

PHED 106a: Physical Conditioning



Instructor: Jino De Castro

Email: jadecast@usc.edu

Office hours: By appointment

Office: PHED 107

Course Description

This class is an introductory level physical conditioning course with emphasis on 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. 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

1. 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.

2. 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.

3. Students will demonstrate proficiency through knowledge and acquired skills enabling them to:

Understand and utilize various training methods.

Assess individual levels of fitness components.

Required Textbook

The required reading will be available on Blackboard.

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

It will be used to post class information. We will use resources posted on Blackboard™ in addition to the course reading.

All assignments are due on Blackboard, and all tests will be done on Blackboard.

Equipment

Proper workout attire-athletic wear and shoes and water are required.

Lockers are available in the PE building, from 7:30am-3pm M-TH, closed on Fridays, sign-up in room 107 (PE office). The lockers will need to be cleared out the week of the PE Dept. finals.

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

Injuries

Please notify me of any injuries, illness or medical conditions- including pregnancy- prior to the start of class. This is confidential and necessary to avoid complications and to help adapt the practice to your specific needs as best we can.

Class Meeting

Classes meet in front of the PE building unless otherwise notified.

Participation/Attendance

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

Participation Make-Up Policy

In case of emergencies, students have the opportunity to receive up to 3 make-up participation credits. Students must email (jadecast@usc.edu) and include: date of unexcused absence, a 2-4 sentence description of their make-up exercise (to be completed outside of class time), plus a picture of themselves in their workout environment.

Grading Policy and Evaluation Criteria:

Cognitive = 120 points

1. Midterm = 50 points
2. Final = 50 points
3. Assignments = 20 points

Psychomotor = 80 points

1. Active Participation = 60 points
2. Pre-fitness Tests = 10 points
3. Post-fitness Test = 10 points

	Points
A	180-200
B	160-179
C	140-159
D	120-139

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

Pass/No Pass Policy

A minimum of 140 points are required to Pass this course.

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 Section 11, <https://scampus.usc.edu/1100-behavior-violating-university-standards-and-appropriate-sanctions/>. 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 Health Counseling Services - (213) 740-7711 – 24/7 on call

engemannshc.usc.edu/counseling

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

National Suicide Prevention Lifeline - 1 (800) 273-8255 – 24/7 on call

suicidepreventionlifeline.org

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) - (213) 740-4900 – 24/7 on call

engemannshc.usc.edu/rsvp

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

Office of Equity and Diversity (OED) | Title IX - (213) 740-5086

equity.usc.edu, titleix.usc.edu

Information about how to get help or help a survivor of harassment or discrimination, rights of protected classes, reporting options, and additional resources for students, faculty, staff, visitors, and applicants. The university prohibits discrimination or harassment based on the following protected characteristics: race, color, national origin, ancestry, religion, sex, gender, gender identity, gender expression, sexual orientation, age, physical disability, medical condition, mental disability, marital status, pregnancy, veteran status, genetic information, and any other characteristic which may be specified in applicable laws and governmental regulations.

Bias Assessment Response and Support - (213) 740-2421

studentaffairs.usc.edu/bias-assessment-response-support

Avenue to report incidents of bias, hate crimes, and microaggressions for appropriate investigation and response.

The Office of Disability Services and Programs - (213) 740-0776

dsp.usc.edu

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 or TA as early in the semester as possible. DSP is open Monday-Friday, 8:30am-5:00pm. The office is in Student Union 301

Services include assistance in providing readers/notetakers/interpreters, accommodations for test taking needs, assistive technology, and support for individual needs.

USC Support and Advocacy - (213) 821-4710

studentaffairs.usc.edu/sssa

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

Diversity at USC - (213) 740-2101

diversity.usc.edu

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: (213) 740-4321, HSC: (323) 442-1000 – 24/7 on call

dps.usc.edu, emergency.usc.edu

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: (213) 740-6000, HSC: (323) 442-120 – 24/7 on call

dps.usc.edu

Non-emergency assistance or information.

USC Physical Conditioning- Spring 2023 Course Outline

Week 1	Course introduction/ course objectives	General conditioning
Week 2	Circuit training Martin Luther King Jr Day	Physical activity and optimal wellness Components of Fitness
Week 3	Strength Training	Fitness Pre-testing
Week 4	TRX Suspension training	Goals setting Cardio endurance
Week 5	Muscular fitness Resistance training	Cardiorespiratory Endurance Interval Training

Week 6	Flexibility Yoga	Core training
Week 7	Midterm review President's Day	MIDTERM
Week 8	Resistance training	Muscular Strength
Week 9	Skill related components of fitness Balance and coordination	Cardio Training
Week 10	Spring Recess	Spring Recess
Week 11	Stairs	Weight management and body composition
Week 12	Resistance training	Injury prevention and treatment
Week 13	TRX	Fitness Post–Testing
Week 14	Fun Day	Final GOAL Setting Reflection
Week 15	Fun Day	FINAL