



## WEIGHT TRAINING: PHED 102A

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### **COURSE DESCRIPTION:**

An introductory course designed to help each student: improve muscular strength; gain knowledge and understanding of weight training theory and practice; 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. Develop/create/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 bio mechanical 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.

**COURSE MATERIALS:**

Weight training manual provided on Blackboard: <http://blackboard.usc.edu>

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

**CLASS LOCATION:**

Classes will meet in the Cardinal Room of the Lyons Center, before entering the weight room. Student ID's are required to enter the building.

**DRESS ATTIRE:**

Please dress in appropriate workout attire (athletic clothes & shoes), and bring water, towel, notebook and pen/pencil.

**PARTICIPATION/ATTENDANCE:**

Physical fitness improvements require consistent and active participation in all class activities, which is a large determinant and component of your final grade. Arriving late, leaving early and wearing inappropriate workout attire will affect the participation portion of the grade. In case of absence, you will be held accountable for all work missed.

**LOCKER ROOM:**

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 the Lyons Center.

**GRADING POLICY and EVALUATION CRITERIA:**

Cognitive: 50%

Muscle Group Quiz - 5%, Nutrition Quiz - 5%, Midterm - 15%, Final Exam – 25%

Psychomotor: 50%

Final Project - Individual Free Weight/Body Weight Resistance Exercise Program - 20%;

Participation - Attending class regularly, arriving on time, participating in individual routine for entire class period - 30%

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

## **WEEKLY COURSE CONTENT AND SCHEDULE:**

1. Weight Training Technique; Safety and Etiquette
2. Designing a Weight Training Program, based upon goals
3. Stretching and Flexibility
4. Muscular Structure and Function
5. Myths and Common Questions and Muscle Group Quiz
6. Free Weights vs. Machines
7. Finalize Individual Routines
8. Mid-term Review & Mid-term – 2<sup>nd</sup> class meeting of the week \*
9. Free Weight Variations: Leg, Back, Chest, Shoulder, Arm Exercises
10. Advanced Weight Training
11. Nutrition
12. Nutrition and Nutrition Quiz
13. Measuring Progress and Problem Solving
14. Final Exam Review
15. Final Exam – last class meeting of the semester. Final is comprehensive

\* If you are Tuesday/Thursday section, your midterm review will be done during the 2<sup>nd</sup> class of week 7 and your midterm will be on Tuesday of week 8 due to the Fall Recess

## **IMPORTANT DATES:**

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|-----------------------|--|
| 3 <sup>rd</sup> week  | Last day to change grading option (Letter Grade, P/NP, Audit)                        |
| 7 <sup>th</sup> week  | Last day to drop without a "W" and to switch a pass/no pass status to a letter grade |
| 8 <sup>th</sup> week  | Midterm  |
| 9 <sup>th</sup> week  | Last day to drop a W and to switch a pass/no pass status to a letter grade.          |
| 12 <sup>th</sup> week | Last day to drop with a W on permanent record  |
| 15 <sup>th</sup> week | Final Exam   |

## **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 II, “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/sssa](http://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](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)

## **ACADEMIC ACCOMMODATIONS:**

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 exception 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](http://www.usc.edu/scampus) or <http://scampus.usc.edu>) contains the University Student Conduct Code (see University Governance, Section II.00), while the recommended sanctions are located in Appendix A.

Students requesting academic accommodations based on a disability are required to register with Disability Service 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 me as early in the semester as possible. DSP is open Monday-Friday, 8:30 am - 5:00 pm. The office is in the Student Union 301 and the phone number is (213) 740-0776.