

## **PHYSICAL CONDITIONING: PHED 106A**

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Office Hours: By appointment • Office: PED 108

### **ONLINE CLASS – FALL SEMESTER 2020**

This will be an online only class. The class is easily transferrable to this online curriculum. All students will be required to download the app “Map My Walk by Under Armour”(it is free). Live workouts will be conducted via Zoom and assignments will be administered through Blackboard.

#### **COURSE DESCRIPTION:**

This course is designed to provide students with a fitness foundation through the means of walking. Students will be given a fitness assessment profile and develop an individualized exercise prescription. Conditioning emphasis will be placed on stamina, muscle strength and endurance, flexibility, body composition. Walking techniques and fitness strategies will also be highlighted. Student’s progress will be assessed to assure completion of their goals and objectives.

#### **COURSE OBJECTIVES:**

##### **To gain knowledge and understanding of:**

1. The 5 health related components of physical fitness: cardiorespiratory endurance, muscle strength, muscle endurance, body composition and flexibility.
2. Basic anatomy, exercise physiology and wellness principles.
3. The importance of nutrition and exercise lifestyle
4. How to assess and improve fitness level.
5. How to develop an individual fitness program, setting goals.
6. Variety of training methods used to improve overall physical fitness.

#### **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.
- Understand anatomy, basic bio mechanical principles and terminology.

##### **Students will be exposed to a variety of activities providing them the opportunity to:**

- Empower themselves by setting and working toward realistic individual goals.
- 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.

**REQUIRED TEXTBOOK:**

Class reader available on Blackboard under Content.

**BLACKBOARD:** <http://blackboard.usc.edu>

We will use resources and information posted on Blackboard™ including lecture reviews.

**EQUIPMENT:**

Some equipment will be suggested but will not required to take this online class.

**PERSONAL ITEMS:**

**USC PHED is NOT responsible for any lost, stolen or damaged property.** It is strongly advised not to bring anything valuable to class. Lockers will not be available this fall semester.

**INJURIES:**

Please notify me of any injuries, illness or medical conditions- including pregnancy- prior to starting the practice. This is confidential and necessary to avoid complications and to help adapt the practice to your specific needs as best we can.

**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.

**Evaluation Criteria:**

Cognitive: 50%	Midterm – 15%
	Final Exam – 25%
	Assignments – 10%
Psychomotor: 50%	Fitness Pre-Test 10%
	Fitness Post-Test 10%
	Participation – 30% - Attend, arrive on time, and participate in individual routine for entire class period.

**MAKE-UPS WILL NOT BE GIVEN FOR ANY OF THE COGNITIVE OR PSYCHOMOTOR COMPONENTS**

**GRADING SCALE**

94% - 100% = A	73% - 76% = C
90% - 93% = A-	70% - 72% = C-
87% - 89% = B+	67% - 69% = D+
83% - 86% = B	63% - 66% = D
80% - 82% = B-	60% - 62% = D-
77% - 79% = C+	0% - 59% = F

**USC WALKING FOR FITNESS  
FALL 2020 COURSE OUTLINE\***

<b>Week 1</b> August 17-20	Class Introduction via Zoom	Assignment via Blackboard
<b>Week 2</b> August 24-28	Let's Walk!	Cardiorespiratory Training/ Fitness Program Goals & Design Gait/Biomechanics of walking
<b>Week 3</b> Aug. 31-Sept. 3	Let's Walk!	<b>Pre-Fitness Test/Target Heart Rate</b>
<b>Week 4</b> September 7-10 Labor Day 9/7	Let's Walk! No Class for Monday Section Only	Strength Training & Anatomy
<b>Week 5</b> September 14-17	Let's Walk!	<b>MUSCLE QUIZ/Flexibility Training</b>
<b>Week 6</b> Sept. 21-24	Let's Walk!	Biomechanics of aerobic walking Power walking
<b>Week 7</b> Sept. 28- Oct. 1	Let's Walk!	<b>Midterm review/Circuit Training</b>
<b>Week 8</b> October 5-8	Let's Walk!	<b>MIDTERM</b>
<b>Week 9</b> October 12-15	Let's Walk!	Nutrition
<b>Week 10</b> October 19-22	Let's Walk!	Weight management and body composition
<b>Week 11</b> October 26-29	Let's Walk!	Injury prevention and treatment
<b>Week 12</b> November 2-5	Let's Walk!	Post-Fitness Test
<b>Week 13</b> November 9-12	Let's Walk!	<b>FINAL EXAM</b>

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

## **ACADEMIC ACCOMMODATIONS:**

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 exception 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. S Campus, 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 Service 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 me as early in the semester as possible. DSP is open Monday-Friday, 8:30 am - 5:00 pm. The office is in the 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 Part B, Section 11, "Behavior Violating University Standards" [policy.usc.edu/scampus-part-b](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://dps.usc.edu)