

***PHED 129a: Cardio Group Fitness***  
**Spring 2023**

**Section 49781: TTH 10:00 – 10:50am**  
**Course = 1 unit**

**Instructor: Steve Hsu**  
**Office: PED 209**  
**Office Hours: MW 12pm – 1pm**  
**PEMBH Department (PED 107) Phone: 213-740-2488**  
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**Course Description:**

This course is an introduction to the components of physical fitness through aerobic training. Aerobic cross training activities will incorporate step aerobics, cardio kickboxing, Zumba, circuit training, interval training/high intensity interval training (HIIT). Additional activities may include running on the track and gym workout sessions and indoor cycling (based on availability).

**Course Objectives:**

***To gain knowledge and understanding of:***

1. The five components of physical fitness.
2. Basic anatomy, exercise physiology and wellness principles.
3. Dietary and nutritional information.
4. The importance of cardiovascular exercise as a lifestyle.

***To learn and develop the following skills:***

1. Practice Zumba, cardio-kickboxing and cross training for aerobic fitness.
2. Assess and improve fitness level.
3. Develop an individual fitness program.
4. Appraise/critique a cardio group fitness class.

**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

### **Textbook:**

Bishop, J.G. Fitness through Aerobics. (9<sup>th</sup> Edition) Pearson Benjamin Cummings, 2014.  
(ISBN 0805346171)

### **Equipment:**

USC student ID\*\*, proper workout attire, water, towel, notebook, and pen/pencil. 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.

*\*\*Access to the Lyon Center will be denied if you forget your USC student ID card – you will have to purchase a \$10 day pass in order to enter (no exceptions).*

### **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 Lyons Center.

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

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

### **Participation/Performance:**

Timely and consistent attendance is imperative in order to improve overall physical fitness and obtain supplemental information of course lecture notes. Failure to attend class **will impact** your final grade. If you are tardy and/or leave early, you will only receive partial credit for attending class. Active participation is also a large determinant of your final grade.

### **Grading Policy and Evaluation Criteria:**

#### **200 Total Points**

<b>Cognitive</b>	<b>50%</b>	<b>100 Pts.</b>	<b>Psychomotor</b>	<b>50%</b>	<b>100 Pts.</b>
Final Exam	25%	50 Pts.	Active Participation	30%	60 Pts.
Midterm Exam	25%	50 Pts.	Fitness Profiles	10%	20 Pts.
			Performance Test	10%	20 Pts.

**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.

***\*Extra credit work and make-up work are not available. Make-ups will not be given for any of the cognitive or psychomotor components. It is your responsibility to attend class meetings consistently and fulfill the requirements of this course. You are required to take the Final Exam in order to be able to pass the class.***

## **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 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. [dps.usc.edu](http://dps.usc.edu)

## USC Cardio Group Fitness - Spring 2023

### COURSE OUTLINE\*

Week 1 January 10, 12	Course Introduction	Pre-Fitness Profile
Week 2 January 17, 19	Benefits of Exercise <i>Chapter 1</i>	Cardio Fitness Class Format <i>Chapter 7 and 8 (p. 96)</i>
Week 3 January 24, 26	Fitness Components & Exercise Principles <i>Chapters 3</i>	
Week 4 January 31, February 2	Setting Goals <i>Chapter 5</i>	Aerobic Target Zone <i>Chapter 4</i>
Week 5 February 7, 9	Posture <i>Chapter 6</i>	
Week 6 February 14, 16	Weight Control <i>Chapter 13</i>	
Week 7 February 21, 23	Weight Control <i>Chapter 13</i>	
Week 8 February 28, March 2	MIDTERM Exam Review	MIDTERM Exam (online via Blackboard)
Week 9 March 7, 9 <i>Spring Recess 3/12-3/19</i>	Nutrition <i>Chapter 13</i>	
Week 10 March 21, 23	Anatomy-Muscular Strength/Endurance & Body Toning <i>Chapter 10</i>	
Week 11 March 28, 30	Variations and Styles <i>Chapter 8</i>	
Week 12 April 4, 6	Performance Tests	
Week 13 April 11, 13	Performance Tests	Performance Tests
Week 14 April 18, 20	Prevention & Care <i>Chapter 14</i>	Post-Fitness Profile
Week 15 April 25, 27	FINAL Exam Review	FINAL Exam (online via Blackboard)

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