

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

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| 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

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|----------------|--|
| 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

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