



dornsife.usc.edu/phed

PHED 129a | Cardio Group Fitness

Unit: 1

Section: 49781R

Term: Spring 2024 | Tuesday/Thursday 10-10:50 am

Location: Village Fitness Center

Instructor: Marcos Briano, *Ph.D./MMFT* “DrB”

Pronouns: he/him/el [What are pronouns?](#)

Office: PED 107

Office Hours: Tuesday 11:30-1 pm or By Appointment

Contact Info: marcos@usc.edu or (213) 740-2242 Office

IT Help: USC Information Technology Services Help

Phone: (213) 740-5555

Contact Info: <https://itservices.usc.edu/contact/>

Physical Education & Mind Body Health (PEMBH) Mission Statement & Acknowledgements

PEMBH Mission

Physical Education & Mind Body Health (PEMBH) provides a variety of opportunities for students to improve their general health and fitness through fitness related and recreational activities classes. Courses are designed to introduce students to various aspects of health and physical education principles. With this exposure, knowledge, and skill, students are better equipped to make choices regarding a healthy and active lifestyle. All classes stress the importance of exercise and leisure time activity to physical, mental, and social well-being.

Acknowledgements

The PEMBH department acknowledges our presence on the ancestral and unceded territory of the Tongva people and their neighbors: (from North to South) the Chumash, Tataviam, Kitanemuk, Serrano, Cahuilla, Payomkawichum, Acjachemen, Ipai-Tipai, Kumeyaay, and Quechan peoples, whose ancestors ruled the region we now call Southern California for at least 9,000 years. Indigenous stewardship and rightful claims to these lands have never been voluntarily relinquished nor legally extinguished. We pay respects to the members and elders of these communities, past and present, who remain stewards, caretakers, and advocates of these lands, river systems, and the waters and islands of the Santa Barbara Channel.

[Additional Resources](#)

Course Description

This course is an introduction to the components of physical fitness through aerobic training. Aerobic cross training activities will be incorporated: step aerobics, circuit/interval training, TurboKickBoxing™(TKB), BodyPump™, RIP, cycling, body sculpting, stretching and relaxation workouts.

Prerequisite: None

Co-Requisite: None

Recommended Preparation: None

Learning Objectives

- Identify the components & principles of fitness to promote cardiovascular exercise as a lifestyle.
- Explain basic anatomy, exercise physiology, and wellness principles.
- Develop and incorporate cardiovascular exercise principles to promote overall wellness.
- Assess and improve overall fitness level and training goals.
- Appraise course knowledge to appraise/critique other fitness exercises.

PEMBH Objectives

Students will understand the importance of sound health & fitness principles as they relate to better health & will be able to:

- Understand & apply basic anatomy and exercise physiology concepts/terminology.
- Determine exercise principles involved in the development of fitness and training strategies.

Students will be exposed to a variety of activities providing them the opportunity to:

- Apply learned fundamental exercise fitness skills.
- Utilize physical activity as tool to promote overall wellness.

Students will demonstrate proficiency through knowledge & acquired skills enabling them to:

- Understand and utilize various training methods.
- Appraise individual level of fitness & training goals.
- Identify common health & fitness myths and apply factual knowledge to overall fitness.

Course Textbook

Bishop, J.G. Fitness through Aerobics. (9th Edition) Pearson Benjamin Cummings, 2014. (ISBN 978-0-321-88452-7)

Online eTextbook Option -- [Fitness through Aerobics \(2-downloads\) 9th edition | 9780321884527, 9780133558821 | VitalSource](#) *

Textbook is on RESERVE at Leavey Library (Library USE ONLY – under PHED 129a & Instructor: Staff).

Equipment

USC student ID**, proper workout attire/shoes, water, and towel.

**Access to the Lyon Center will be denied if you forget your USC Student ID -- you will have to purchase a day pass in order to enter (no exceptions).

Locker Rooms – PE Building & Lyon Center

USC PEMBH IS NOT responsible for any lost, stolen, or damaged property. If you choose to bring any valuables to class, it is strongly recommended to lock them up during class. Lockers are available for rental fee in the PED building & Lyon Recreation Center.

In-Class Participation (15% = 15 pts. → 1 pt./class starting Week #3)

Consistent attendance, punctuality, and participation in ALL classes are extremely important to develop appropriate skills and to obtain supplemental information for course assignments/exams. Consistent tardiness to class will negatively affect participation grade. Failure to participate in class WILL IMPACT your final course grade.

Class participation grading scale per class starting Week #3

1 pt. = full participation 0.5 pt. = partial participation or excused absence
0 pt. = absence/no participation

*Excused absence ONLY – You may earn up to an additional 0.5 pt.
This must be completed 1 week after excused absence.*

Course Policies

- **No Make-Ups** will be given for any missed in-class work or late assignments.
- Email (marcos@usc.edu) is the preferred method of communication outside of class. Email will generally be answered within 48 hours & 72 hours over a weekend, and the workday following a holiday. **Please NOTE: PHED 129a in subject line of email.**
- Wear appropriate clothing and athletic shoes.

Grading Criteria

100 Total Points

Cognitive	60%	60 pts.	Psychomotor	40%	40 pts.
Nutrition Assignment	20%	20 pts.	In-Class Participation	15%	15 pts.
Midterm	20%	20 pts.	Fitness Profile (Pre & Post)	25%	25 pts.
Final Exam	20%	20 pts.			

A (95 pts. & higher)	A- (90-94 pts.)	B+ (87-89 pts.)	B (83-86 pts.)
B- (80-82 pts.)	C+ (77-79 pts.)	C (73-76 pts.)	C- (70-72 pts.)
PASS (> 70 pts.)			
D+ (67-69 pts.)	D (63-66 pts.)	D- (60-62 pts.)	Fail (<59 pts.)

*A = 95%-100% A- = 90%-94% B+ = 87%-89% B = 83%-86% B- = 80%-82%
C+ = 77%-79% C = 73%-76% C- = 70%-72% D+ = 67%-69% D = 63%-66%
D- = 60%-62% F = 59% and below*

COVID-19 (Class Guidelines)

USC (COVID-19) Resource Center <https://coronavirus.usc.edu/>

Course Schedule

Week 1 January 9, 11	Course Introduction	
Week 2 January 16, 18	Aerobics, Wellness & You Chapter 1	
Week 3 January 23, 25	Aerobics Class Format Chapter 7	Setting Goals/Posture Chapters 5 & 6
FRIDAY, JANUARY 26	LAST DAY TO: REGISTER & ADD CLASSES, DROP WITHOUT MARK OF "W," CHANGE ENROLLMENT OPTION TO P/NP OR AUDIT & PURCHASE/WAIVE TUITION REFUND INSURANCE	
Week 4 January 30, February 1	Pre-Fitness Profile Fitness Components & Exercise Principles Chapter 3	
Week 5 February 6, 8	Aerobic Target Zone Chapter 4	
Week 6 February 13, 15	Weight Control (<i>Principles & Body Composition</i>) Chapter 13	
Week 7 February 20, 22	Weight Control (<i>Management & Eating Disorders</i>) Chapter 13	
FRIDAY, FEBRUARY 23	LAST DAY TO: DROP COURSE WITHOUT MARK OF "W" ON TRANSCRIPT & CHANGE ENROLLMENT P/NP COURSE TO A LETTER GRADE	
Week 8 February 27, 29	MIDTERM (Review)	MIDTERM Exam
Week 9 March 5, 7	Nutrition (<i>Essential Nutrients</i>) Chapter 13	
March 11-15	Spring Recess March 11-15	
Week 10 March 19, 21	Nutrition (<i>Food Label & Diets/Fads</i>) Chapter 13	
Week 11 March 26, 28	Anatomy- Muscular Strength/Endurance Chapters 10 & 11	
Week 12 April 2, 4	Variations & Styles Chapters 8 & 9	
FRIDAY, APRIL 5	LAST DAY TO DROP CLASS WITH MARK OF "W"	
Week 13 April 9, 11	Prevention & Care Chapter 14	
Week 13 April 16, 18	Post-Fitness Profile	
Week 15 April 23, 25	FINAL (Review)	FINAL Exam

Statement on Academic Conduct & Support Systems

Academic Integrity

The University of Southern California is a learning community committed to developing successful scholars and researchers dedicated to the pursuit of knowledge and the dissemination of ideas. Academic misconduct, which includes any act of dishonesty in the production or submission of academic work, comprises the integrity of the person who commits the act and can impugn the perceived integrity of the entire university community. It stands in opposition to the university's mission to research, educate, and contribute productively to our community and the world.

All students are expected to submit assignments that represent their own original work, and that have been prepared specifically for the course or section for which they have been submitted. You may not submit work written by others or "recycle" work prepared for other courses without obtaining written permission from the instructor(s).

Other violations of academic integrity include, but are not limited to, cheating, plagiarism, fabrication (e.g., falsifying data), collusion, knowingly assisting others in acts of academic dishonesty, and any act that gains or is intended to gain an unfair academic advantage.

The impact of academic dishonesty is far-reaching and is considered a serious offense against the university. All incidences of academic misconduct will be reported to the Office of Academic Integrity and could result in outcomes such as failure on the assignment, failure in the course, suspension, or even expulsion from the university.

For more information about academic integrity see [the student handbook](#) or the [Office of Academic Integrity's website](#), and university policies on [Research and Scholarship Misconduct](#).

Please ask your instructor if you are unsure what constitutes unauthorized assistance on an exam or assignment, or what information requires citation and/or attribution.

Student & Disability Accommodations

USC welcomes students with disabilities into all of the University's educational programs. [The Office of Student Accessibility Services](#) (OSAS) is responsible for the determination of appropriate accommodations for students who encounter disability-related barriers. Once a student has completed the OSAS process (registration, initial appointment, and submitted documentation) and accommodations are determined to be reasonable and appropriate, a Letter of Accommodation (LOA) will be available to generate for each course. The LOA must be given to each course instructor by the student and followed up with a discussion. This should be done as early in the semester as possible as accommodations are not retroactive. More information can be found at osas.usc.edu. You may contact OSAS at (213) 740-0776 or via email at osasfrontdesk@usc.edu.

Support Systems

[Counseling and Mental Health](#)

(213) 740-9355 – 24/7 on call

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

[988 Suicide and Crisis Lifeline](#)

988 for both calls and text messages – 24/7 on call

The 988 Suicide and Crisis Lifeline (formerly known as the National Suicide Prevention Lifeline) provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States. The Lifeline is comprised of a national network of over 200 local crisis centers, combining custom local care and resources with national standards and best practices. The new, shorter phone number makes it easier for people to remember and access mental health crisis services (though the previous 1 (800) 273-8255 number will continue to function indefinitely) and represents a continued commitment to those in crisis.

[Relationship and Sexual Violence Prevention Services \(RSVP\)](#)

(213) 740-9355(WELL) – 24/7 on call

Free and confidential therapy services, workshops, and training for situations related to gender- and power-based harm (including sexual assault, intimate partner violence, and stalking).

[Office for Equity, Equal Opportunity, and Title IX \(EEO-TIX\)](#)

(213) 740-5086

Information about how to get help or help someone affected by harassment or discrimination, rights of protected classes, reporting options, and additional resources for students, faculty, staff, visitors, and applicants.

[Reporting Incidents of Bias or Harassment](#)

(213) 740-5086 or (213) 821-8298

Avenue to report incidents of bias, hate crimes, and microaggressions to the Office for Equity, Equal Opportunity, and Title for appropriate investigation, supportive measures, and response.

[The Office of Student Accessibility Services \(OSAS\)](#)

(213) 740-0776

OSAS ensures equal access for students with disabilities through providing academic accommodations and auxiliary aids in accordance with federal laws and university policy.

[USC Campus Support and Intervention](#)

(213) 740-0411

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

[Diversity, Equity, and Inclusion](#)

(213) 740-2101

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

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) 442-1200 – 24/7 on call

Non-emergency assistance or information.

[Office of the Ombuds](#)

(213) 821-9556 (UPC) / (323-442-0382 (HSC)

A safe and confidential place to share your USC-related issues with a University Ombuds who will work with you to explore options or paths to manage your concern.

[Occupational Therapy Faculty Practice](#)

(323) 442-2850 or otfp@med.usc.edu

Confidential Lifestyle Redesign services for USC students to support health promoting habits and routines that enhance quality of life and academic performance.