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| Course Name/Term | Cardio Group Fitness SPRING 2021 ONLINE |
| Class and Section Number | PHED 129A Section 49781 |
| Class Meeting Day and Time | Tuesday & Thursday 10:00 - 10:50am |
| Location | ZOOM |
| Instructor and Contact Info | Ian Culbertson e-mail: iculbert@usc.edu Office: ZOOM Phone: Use Email |

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.
4. Determine factors involved with development, fitness levels, and training strategies.
5. 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:

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.
4. Participate in a motivating and nurturing environment resulting in a greater sense of well-being and self-esteem.
5. Participate in active learning to stimulate continued inquiry about physical education, health, and fitness.

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.
3. Create a safe, progressive, methodical, and efficient activity based plan to enhance improvement and minimize risk of injury.
4. Identify common health and fitness myths along with trends involved with the evolving nature of physical education.
5. Develop an appreciation of physical activity as a lifetime pursuit and a means to better health.

Course Description:

This course is an introduction to the components of physical fitness through aerobic training. Cross training activities will incorporate step aerobics, cardio-kickboxing, circuit training, and interval training.

Learning Objectives:

At the completion of the course students will be able to:

1. Assess and implement the five health-related components of physical fitness.
2. Practice various exercise techniques and use various equipment that emphasize improvement in cardiorespiratory endurance and muscle endurance.
3. Identify fitness goals and implement exercise strategies.
4. Analyze and evaluate lifestyle and wellness principles.
5. Identify the basics of anatomy and exercise physiology as it relates to cardio group 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).

Technological Proficiency and Hardware/ Software Required: NONE

Required Readings and Supplementary Materials:

All required reading will be in the textbook.

Textbook:

Bishop, J.G. Fitness through Aerobics. (9th Edition) Pearson Benjamin Cummings, 2014.
(ISBN -13: 978-0-321-88452-7 / 10:0-321-88452-3)

Blackboard™ <https://blackboard.usc.edu> will be used in addition to the textbook 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.

ASSIGNMENT

POINTS/(%)

Cognitive:

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| Exam I | 50 (25%) |
| Exam II | 50 (25%) |
| 2 Assignments/2 Quizzes | 20 (10%) |

Psychomotor:

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| Fitness Pre & Post Assessments | 20 (10%) |
| Active Participation | 60 (30%) |
| TOTAL | 200 (100%) |

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%)

Course Schedule: A Weekly Breakdown

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| WEEK 1 | Course Introduction |
| WEEK 2 | Benefits of Exercise (1) Fitness Components and Exercise Principles (3) FIIT PRINCIPLES DUE |
| WEEK 3 | Aerobic Target Zone (4) TARGET HEART RATE ZONES DUE Fitness Assessment 1 |
| WEEK 4 | Setting Goals (5) |
| WEEK 5 | President's Day Holiday NO CLASS ON MON SMART GOALS DUE Weight Control (13) |
| WEEK 6 | Weight Control (13)/Posture (6) COUNTING CALORIES DUE |
| WEEK 7 | Exam I Review/QUIZ 1 |
| WEEK 8 | Exam 1 |
| WEEK 9 | Anatomy-Muscular Strength/Endurance & Body Toning (10) |
| WEEK 10 | Wellness Holiday # 2 NO CLASS TUES Prevention and Care (14) |
| WEEK 11 | In class Article Review Due |
| WEEK 12 | Course Review Wellness Holiday # 3 NO CLASS WEDS |
| WEEK 13 | Course Review |
| WEEK 14 | Exam II Review Wellness Holiday # 4 NO CLASS THURS |
| WEEK 15 | Quiz 2 Fitness Assessment 2/ Exam II |

Note: Tentative outline. Classes are subject to change in topic/activity. Any changes will be announced in class and or via Blackboard.

Lost & Stolen Articles:

USC Physical Education is not responsible for any personal lost, stolen, or damaged property. If students choose to bring valuables to class, it is recommended that they be minimized, locked up, and secured during class.

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/academicsupport/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 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:

Please check registration calendar!

