

PHED 102A WEIGHT TRAINING

Units: 1

Location: LYONS CENTER CARDINAL ROOM (PED 210 on FIRST DAY OF CLASS ONLY)

Class Materials: Student ID needed to access facility

Instructor: John Jessee

Office: PED 107

Office Hours: By appointment

Email: jessee@usc.edu

Phone: 213-740-2488

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:**
 - ❖ Define the various health components of fitness.
 - ❖ Recognize the physical and mental benefits of increased activity.
 - ❖ Examine the effect of nutrition, rest and other lifestyle factors that contribute to better health.
- ❖ **Students will be exposed to a variety of activities providing them the opportunity to:**
 - Utilize physical activity as a tool to manage stress.
 - ❖ Empower themselves by setting and working toward realistic individual goals.
 - ❖ Participate in a motivating and nurturing environment resulting in a greater sense of well-being and self-esteem.
 - ❖ Participate in active learning to stimulate physical education, health and fitness.
- ❖ **Students will demonstrate proficiency through knowledge and acquired skills enabling them to:**
 - ❖ Develop an appreciation of physical activity as a lifetime pursuit and a means to better health.
 - ❖ Participate in active learning to stimulate continued inquiry about physical education, health and fitness.
 - ❖ Understand and utilize various training methods.
 - ❖ Assess individual levels of fitness components.

Evaluation Criteria:

Cognitive: 50%	Muscle Group Quiz – 5%
	Nutrition Quiz – 5%
	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, arrive on time, and participate in individual routine for entire class period.

Weekly Course Content

1. Myths and Common Questions, beginning program
2. Safety and techniques
3. Measuring Progress and Goal Setting
4. Weight training programs
5. Muscular Structure and Function
6. Stretching and Flexibility
7. Midterm Review
- 8. Midterm – 2nd class meeting of the week**
9. Upper body, lower body
10. Advanced Weight Training
11. Nutrition
12. Nutrition
13. Measurement and retesting
14. Final exam review
15. **Final exam – last class meeting of the semester**
Final is comprehensive

IMPORTANT DATES:

3rd week (Friday) Last day to add / Last day to drop without a mark of “W” and receive a refund.

7th week (Friday) Last day to withdraw without a “W” on transcript or change pass/no pass to letter grade.

8th week Midterm Exam

12th week (Friday) Last day to drop with a mark of “W” on permanent record.

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, policy.usc.edu/scientific-misconduct.

Support Systems:

Student Health Counseling Services - (213) 740-7711 – 24/7 on call

engemannshc.usc.edu/counseling

Free and confidential mental health treatment for students, including short-term psychotherapy, group counseling, stress fitness workshops, and crisis intervention.

National Suicide Prevention Lifeline - 1 (800) 273-8255 – 24/7 on call

suicidepreventionlifeline.org

Free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.

Relationship and Sexual Violence Prevention Services (RSVP) - (213) 740-4900 – 24/7 on call

engemannshc.usc.edu/rsvp

Free and confidential therapy services, workshops, and training for situations related to gender-based harm.

Office of Equity and Diversity (OED) | Title IX - (213) 740-5086

equity.usc.edu, titleix.usc.edu

Information about how to get help or help a survivor of harassment or discrimination, rights of protected classes, reporting options, and additional resources for students, faculty, staff, visitors, and applicants. The university prohibits discrimination or harassment based on the following protected characteristics: race, color, national origin, ancestry, religion, sex, gender, gender identity, gender expression, sexual orientation, age, physical disability, medical condition, mental disability, marital status, pregnancy, veteran status, genetic information, and any other characteristic which may be specified in applicable laws and governmental regulations.

Bias Assessment Response and Support - (213) 740-2421

studentaffairs.usc.edu/bias-assessment-response-support

Avenue to report incidents of bias, hate crimes, and microaggressions for appropriate investigation and response.

The Office of Disability Services and Programs - (213) 740-0776

dsp.usc.edu

Support and accommodations for students with disabilities. Services include assistance in providing readers/notetakers/interpreters, special accommodations for test taking needs, assistance with architectural barriers, assistive technology, and support for individual needs.

USC Support and Advocacy - (213) 821-4710

studentaffairs.usc.edu/ssu

Assists students and families in resolving complex personal, financial, and academic issues adversely affecting their success as a student.

Diversity at USC - (213) 740-2101

diversity.usc.edu

Information on events, programs and training, the Provost's Diversity and Inclusion Council, Diversity Liaisons for each academic school, chronology, participation, and various resources for students.

USC Emergency - UPC: (213) 740-4321, HSC: (323) 442-1000 – 24/7 on call

dps.usc.edu, emergency.usc.edu

Emergency assistance and avenue to report a crime. Latest updates regarding safety, including ways in which instruction will be continued if an officially declared emergency makes travel to campus infeasible.

USC Department of Public Safety - UPC: (213) 740-6000, HSC: (323) 442-120 – 24/7 on call

dps.usc.edu

Non-emergency assistance or information.