

USC Dornsife Physical Education

PHED 102A: Weight Training

SPRING 2023

Instructor: Jino De Castro

Email: jadecast@usc.edu

*include day/time of your enrolled section
in all email correspondence

Office Hours: By appointment

Section 49704: M/W 10-10:50a

Section 49710: M/W 1-1:50p

Section 49703: Tu/Th 9-9:50a

Section 49707: Tu/Th 11-11:50a

Section 49711: Tu/Th 1-1:50p

Section 49713: Tu/Th 2-2:50p

Each Course = 1 unit

Course Description

An introductory course designed to help each student: improve muscular strength; gain knowledge and understanding of weight training theory and practice; and 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 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.
- 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 online.

Evaluation Criteria

Muscle Group Quiz - 20 points
Nutrition Quiz - 15 points
Midterm - 50 points
Final Exam - 100 points
Final Project (Individual Weight Training Program based on learned fitness principals) - 40 points
Participation (Attending class regularly; participating in individual routine) - 60 points

285 Total Points

A = 255-285

B = 225-254

C = 195-224

D = 170-194

F = 169<

Pass No/Pass

Must have a minimum of 195 points to pass

Participation Make-Up Credits

In case of emergencies, students are able to receive up to 3 make-up credits per semester. A general make-up assignment consists of performing a 30-minute minimum make-up work out, outside of class time. Students will email to jadecast@usc.edu, indicating the date of unexcused absence, a 2-4 sentence description of their make-up routine, plus a picture of them in their workout space.

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 | Calisthenics

WEEK 3 Stretching and Flexibility | Calisthenics

WEEK 4 Muscular Structure and Function | Machines

WEEK 5 Core Work Explanation and Examples | Machines | **In-Class MUSCLE GROUP QUIZ**

WEEK 6 Myths and Common Questions | Hammer Strength

WEEK 7 Free Weights vs. Machines | Hammer Strength

WEEK 8 Midterm Review | Free Weights | **MIDTERM EXAM**

WEEK 9 Back Exercises | Free Weights

WEEK 10 Chest Exercises | Free Weights

WEEK 11 Shoulder and Arm Exercises | Power Rack

WEEK 12 Nutrition | Power Rack | **In-Class NUTRITION GROUP QUIZ**

WEEK 13 Lower Body Exercises | Power Rack

WEEK 14 Problem Solving and Advanced Weight Training

WEEK 15 Final Exam Review | **FINAL EXAM** | **FINAL PROJECT DUE**

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.

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 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 Services 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 the instructor as early in the semester as possible. DSP is open Monday-Friday, 8:30-5:00 pm. The office is in 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. 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](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

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. <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

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

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

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

The Office of Disability Services and Programs

Provides certification for students with disabilities and helps arrange relevant accommodations. 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/sssa

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

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

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 the USC community. dps.usc.edu