

Course Name/Term	Physical Conditioning Spring 2021
Class and Section Number	PHED 106A Section 49728 Online
Class Meeting Day and Time	Monday & Wednesday 9:00 - 9:50am
Location	ZOOM
Instructor and Contact Info	Ian Culbertson e-mail: iculbert@usc.edu Office: Zoom Phone: Use E-mail

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:

1. Define the various health components of fitness.
2. Recognize the physical and mental benefits of increased activity.
3. Understand anatomy, basic bio-mechanic principles, and terminology.

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

1. Apply learned fundamental skills.
2. Utilize physical activity as a tool to manage stress.
3. Empower themselves by setting and working toward realistic individual goals.

Students will demonstrate proficiency through knowledge and acquired skills enabling them to:

1. Understand and utilize various training methods.
2. Assess individual levels of fitness components.

Course Description:

This class is an introductory level physical conditioning course with the focus on improving cardiorespiratory endurance, muscular strength and endurance, body composition, and flexibility. Students will be exposed to practical application of both anatomy and exercise physiology.

Learning Objectives:

At the completion of the course students will gain knowledge and understanding of:

1. Evaluate the 5 health related components of physical fitness: cardiorespiratory endurance, muscle strength, muscle endurance, body composition, and flexibility.
2. Demonstrate basic anatomy, exercise physiology, and wellness principles.
3. Apply nutrition and exercise habits as a lifestyle.
4. Assess and improve own physical fitness level.
5. Develop an individual fitness program using 'S.M.A.R.T.' goals.
6. Develop a variety of training principles used to improve overall physical fitness.

Prerequisites: NONE

Co-Requisite/Concurrent Enrollment: NONE

Recommended/Preparation: NONE

Course Notes:

Grading is by ABC, Pass/No Pass, or Audit for no credit (student preference).

Textbook, Required Readings, and Supplementary Materials:

All required reading will be in the course reader available on Blackboard under 'Content' tab.

Blackboard™ <https://blackboard.usc.edu> will be used in addition to the course reader and Zoom.

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.

Description and Assessment of Assignments:

Assignments may be discussed in class using lectures and will be found under the assignments tab on Blackboard. Assignments will be graded on: following instructions, correct responses, use of correct grammar and punctuation, and timely submission. Assignments will only be accepted via Turnitin on Blackboard. Assignments submitted late, missing correct grammar and punctuation, not following directions, and or with incorrect responses will receive a reduction in grade points.

Class Meeting Information:

Classes will meet on-line via Zoom for every class unless specified otherwise by the instructor. To access the link, log onto course page on Blackboard, open link on left hand side labeled, 'Zoom Pro Meeting'.

Participation:

To be considered participating in class, students must wear appropriate athletic attire, have water, and a towel. Uncomfortable clothing that restricts airflow or compromises full range of motion should be completely avoided. You will be required to have your Zoom cameras on during class. Regular active participation is required for the participation portion of the grade and is a large component of your final grade. Tardiness and/or leaving early (more than 5 minutes) disrupts the practice. If you are late or leave early you will only receive half credit for attending the class. You will be expected to attend the section for which you are enrolled. Make-ups are not allowed except for emergency situations and then only upon approval from instructor. The unexcused absence from an exam/quiz/assessment will result in the lowering of the student's grade on the makeup exam (upon approval from instructor) by one letter grade.

<u>ASSIGNMENT</u>	<u>POINTS/(%)</u>
<u>Cognitive:</u>	
Exam I	50 (25%)
Exam II	50 (25%)
2 Assignments/2 Quizzes	20 (10%)
<u>Psychomotor:</u>	
Fitness Pre & Post Assessments	20 (10%)
Active Participation	60 (30%)
<u>TOTAL</u>	<u>200 (100%)</u>

Points/grade-based cutoffs:

A: 188 (94%), A-: 180 (90%)

B+: 174 (87%), B: 168 (84%), B-: 160 (80%)

C+: 154 (77%), C: 148 (74%), C-: 140 (70%)

D+: 134 (67%), D: 128 (64%), D-: 120 (60%)

F: Below 120 (60%)

USC PHYSICAL CONDITIONING – SPRING 2021 COURSE OUTLINE*

<i>Week Number</i> DATES	Workout Style/Type for the Week	Course Reader Work/ Assignments
Week 1 Jan 19 - 21	Course Introduction/Health- and Skill-Related Components Short Workout <i>Course Reader: Pages 1 to 7</i>	
Week 2 Jan 25 - 28	Live Workouts: Cardio Training	Cardiorespiratory Training/ Fitness Program Design/Goals <i>Course Reader: Pages 8 to 11, 33</i>
Week 3 Feb 1 - 4	Live Workout/ FITNESS PRETEST ON OWN (page 33)	S.M.A.R.T. Goals – <i>Course Reader Page 5 & 34</i> Target Heart Rate/Karvonen Method <i>Course Reader: Pages 10-11 / page 33 – Appendix C</i>
Week 4 February 8 - 11	Live Workouts: Core Training	Strength Training Anatomy <i>Course Reader: Page 38</i> Strength Training and Conditioning <i>Course Reader: Pages 12 to 14</i>
Week 5 February 16 - 18	PRESIDENT'S DAY NO Live Workouts: Upper Body/Lower Body Strength Training	Muscle Quiz Flexibility Training <i>Course Reader: Pages 15 to 16</i>
Week 6 February 22 - 25	Live Workouts: Tabata Training	Circuit Training/Body Composition <i>Course Reader: Pages 20-21</i>
Week 7 March 1 - 4	Live Workouts: Interval Training	Exam 1 Review
Week 8 March 8 - 11	Live Workouts: Interval Training	Exam 1
Week 9 March 15 - 18	Live Workouts: Interval Training	Live Workouts: Interval Training
Week 10 March 22 - 25	* WELLNESS DAY # 2	Live Workouts: Speed and Agility Circuits
Week 11 March 29 - April 1	Live Workouts: Speed and Agility Circuits	Nutrition <i>Course Reader: Pages 22-25</i>

Week 12 April 5 - 8	Live Workouts: Plyometric Training	* WELLNESS DAY # 3 Weight Management <i>Course Reader: Pages 26-27</i>
Week 13 April 12 - 15	Live Workouts: General Conditioning	Injury Prevention and Treatment <i>Course Reader: Pages 28-29</i>
Week 14 April 19 - 22	Live Workouts: General Conditioning	EXAM 2 REVIEW/Quiz 2 FITNESS POST TEST ON OWN
Week 15 April 26 - 29	Live Workouts: Create Our Own	EXAM 2

***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 for Students with Disabilities

Any student requesting academic accommodations based on a disability is required to register with Disability Services and Programs (DSP) each semester. A letter of verification for approved accommodations can be obtained from DSP. Please be sure the letter is delivered to me (or to TA) as early in the semester as possible. DSP is located in STU 301 and is open 8:30am – 5:00pm, Monday through Friday. Website and contact information for DSP: http://sait.usc.edu/academicssupport/centerprograms/dsp/home_index.html (213) 740-0776 (Phone), (213) 740-6948 (TDD only), (213) 740-8216 (FAX) ability@usc.edu.

Statement on Academic Integrity

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 expectation 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 or <http://scampus.usc.edu>) contains the University Conduct Code (see University Governance, Section 11.00), while the recommended sanctions are located in Appendix A.

Statement on Academic Conduct and Support Systems

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 Section 11, Behavior Violating University Standards <https://scampus.usc.edu/1100-behavior-violating-university-standards-and-appropriate-sanctions/>. 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/>.

Discrimination, sexual assault, and harassment are not tolerated by the university. You are encouraged to report any incidents to the Office of Equity and Diversity <http://equity.usc.edu/> or to the Department of Public Safety <http://capsnet.usc.edu/department/department-public-safety/online-forms/contact-us>. This is important for the safety whole USC community. Another member of the university community – such as a friend, classmate, advisor, or faculty member – can help initiate the report, or can initiate the report on behalf of another person. The Center for Women and Men <http://www.usc.edu/student-affairs/cwm/> provides 24/7 confidential support, and the sexual assault resource center [webpage sarc@usc.edu](mailto:sarc@usc.edu) describes reporting options and other resources.

Support Systems

A number of USC's schools provide support for students who need help with scholarly writing. Check with your advisor or program staff to find out more. Students whose primary language is not English should check with the American Language Institute <http://dornsife.usc.edu/ali>, which sponsors courses and workshops specifically for international graduate students. The Office of Disability Services and Programs http://sait.usc.edu/academicsupport/centerprograms/dsp/home_index.html provides certification for students with disabilities and helps arrange the relevant accommodations. If an officially declared emergency makes travel to campus infeasible, USC Emergency Information <http://emergency.usc.edu> will provide safety and other updates, including ways in which instruction will be continued by means of blackboard, teleconferencing, and other technology.

Important Dates and Deadlines

Check Registration Calendar for details!