

# USC Dornsife

*Physical Education Program*

## WEIGHT TRAINING: PHED 102A

Instructor: Kevin Robinson • Email: [kevinrob@usc.edu](mailto:kevinrob@usc.edu) • Office Hours: By appointment  
Office: PED 108

### **HYBRID CLASS**

This class will **meet in-person once a week at the Lyon Center** with an online lecture or a blackboard assignment provided on the other scheduled meeting day. As the current COVID 19 situation continues to evolve, adjustments to this schedule may be necessary. Although this is a participation based class, each student can determine their own availability and comfort level when determining when to attend the in-person class on campus. **You have the option of staying 100% online.** I will provide more information in detail prior to the first day of classes.

### **HYBRID SCHEDULE:**

- In-Person classes will meet the **FIRST CLASS** of each week at the Lyon Center
- On-line Classes will be held for the 2<sup>nd</sup> class of each week and will be done either through Blackboard or Zoom meetings

### **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 goals: emphasizing either muscular strength, muscular hypertrophy, muscular endurance, muscular flexibility or a combination of any of these.

### **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 bio mechanical 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.

### **COURSE MATERIALS:**

Weight training manual provided on Blackboard: <http://blackboard.usc.edu>

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

### **DRESS ATTIRE:**

Please dress in appropriate workout attire (athletic clothes & shoes), and bring water, towel, notebook and pen/pencil.

### **PARTICIPATION/ATTENDANCE:**

Physical fitness improvements require consistent and active participation in all class activities, which is a large determinant and component of your final grade. Arriving late, leaving early and wearing inappropriate workout attire will affect the participation portion of the grade. In case of absence, you will be held accountable for all work missed. **You do have the option to stay 100% online and not to do any in-person classes. If you are choosing to stay online, you can workout wherever you want to obtain your participation points as long as you can provide necessary documentation(will be explained during first week of class).**

### **PERSONAL ITEMS:**

USC Physical Education is NOT responsible for any lost, stolen or damaged property. It is strongly recommended that you do not bring anything valuable to class. Locker rooms will not be available for use at the Lyon Center this semester.

### **GRADING POLICY and EVALUATION CRITERIA:**

Cognitive: 50%

Muscle Group Quiz - 5%, Nutrition Quiz - 5%, Midterm - 15%, Final Exam – 25%

Psychomotor: 50%

Final Project - Individual Free Weight/Body Weight Resistance Exercise Program - 20%;

Participation - Attending class regularly, arriving on time, participating in individual routine for entire class period - 30%

94% - 100% = A

90% - 93% = A-

87% - 89% = B+

83% - 86% = B

80% - 82% = B-

77% - 79% = C+

73% - 76% = C

70% - 72% = C-

67% - 69% = D+

63% - 66% = D

60% - 62% = D-

0% - 59% = F

## **WEEKLY COURSE CONTENT AND SCHEDULE:**

WEEK 1	DAY 1 – <b>Zoom Meeting:</b> Course Intro – weight training technique; safety & etiquette DAY 2 – Blackboard: Watch Videos of Machine & Hammer Strength Exercises
WEEK 2	DAY 1 – In-person Class @ Lyon Center: Practice Machine & Hammer Strength DAY 2 – Blackboard: Designing a Weight Training Program based upon goals
WEEK 3	DAY 1 – In-person Class @ Lyon Center: Learn & Practice Deadlifts DAY 2 – Blackboard: Stretching & Flexibility
WEEK 4	DAY 1 – In-person Class @ Lyon Center: Learn & Practice Bench Press DAY 2 – Blackboard: Muscular Structure & Function/Myths & Common Questions
WEEK 5	DAY 1 – In-person Class @ Lyon Center: Learn & Practice Squats DAY 2 – Blackboard: Free Weights vs Machines/ <b>**Muscle Quiz on Blackboard**</b>
WEEK 6	DAY 1 – In-person Class @ Lyon Center: Learn & Practice Back Exercises DAY 2 – Blackboard: Finalize Individual Routines
WEEK 7	DAY 1 – In-person Class @ Lyon Center: Learn & Practice Shoulder Exercises DAY 2 – Individual meetings
WEEK 8	DAY 1 – <b>Zoom Meeting:</b> MIDTERM REVIEW DAY 2 - Blackboard: <b>**MIDTERM EXAM** on Blackboard</b>
WEEK 9	DAY 1 – In-person Class @ Lyon Center: Learn & Practice Bicep & Triceps Exercises DAY 2 – <b>Zoom Meeting:</b> Nutrition
WEEK 10	DAY 1 – In-person Class @ Lyon Center: Learn & Practice Ab & Glute Exercises DAY 2 – Blackboard: <b>**Nutrition Quiz on Blackboard**</b> /Final Project Directions
WEEK 11	DAY 1 – In-person Class @ Lyon Center: Workout/Stretching DAY 2 – Blackboard: Body Composition & Advanced Weight Training
WEEK 12	DAY 1 – In-person Class @ Lyon Center: Learn & Practice Advanced Weight Training DAY 2 – Blackboard: Measuring Progress & Problem Solving
WEEK 13	DAY 1 – In-person Class @ Lyon Center: Workout/Problem Solving DAY 2 – <b>Zoom Meeting:</b> Final Exam Review
WEEK 14	DAY 1 – In-person Class @ Lyon Center: Workout DAY 2 – Individual Meetings via Zoom
WEEK 15	DAY 1 – FINAL EXAM REVIEW DAY 2 – Blackboard: <b>**FINAL EXAM on Blackboard**/Final Projects Due</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.

## **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)

## **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. SCampus, 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.