

**Instructor:** Sarah Hayes McGill, C.S.C.S  
**Office:** PED 107 – by appointment

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## **PHED 102A – Weight Training**

**Class Meeting Location:** LYON CENTER – Cardinal Room

### **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. Demonstrate knowledge of anatomy and basic biomechanics.
2. Interpret the physiological adaptations resulting from training.
3. Recognize the importance of nutritional habits to performance and wellness.
4. Develop/create/design an individualized weight training program based on specific goals.
5. Identify various exercises and their purpose in a training program.

### **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 biomechanical 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.

**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 for each student on **Blackboard**: <http://blackboard.usc.edu>  
Class will always meet in the Cardinal Room of the Lyons Center before entering the weight room.  
Student ID's are required to enter the building. Please dress appropriately to exercise (gym clothes and athletic shoes), bring water, notebook and pen/pencil.

To improve your physical fitness requires regular participation in class activities. **Arriving late and leaving class early will affect the participation portion of the grade.** In case of absence, you will be held accountable for all work missed.

USC Physical Education IS NOT responsible or any lost, stolen or damaged property. If you choose to bring any valuables to class, it is strongly recommended that they be locked up during class. Locker rooms are available in the PE building and the Lyons Center.

### Evaluation Criteria:

Cognitive: 50%      Muscle Group Quiz – 5%  
                                 Nutrition Quiz – 5%  
                                 Midterm – 15%  
                                 Final Exam – 25%

Psychomotor: 50%      Final Project – 20% - Nutrition Journal & Analysis  
                                 In-Class Work (participation) – 30% - Attend, arrive on time, and participate in individual routine for entire class period.

### Grading Policy:

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

### IMPORTANT DATES:

3 <sup>rd</sup> week (Friday)	Last day to add / Last day to drop without a mark of “W” and receive a refund.
7 <sup>th</sup> week (Friday)	Last day to withdraw without a “W” on transcript or change pass/no pass to letter grade.
<b>8<sup>th</sup> week</b>	<b>Midterm Exam – on Blackboard.</b>
12 <sup>th</sup> week (Friday)	Last day to drop with a mark of “W” on permanent record.
<b>15<sup>th</sup> week</b>	<b>Final Exam – on Blackboard on the last day of class.</b>

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 micro aggressions 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)

**Course Content and Weekly Schedule:**

<b>WEEK 1</b>	DAY 1 – Course Intro – Weight Training Technique; Safety and Etiquette DAY 2 – Learn & Practice Full Body Machine Workout
<b>WEEK 2</b>	DAY 1 – Designing a Weight Training Program, based upon goals DAY 2 – Learn & Practice Machine & Hammer Strength Exercises
<b>WEEK 3</b>	DAY 1 – Stretching and Flexibility DAY 2 – Learn & Practice Deadlift & Romanian Deadlift (RDL)
<b>WEEK 4</b>	DAY 1 – Muscular Structure and Function DAY 2 – Learn & Practice Back Squat & Front Squat
<b>WEEK 5</b>	DAY 1 – Myths and Common Questions / <b><u>**Muscle Group Quiz**</u></b> DAY 2 – Learn & Practice Barbell Flat & Incline Bench Press
<b>WEEK 6</b>	DAY 1 – Free Weights vs. Machines DAY 2 – Learn & Practice Back Exercises (cables, etc.)
<b>WEEK 7</b>	DAY 1 – <b>Midterm Review</b> / Finalize Individual Routines DAY 2 – Learn & Practice Shoulder Exercises (free-weights)
<b>WEEK 8</b>	DAY 1 – <b>Midterm Review</b> DAY 2 – <b><u>**MIDTERM EXAM** on Blackboard</u></b>
<b>WEEK 9</b>	DAY 1 – Learn & Practice Arm Exercises (cables, free-weights) DAY 2 – Learn & Practice Ab & Glute Exercises
<b>WEEK 10</b>	DAY 1 – Nutrition / <b>** Final Project – Nutrition Journal &amp; Analysis Assigned – due Week 12**</b> DAY 2 – Nutrition / Learn & Practice Stretching
<b>WEEK 11</b>	DAY 1 – Body Composition DAY 2 – <b><u>**Nutrition Quiz**</u></b>
<b>WEEK 12</b>	DAY 1 – Advanced Weight Training DAY 2 – Workout / <b><u>**Nutrition Journal &amp; Analysis Assignment Due**</u></b>
<b>WEEK 13</b>	DAY 1 – Measuring Progress and Problem Solving DAY 2 – Workout
<b>WEEK 14</b>	DAY 1 – <b>Final Exam Review</b> DAY 2 – Workout
<b>WEEK 15</b>	DAY 1 – <b>Final Exam Review / Workout</b> DAY 2 – <b><u>**FINAL EXAM on Blackboard on last day of class**</u></b>