

PHED 129a: Cardio Group Fitness
Spring 2019

Section 49782: MW 10:00 – 10:50am
Course = 1 unit

Instructor: Steve Hsu
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Office Hours: By appointment
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Course Description:

This course is an introduction to the components of physical fitness through aerobic training. Cross training activities will incorporate step aerobics, high/low impact aerobics, cardio kickboxing, Zumba, Spinning, circuit training, interval training, boot camp drills, body sculpting, and yoga/power yoga.

Course Objectives:

To gain knowledge and understanding of:

1. The five components of physical fitness.
2. Basic anatomy, exercise physiology and wellness principles.
3. Dietary and nutritional information.
4. The importance of cardiovascular exercise as a lifestyle.

To learn and develop the following skills:

1. The basic steps utilized in step aerobics and cross training for aerobic fitness.
2. How to assess and improve fitness level.
3. How to develop an individual fitness program.
4. How to appraise/critique an aerobic class.

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

Textbook:

Bishop, J.G. Fitness through Aerobics. (9th Edition) Pearson Benjamin Cummings, 2014.
(ISBN 0805346171)

Equipment:

USC student ID**, proper workout attire, water, towel, notebook, and pen/pencil and **Grademaster scan form (Scan #25420)** for Midterm and Final Exams 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.

****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 Lyons Center.

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

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

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. If you are tardy and/or leave early, you will only receive partial credit for attending class. Active participation is also a large determinant of your final grade.

Grading Policy and Evaluation Criteria:

250 Total Points

Cognitive	50%	125 Pts.	Psychomotor	50%	125 Pts.
Final Exam	20%	50 Pts.	Class Performance	30%	75 Pts.
Midterm Exam	20%	50 Pts.	Fitness Profiles	8%	20 Pts.
Nutrition Quiz	10%	25 Pts.	Performance Test	12%	30 Pts.

225 – 250 points = A

200 – 224 points = B

175 – 199 points = C

125 – 174 points = D

Below 125 points = F

Pass > 175 points

*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 Aerobic Fitness - Spring 2019

COURSE OUTLINE*

Week 1 January 7, 9	Course Introduction	Pre-Fitness Profile
Week 2 January 14, 16	Benefits of Exercise <i>Chapter 1</i>	Aerobic Class Format <i>Chapter 7 and 8 (p. 96)</i>
Week 3 January 21, 23 <i>1/21, MLK Jr. Birthday</i>	Fitness Components & Exercise Principles <i>Chapters 3</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	Setting Goals <i>Chapter 5</i>	Aerobic Target Zone <i>Chapter 4</i>
Week 5 February 4, 6	Posture <i>Chapter 6</i>	
Week 6 February 11, 13	Weight Control <i>Chapter 13</i>	
Week 7 February 18, 20 <i>2/18, Presidents' Day</i>	Weight Control <i>Chapter 13</i>	
Week 8 February 25, 27	MIDTERM Review	MIDTERM Exam
Week 9 March 4, 6	Nutrition <i>Chapter 13</i>	
Week 10 March 18, 20 <i>3/10-3/17, Spring Recess</i>	Nutrition Quiz on Second Class Meeting	
Week 11 March 25, 27	Anatomy-Muscular Strength/Endurance & Body Toning <i>Chapter 10</i>	
Week 12 April 1, 3	Performance Tests	
FRIDAY, APRIL 5	LAST DAY TO DROP CLASS WITH MARK OF "W"	
Week 13 April 8, 10	Variations and Styles <i>Chapter 8</i>	Prevention & Care <i>Chapter 14</i>
Week 14 April 15, 17	Prevention & Care <i>Chapter 14</i>	Post-Fitness Profile
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.