WEIGHT TRAINING: PHED 102A

1 Unit • Instructor: Kevin Robinson • Email: kevinrob@usc.edu • Class Location: Lyon Center
Office Hours: 2-4pm TU/TH • Office: PED 107 • Brightspace: https://brightspace.usc.edu

Physical Education & Mind Body Health (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.

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.

PEMBH 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 Brightspace
Class information will be posted. We will use resources posted on Brightspace, 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:
Muscle Group Quiz – 10pts, Nutrition Quiz – 10pts, Midterm – 15pts, Final Exam – 25pts

Final Project - Individual Free Weight/Body Weight Resistance Exercise Program – 25pts;
Participation - Attending class regularly, arriving on time, participating in individual routine for entire
class period – 15pts

94pts – 100pts = A	73pts – 76pts = C
90pts – 93pts = A-	70pts – 72pts = C-
87pts – 89pts = B+	67pts – 69pts = D+
83pts – 86pts = B	63pts – 66pts = D
80pts – 82pts = B-	60pts – 62pts = D-
77pts – 79pts = C+	0pts – 59pts = 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 – 2nd 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

IMPORTANT DATES:

3rd week   Last day to change grading option (Letter Grade, P/NP, Audit)

7th week   Last day to drop without a "W" and to switch a pass/no pass status to a letter
             grade

8th week   Midterm

9th week   Last day to drop a W and to switch a pass/no pass status to a letter grade.

12th week   Last day to drop with a W on permanent record

15th week   Final Exam

As Trojans, we will: *Act with integrity in the pursuit of excellence. Embrace diversity, equity, and inclusion, and promote well-being. Engage in open communication and be accountable for living our values.*
https://culturejourney.usc.edu/explore/unifying-values/#our-unifying-values-and-behaviors

COVID-19 (Class Guidelines)
USC (Covid-19) Resource Center https://we-are.usc.edu/

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.