

Weight Training: PHED 102A

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. 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 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.

On campus classes will meet in the Lyons Center (exact meeting location within the Lyons Center TBD). Student ID's are required to enter the building. Dress appropriately for exercise (gym clothes and athletic shoes). If you're unable to attend an on campus class meeting, proof of your workout in any gym will meet participation criteria for the class.

The Course Materials and weekly lecture notes will be posted on Blackboard. It is your responsibility to review each week's lecture notes and videos to stay informed with each topic presented both during class meetings and on line.

USC Physical Education IS NOT responsible for any lost, stolen or damaged property. You are encouraged NOT to bring any valuables with you to class.

Evaluation Criteria

Muscle Group Quiz - 5%
Nutrition Quiz - 5%
Midterm - 15%
Final Exam - 25%
Final Project (Individual Free Weight / Body Weight Resistance Exercise Program based on learned fitness principals - 20%
Participation (Attending class regularly; participating in individual routine) - 30%

Course Content and Schedule

- WEEK 1 Course Orientation – Syllabus Review;
Why Weight Train, Weight Room Safety and Etiquette, Lifting Technique
- WEEK 2 Designing a Weight Training Program
At Home Bodyweight Workouts
- WEEK 3 Stretching and Flexibility
- WEEK 4 Muscular Structure and Function
- WEEK 5 Core Work Explanation and Examples
MUSCLE GROUP QUIZ
- WEEK 6 Myths and Common Questions
- WEEK 7 Free Weights vs. Machines
- WEEK 8 Midterm Review
MIDTERM EXAM
- WEEK 9 Back Exercises
- WEEK 10 Chest Exercises
- WEEK 11 Shoulder and Arm Exercises
- WEEK 12 Nutrition
NUTRITION QUIZ
- WEEK 13 Lower Body Exercises
- WEEK 14 Problem Solving and Advanced Weight Training
- WEEK 15 Final Exam Review
FINAL EXAM
FINAL PROJECT DUE

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." Other forms of academic dishonesty are equally unacceptable.

Support Systems:**[Counseling and Mental Health](#)**

phone number (213) 740-9355

On call 24/7

Free and confidential mental health treatment for students, including short-term psychotherapy, group counseling, stress fitness workshops, and crisis intervention.

[National Suicide Prevention Lifeline](#)

Phone number 1 (800) 273-8255

On call 24/7

Free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.

[Relationship and Sexual Violence Prevention Services \(RSVP\)](#)

Phone Number (213) 740-9355(WELL), press "0" after hours

On call 24/7

Free and confidential therapy services, workshops, and training for situations related to gender-based harm.

[USC Office of Equity, Equal Opportunity, and Title IX](#)

Phone number (213) 740-5086

Title IX Office (213) 821-8298

Information about how to get help or help someone affected by harassment or discrimination, rights of protected classes, reporting options, and additional resources for students, faculty, staff, visitors, and applicants.

[Reporting Incidents of Bias or Harassment](#)

Phone number (213) 740-5086 or (213) 821-8298

Avenue to report incidents of bias, hate crimes, and microaggressions to the Office of Equity, Equal Opportunity, and Title IX for appropriate investigation, supportive measures, and response.

[The Office of Disability Services and Programs](#)

Phone number (213) 740-0776

Support and accommodations for students with disabilities. Services include assistance in providing readers/notetakers/interpreters, special accommodations for test taking needs, assistance with architectural barriers, assistive technology, and support for individual needs.

[USC Campus Support and Intervention](#)

Phone number (213) 821-4710

Assists students and families in resolving complex personal, financial, and academic issues adversely affecting their success as a student.

[Diversity at USC](#)

Phone number (213) 740-2101

Information on events, programs and training, the Provost's Diversity and Inclusion Council, Diversity Liaisons for each academic school, chronology, participation, and various resources for students.

[USC Emergency](#)

UPC phone number (213) 740-4321

HSC phone number (323) 442-1000

On call 24/7

Emergency assistance and avenue to report a crime. Latest updates regarding safety, including ways in which instruction will be continued if an officially declared emergency makes travel to campus infeasible.

[USC Department of Public Safety](#)

UPC phone number (213) 740-6000

HSC phone number (323) 442-1200

On call 24/7

Non-emergency assistance or information.