

***PHED 106a: Physical Conditioning***  
**Fall 2022**

**Section 49729: TTH 9:00 – 9:50am**

**Course = 1 unit**

**Instructor: Steve Hsu**

**Office: PED 209**

**Office Hours: By appointment**

**PE & MBH Department Phone: 213-740-2488**

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**Course Description:**

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

**Course Objectives:**

1. Understand the components of health related physical fitness
2. Gain knowledge of basic anatomy, exercise physiology, and wellness principles
3. Understand the importance of nutrition and exercise as a lifestyle
4. Learn how to assess and improve fitness level
5. Learn how to develop an individual fitness program

**Physical Education Department Objectives:**

1. **Students will understand the importance of sound health and fitness principles as they relate to better health and will be able to:**
  - Recognize the physical and mental benefits of increased activity
  - Understand anatomy and basic biomechanical principles and terminology
2. **Student will be exposed to a variety of activities providing them the opportunity to:**
  - Apply learned fundamental skills
  - Participate in a motivating and nurturing environment resulting in a greater sense of well-being and self-esteem
  - Participate in active learning to stimulate continued inquiry about physical education, health, and fitness
3. **Students will demonstrate proficiency through knowledge and acquired skills enabling them to:**
  - Create a safe, progressive, methodical, and efficient activity based plan to enhance improvement and minimize risk of injury
  - Develop an appreciation of physical activity as a lifetime pursuit and a means to better health

### **Online Course Reader:**

Posted on USC Blackboard

### **Equipment:**

Proper workout attire, water, towel, notebook, and pen/pencil are required. You will not be allowed to participate in the designated physical activity if you do not have proper workout attire and will lose participation points.

### **Locker Rooms:**

USC Physical Education IS NOT responsible for 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 Lyons Center.

### **Class Meeting Information:**

Classes will meet on the track and on rainy days in the lobby of the P.E. building, unless specified otherwise by instructor.

### **Blackboard: <http://blackboard.usc.edu>**

Class information will be posted. We will use resources posted on Blackboard™ in addition to the course textbook.

### **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.

### **Grading Policy and Evaluation Criteria (200 Total Points):**

Cognitive = 50% (100 points)

1. Final = 50 points
2. Midterm = 50 points

Psychomotor = 50% (100 points)

1. Active Participation = 60 points
2. Fitness Pre-Test = 10 points
3. Fitness Post-Test = 10 points
4. Biomechanical Critique = 20 points

**Grading Scale:** A (94+%), A- (90-93%), B+ (87-89%), B (84-86%), B- (80-83%), C+ (77-79%), C (74-76%), C- (70-73%), D+ (67-69%), D (64-66%), D- (60-63%), F (0-59%)

180 – 200 points = A  
160 – 179 points = B  
140 – 159 points = C  
120 – 139 points = D  
Below 120 points = F

**PASS/NO-PASS , Pass = greater or equal to 140 points**

\*Plus and minus grades will be issued accordingly  
for each letter grade range based on grade percentage  
earned.

*\*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. Tardiness and/or leaving early will not be tolerated as it disrupts the class and practice. If you are late or leave early, you will only receive partial credit for attending the class.*

*\*Extra credit work and make-up work are not available. You are not permitted to make-up absences in another section. Make-ups will not be given for any of the cognitive or psychomotor components. It is your responsibility to attend class consistently and fulfill the requirements of this course.*

## 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)

*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)

### **COVID-19 Policies:**

Per University Student Affairs, 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. Faculty may ask to see evidence of students’ compliance with Trojan Check prior to allowing them into their classrooms.

## USC Physical Conditioning - Fall 2022

### COURSE OUTLINE\*

Week 1 August 23, 25	Course Introduction/Health- and Skill-Related Components <i>Course Reader: Pages 1 to 7</i>	
Week 2 August 30, September 1	Fitness Program Design/Goals <i>Course Reader: Pages 5, 34</i>	Fitness Pre-testing/Target Heart Rate <i>Course Reader: Pages 8 to 11, 33</i>
Week 3 September 6, 8	Cardiorespiratory Training <i>Course Reader: Pages 8 to 10</i>	Cardiorespiratory Training <i>Course Reader: Pages 8 to 10</i>
Week 4 September 13, 15	Strength Training Anatomy <i>Course Reader: Page 38</i>	Strength Training and Conditioning <i>Course Reader: Pages 12 to 14</i>
Week 5 September 20, 22	Flexibility Training <i>Course Reader: Pages 15 to 16</i>	Flexibility Training <i>Course Reader: Pages 15 to 16</i>
Week 6 September 27, 29	Circuit Training/Nutrition <i>Course Reader: Pages 22 to 25</i>	
Week 7 October 4, 6	<b>MIDTERM Exam Review</b> Interval Training/Nutrition <i>Course Reader: Pages 22 to 27</i>	
Week 8 October 11, 13	<b>MIDTERM Exam</b> <b>(online via Blackboard)</b>	<b>Fall Recess</b> <i>No class meeting on Thursday</i>
Week 9 October 18, 20	Speed and Agility Training	
Week 10 October 25, 27	Plyometric Training	
Week 11 November 1, 3	<b>Biomechanical Critique on Second Class Meeting of this Week</b>	
Week 12 November 8, 10	General Conditioning	General Conditioning <i>Course Reader: Pages 20 to 21; 26 to 27</i>
Week 13 November 15, 17	General Conditioning <i>Course Reader: Pages 28 to 31</i>	Fitness Post-Testing
Week 14 November 22, 24	Fun Day – Ultimate Frisbee	<b>Thanksgiving Holiday</b> <i>No class meeting Thursday</i>
Week 15 November 28, December 1	<b>FINAL Review</b>	<b>FINAL Exam</b> <b>(online via Blackboard)</b>

\*Please note this is a tentative outline and may be subject to change. Any changes will be announced in class and/or via email.