen/pencil are required. You will not be allowed to participate in the designated physical activity if you do not have proper workout attire and will lose participation points. **Grademaster scan form (Scan #25420)** is required for the Final Exam.

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 Lyons Center.

Class Meeting Information:

Classes will meet on the track and on rainy days in the lobby of the P.E. building, unless specified otherwise by instructor.

Blackboard: <http://blackboard.usc.edu>

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

Participation/Attendance:

Consistent attendance and active participation is a minimum requirement for completing a performance class and is a large determinant and component of your final grade.

Grading Policy and Evaluation Criteria:

Cognitive = 50% (120 points)

1. Final = 50 points
2. Midterm = 50 points
3. Muscle Anatomy Quiz = 20 points

Psychomotor = 50% (120 points)

1. Active Participation = 60 points
2. Fitness Pre-Test = 10 points
3. Fitness Post-Test = 10 points
4. Biomechanical Critique = 40 points

216 – 240 points = A

192 – 215 points = B

168 – 191 points = C

144 – 167 points = D

Below 144 points = F

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

**Extra credit work and make-up work are not available. You are not permitted to make-up absences in another section. Make-ups will not be given for any of the cognitive or psychomotor components. It is your responsibility to attend class consistently and fulfill the requirements of this course.*

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 Part B, Section 11, “Behavior Violating University Standards” policy.usc.edu/scampus-part-b. 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>.

Support Systems:

Student Counseling Services (SCS) – (213) 740-7711 – 24/7 on call. Free and confidential mental health treatment for students, including short-term psychotherapy, group counseling, stress fitness workshops, and crisis intervention. engemannshc.usc.edu/counseling

National Suicide Prevention Lifeline – 1 (800) 273-8255. Provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. www.suicidepreventionlifeline.org

Relationship and Sexual Violence Prevention Services (RSVP) – (213) 740-4900 – 24/7 on call. Free and confidential therapy services, workshops, and training for situations related to gender-based harm. engemannshc.usc.edu/rsvp

Sexual Assault Resource Center. For more information about how to get help or help a survivor, rights, reporting options, and additional resources, visit the website: sarc.usc.edu

Office of Equity and Diversity (OED)/Title IX Compliance – (213) 740-5086. Works with faculty, staff, visitors, applicants, and students around issues of protected class. equity.usc.edu

Bias Assessment Response and Support. Incidents of bias, hate crimes and microaggressions need to be reported allowing for appropriate investigation and response. studentaffairs.usc.edu/bias-assessment-response-support

The Office of Disability Services and Programs. Provides certification for students with disabilities and helps arrange relevant accommodations. dsp.usc.edu

Student Support and Advocacy – (213) 821-4710. Assists students and families in resolving complex issues adversely affecting their success as a student EX: personal, financial, and academic. studentaffairs.usc.edu/ssa

Diversity at USC. Information on events, programs and training, the Diversity Task Force (including representatives for each school), chronology, participation, and various resources for students. diversity.usc.edu

USC Emergency Information. Provides safety and other updates, including ways in which instruction will be continued if an officially declared emergency makes travel to campus infeasible. emergency.usc.edu

USC Department of Public Safety – UPC: (213) 740-4321 – HSC: (323) 442-1000 – 24-hour emergency or to report a crime. Provides overall safety to USC community. dps.usc.edu

USC Physical Conditioning - Spring 2019

COURSE OUTLINE*

Week 1 January 7 - 9	Course Introduction/Health- and Skill-Related Components <i>Course Reader: Pages 1 to 7</i>	
Week 2 January 14 - 16	Fitness Program Design/Goals <i>Course Reader: Pages 5, 34</i>	Fitness Pre-testing/Target Heart Rate <i>Course Reader: Pages 8 to 11, 33</i>
Week 3 January 21 - 23 MLK, Jr. Day, Jan. 21	Cardiorespiratory Training <i>Course Reader: Pages 8 to 10</i>	Cardiorespiratory Training <i>Course Reader: Pages 8 to 10</i>
FRIDAY, JANUARY 25	LAST DAY TO REGISTER & ADD/DROP CLASSES DROP CLASS WITHOUT MARK OF "W" OR CHANGE ENROLLMENT OPTION TO P/NP OR AUDIT	
Week 4 January 28 - 30	Strength Training Anatomy <i>Course Reader: Page 38</i>	Strength Training and Conditioning <i>Course Reader: Pages 12 to 14</i>
Week 5 February 4 - 6	Flexibility Training <i>Course Reader: Pages 15 to 16</i>	Muscle Quiz <i>Course Reader: Pages 15 to 16</i>
Week 6 February 11 - 13	Circuit Training/Nutrition <i>Course Reader: Pages 22 to 25</i>	Circuit Training/Nutrition <i>Course Reader: Pages 22 to 25</i>
Week 7 February 18 - 20 Presidents' Day, Feb. 18	Interval Training <i>Course Reader: Pages 22 to 27</i>	
Week 8 February 25 - 27	Midterm Review	Midterm Exam
Week 9 March 4 - 6 Spring Break 3/10- 3/17	Speed and Agility Training	
Week 10 March 18 - 20	Plyometric Training	
Week 11 March 25 - 27	Biomechanical Critique on Second Class Meeting of this Week	
Week 12 April 1 - 3	General Conditioning	General Conditioning <i>Course Reader: Pages 20 to 21; 26 to 27</i>
FRIDAY, APRIL 5	LAST DAY TO DROP CLASSES WITH MARK OF "W"	
Week 13 April 8 - 10	General Conditioning <i>Course Reader: Pages 28 to 31</i>	Fitness Post-Testing
Week 14 April 15 - 17	Fun Day – Ultimate Frisbee	Fun Day – Ultimate Frisbee
Week 15 April 22 - 24	Final Review	Final Exam

*Please note this is a tentative outline and may be subject to change. Any changes will be announced in class and/or via email.