

# USC Dornsife

*Physical Education Program*

## WALKING FOR FITNESS: PHED 124

Spring 2022 Section: 49777R Tu/Th 10-10:50am

Instructor: Linda Yaron Weston

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### **COURSE DESCRIPTION:**

This course is designed to provide students with a fitness foundation through regular and progressive walks. Students will explore individualized fitness goals for cardiovascular activity, as well as body conditioning through increasing stamina, muscle strength and endurance, and flexibility.

### **COURSE OBJECTIVES:**

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.

### **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:**

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

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

- Empower themselves by setting and working toward realistic individual goals.
- 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.
- Develop an appreciation of physical activity as a lifetime pursuit and a means to better health.

### **ACKNOWLEDGMENT:**

As we walk upon USC lands, I would like to acknowledge and honor the ancestral and unceded land of the Tongva people that our university sits on. For at least 9,000 years, they stewarded the land we call Southern California along with their neighbors the Chumash, Tataviam, Kitanemuk, Serrano, Cahuilla, Payomkawichum, Acjachemen, Ipai-Tipai, Kumeyaay, and Quechan peoples. To learn more about the history of these indigenous lands: <https://dornsife.usc.edu/hist/land-acknowledgement/>

**REQUIRED TEXTBOOK:**

Class reader available on Blackboard under Content.

**BLACKBOARD:** <http://blackboard.usc.edu>

Resources, information, and assignments posted on Blackboard.

**EQUIPMENT:**

Proper workout attire, water, towel, notebook, and pen/pencil.

**LOCKERS:**

Locker rooms are available in the PE building and the Lyons Center. USC PE is not responsible for any lost, stolen or damaged property.

**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.

**CLASS MEETING INFORMATION:**

Classes will meet in front of the main entrance of the PED and on rainy days inside the lobby, unless specified otherwise by instructor.

**REFLECTION AND EVALUATION:**

Reflection is an integral part of the learning and teaching process. As such, you will complete a series of reflections on your practice through the course. We will also complete mid- and end-of-course evaluations for the course so that it can best serve the needs of students. Please feel free to also communicate feedback to me through the semester in person or by email.

**IN-PERSON POLICIES:**

To protect yourself and others, USC currently requires masking indoors for all individuals in campus facilities, including vaccinated and unvaccinated individuals. Please do not eat during class. If you are feeling sick, please do not come to class in person. Compliance with [Trojan Check](#) is required before entering campus. Students are expected to comply with all aspects of USC's COVID-19 policy. Failure to do so may result in removal from the class and referral to Student Judicial Affairs and Community Standards. For updates and information: <https://coronavirus.usc.edu>

**PARTICIPATION/ATTENDANCE:**

Consistent attendance and active participation is a minimum requirement for completing a performance class and is a large determinant and component of your final grade.

**GRADES:**

All work is due on the assigned date and is to be typed and submitted to Blackboard. Format: submit as a Word or PDF document, double-spaced, Times New Roman, 12-point font, 1" margins, MLA format. Due dates under course outline.

## **EVALUATION CRITERIA:**

Psychomotor: 100 points

- 60 Points: Attend class and participate in sessions. 2 points for each day. It is the responsibility of each student to accurately sign in. Students need to be present in class to earn participation points.
- 20 points: Fitness Pre-Tracking
- 20 points: Fitness Post-Tracking

Cognitive: 100 points

- 20 points: Midterm
- 30 points: Summative Exam
- 40 points: Target Fitness Groups
  1. Choose an area/topic in fitness you're interested in exploring with a group in Week 5. Areas can include strength training, flexibility, cardio, or mind-body (yoga/meditation). Maximum 4 people in each group.
  2. Create a fitness plan you'd like to try out regularly for 5 weeks (daily or minimum 3x week). While groups will choose a shared topic to explore as a community, they may all employ different strategies within it. You are welcome to explore apps that track progress or enhance your experience. Along with your target area, also include a strategy each for nutrition and sleep in your fitness plan. Track your progress on the Target Fitness Log Form (submitted Week 15). 20 points.
  3. Organize a group in-class group-led walking fitness session and presentation on your topic and strategy. For a full class session in weeks 13-14, each group will lead class with a walking fitness session, and also share about their experience in their target area. Include reflections on how your strategy went, recommendations, or next steps. Presentations should be cooperative with each group member speaking, and interactive in nature (the class participates in techniques). Submit final reflection to Blackboard. 20 points.

Rubric Criteria: 8 points for each of the following:

- Content: clearly and concisely convey thoughtful ideas and examples
- Application: Understanding and application of fitness principles
- Voice: volume, clarity, emotion
- Stance: body language, eye contact, presence
- Style: effort, creativity, organization, applicability, interactivity, collaboration

## **GRADING SCALE**

There are 200 total points possible. The overall grading scale is as follows

A 188 / A- 180 / B+ 174 / B 166 / B- 160 / C+ 154 / C 146 / C- 140 / D+ 134 / D 126 / D- 120

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

## Course Outline: PHED 124 Walking for Fitness

Date	Topic
Week 1  <i>Week of 1/10</i>	Principles of walking and physical activity <i>Course reader: 1–8</i>
Week 2  <i>Week of 1/17</i> <i>(Holiday: MLK Mon 1/17)</i>	Live Walk Cardiorespiratory training Fitness program design/goals <i>Course reader: 9–14</i>
Week 3  <i>Week of 1/24</i>	Live Walk Heart rate: variability/target heart rate <b>Fitness Pre-Tracking</b> S.M.A.R.T. goals <i>Course reader: 34–Appendix C</i>
Week 4  <i>Week of 1/31</i>	Live Walk Strength training conditioning Strength training anatomy <i>Course reader: 15-17</i>
Week 5  <i>Week of 2/7</i>	Live Walk Flexibility training <b>Choose Target Fitness Groups:</b> strength, flexibility, cardio, mind-body <i>Course reader: 18-20</i>
Week 6  <i>Week of 2/14</i>	Live Walk Interval training <i>Course reader: 21-22</i>
Week 7  <i>Week of 2/21</i> <i>(Holiday: President's Day Mon 2/21)</i>	Live Walk Walking Meditation Mindful Walking Fitness groups
Week 8  <i>Week of 2/28</i>	Midterm Review <b>Midterm Exam</b> <b>Mid-semester evaluation</b>
Week 9  <i>Week of 3/7</i>	Live Walk Speed and agility training Fitness groups Nutrition <i>Course reader: 23-28</i>
<i>Holiday: Spring Recess March 13-20</i>	

Week 10 <i>Week of 3/21</i>	Live Walk Walking Meditation and Mindful Walking continued
Week 11 <i>Week of 3/28</i>	Fitness Groups Workout and Asynchronous Walk Injury prevention and treatment <i>Course Reader: Pages 29-30</i>
Week 12 <i>Week of 4/4</i>	Live Walk Fitness groups Training myths and misconceptions <i>Course Reader: Pages 31-33</i> Final exam review <b>Fitness Post-Tracking</b> <b>Summative Exam</b>
Week 13 <i>Week of 4/11</i>	<b>Group-led Walking Fitness Session and Presentation</b>
Week 14 <i>Week of 4/18</i>	<b>Group-led Walking Fitness Session and Presentation</b>
Week 15 <i>Week of 4/25</i>	<b>Due: Final Reflection and Target Fitness Log</b> Closing and next steps End-of-semester evaluation

Any changes due to weather or special circumstances will be announced in class and/or 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)

*Office of Student Accessibility Services*

Provides certification for students with disabilities and helps arrange relevant accommodations.  
<https://osas.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.