



Division: Kinesiology 329
Course name: Body Conditioning
Section: 2438 / **Semester:** Summer 2015

Instructor Name: Mr. Marguet Miller
Class Hours: 10:20 am-12:25 pm

School Website: www.wlac.edu

Address: 9000 Overland Ave., Culver City, CA 90230
Location: PECS-Studio A

Office Hours: 9:00 am-10:00 am
Immediately following class

Instructor E-mail: millerm@wla.edu
Location: C-1 building

Welcome

This semester, you will train using calisthenics, step activities and body weight exercises with cardio and strength training. This class is designed to incorporate different exercises to develop lifelong fitness activities. You will get your heart beating; you will burn fat as well as muscle toning while alternating moderately-paced moves with segments of more intense athletic moves. Whether you are new to exercise or want to take your workouts to the next level, Body Conditioning can help you reach your goals!

Course Description:

This course uses a variety of exercises to help the student achieve their physical fitness goal. Students will establish a workout program they can use for the rest of their lives. Exercises are drawn from a number of different sources such as yoga, weight training and resistance training.

Required Texts

None

Recommended Materials

Workout attire, athletic shoes, towel, and bottled water.

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Workout attire, athletic shoes, towel, and bottled water

Course Objectives:

Upon successful completion of this course, students will be able to:

- A. Differentiate between ballistic and static stretching.
- B. Differentiate between aerobic and anaerobic activity.
- C. Identify the training effects of aerobic and anaerobic activities.
- D. Practice aerobic and anaerobic activities.
- E. Differentiate between overweight, over fat and obesity.
- F. Recognize how caloric balance affects the gain and loss of body fat.
- G. Identify the limitations of crash diets for reducing body fat.

- H. Apply the relationship of exercise and diet to weight loss programs.
- I. Fitness level at end of semester is assessed.
- J. Final movement examination

Student Learning Outcomes (SLO)

Demonstrate exercises for increased flexibility, strength and endurance.

Course Requirements and assignment guidelines

Proper attire is required at all times:

- A. Athletic or active shoes – No sandals, open toed shoes, boots, or heels allowed.
- B. Shorts or sweats only – No jeans, casual pants, or cut-offs.
- C. Sweatshirts, T-shirts, and full coverage tanks must be worn at all times. Absolutely no string tanks or minimal coverage cut-up shirts. Shirts must be worn at times. Clothing with wording or pictures that are considered obscene will not be allowed.

Grading

Course Evaluation:

Attendance	35%	(120 points)
Class Participation	35%	(120 points)
Mid-term	15%	(50 points)
Final	15%	(50 points)
		(340 total points)

Letter Grades:

90 – 100%	A	305-340 points
80 – 89%	B	270-304 points
70 -79%	C	235-269 points
60 – 69%	D	200- 234 points
0 -59%	F	0 - 199 points

Grading Procedure:

- 24 graded class sessions (5 points per class)
- 24 graded sessions w/participation (5 points per class)
- 1 Mid-term (100 points)
- 1 Final (100 points)

Class Structure: (125 minutes)

- Class Introduction (10 minutes)
- Physical Activity (90 minutes)
- Break/Clean-up (10 minutes)
- Lecture (20 minutes)

Class Policies

Attendance and Participation:

If you arrive late to class it will count as a tardy. Three tardies will result in one absence or a loss of five points (5 points) being deducted from your total grade.

UNIFORM:

Proper attire is required at all times:

- A. Athletic or active shoes – No sandals, open toed shoes, boots, or heels allowed.
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- C. Sweatshirts, T-shirts, and full coverage tanks must be worn at all times. Absolutely no string tanks or minimal coverage cut-up shirts. Shirts must be worn at times. Clothing with wording or pictures that are considered obscene will not be allowed.

DROPS:

According to college policy, you may be excluded for excessive absences or for not following the standards of student conduct (printed in the Schedule of Classes). If you drop the course, be sure to do so at the Admission's Office. If you drop this course on-line, print and keep your confirmation number.

General Comments:

All students are asked to respect all others in class (no swearing or cursing). Any student caught plagiarizing or cheating will be given a failing grade and reported to the Dean of Students for further disciplinary action. **NO CELL PHONES IN USE DURING THE CLASS PERIOD.**

College Policies:

Academic Integrity (Plagiarism)

In accordance with code 9803.28, **academic dishonesty is prohibited and will not be tolerated in this class.** Violations of academic integrity include, but are not limited to, the following actions: cheating on an exam, plagiarism, working together on an assignment, paper or project when the instructor has specifically stated students should not do so, submitting the same term paper to more than one instructor, or allowing another individual to assume one's identity for the purpose of enhancing one's grade. Academic dishonesty of any type, such as cheating or knowingly furnishing false information, by a student provides grounds for disciplinary action by the instructor or college. In written work, no material may be copied from another without proper quotation marks, footnotes, or appropriate documentation.

- o **Plagiarism will result in a zero for the assignment, possible dismissal from the class and disciplinary action from the college. You will not receive credit for any essay missing previous drafts, citations and/or a Works Cited page.**

Student Conduct

According to code 9803.15, disruption of classes or college activities is prohibited and will not be tolerated. Refer to the catalog and the Standards of Student Conduct in the Schedule of Classes for more information.

Recording Devices

State law in California prohibits the use of any electronic listening or recording device in a classroom without prior consent of the instructor and college administration. Any student who needs to use electronic aids must secure the consent of the instructor. If the instructor agrees to the request, a notice of consent must be forwarded to the Vice President of Academic Affairs for approval (WLAC College Catalog).

Campus Resources

Office of Disabled Student Programs and Services (DSP&S)

Student Services Building (SSB) 320 | (310) 287-4450.

West Los Angeles College recognizes and welcomes its responsibility to provide an equal educational opportunity to all disabled individuals. The Office of Disabled Students Programs and Services (DSP&S) has been established to provide support services for all verified disabled students pursuing a college education. DSP&S students may qualify for: priority registration, registration assistance, special parking permits, sign language interpreters and assistive technology (WLAC College Catalog).

Instructional Support (Tutoring) & Learning Skills Center

Heldman Learning Resources Center (HLRC) | (310) 287-4486

Improve your reading, language, vocabulary, spelling, math fundamentals and chemistry knowledge with convenient, self-paced computer-aided courses in the Learning Skills Center. Increase your knowledge and learning success: sign up for tutoring in various college subjects (WLAC College Catalog).

Library Services

Heldman Learning Resources Center (HLRC) | (310) 287-4269 & (310) 287-4486

The WLAC Library provides instruction on how to use the online catalog, periodical and research databases. In addition to a large collection of books, periodicals and videos the WLAC Library has course textbooks which students may use while in the Library. Web access is available in LIRL as well as meeting rooms. The upper floors provide a beautiful view ideal for study (WLAC College Catalog).

Kinesiology 329 10:20 am-12:25 pm			
NOTE: This syllabus and class schedule is subject to change if circumstances warrant it (e.g. student performance, etc.). Expect revisions and divergences.			
Week	Date	Course topics	Activity
1	Mon 7/6	<ul style="list-style-type: none"> Welcome & Introduction Physical Fitness Assessment 	<ul style="list-style-type: none"> Physical Fitness Assessment Lecture
	Tues 7/7	<ul style="list-style-type: none"> Fitness activities Nutrition 	<ul style="list-style-type: none"> Mile walk/run Bleacher exercises Fitness Lab Lecture
	Wed 7/8	<ul style="list-style-type: none"> Fitness activities Nutrition 	<ul style="list-style-type: none"> Aerobic exercise Strength training Lecture
	Thurs 7/9	<ul style="list-style-type: none"> Fitness activities Nutrition 	<ul style="list-style-type: none"> Campus walk Fitness Lab Lecture
2	Mon 7/13	<ul style="list-style-type: none"> Fitness activities Nutrition 	<ul style="list-style-type: none"> Aerobic exercise Strength training Lecture

	Tues 7/14	<ul style="list-style-type: none"> • Fitness activities • Nutrition 	<ul style="list-style-type: none"> • Mile walk/run • Bleacher exercises • Fitness Lab • Lecture
	Wed 7/15	<ul style="list-style-type: none"> • Fitness activities • Nutrition 	<ul style="list-style-type: none"> • Aerobic exercise • Strength training • Lecture
	Thurs 7/16	<ul style="list-style-type: none"> • Fitness activities • Nutrition 	<ul style="list-style-type: none"> • Campus walk • Fitness Lab • Lecture
3	Mon 7/20	<ul style="list-style-type: none"> • Fitness activities • Nutrition 	<ul style="list-style-type: none"> • Aerobic exercise • Strength training • Lecture
	Tues 7/21	<ul style="list-style-type: none"> • Fitness activities • Nutrition 	<ul style="list-style-type: none"> • Mile walk/run • Bleacher exercises • Fitness Lab • Lecture
	Wed 7/22	<ul style="list-style-type: none"> • Fitness activities • Nutrition 	<ul style="list-style-type: none"> • Aerobic exercise • Strength training • Lecture
	Thurs 7/23	<ul style="list-style-type: none"> • Fitness activities • Nutrition 	<ul style="list-style-type: none"> • Campus walk • Fitness Lab • Lecture
4	Mon 7/27	<ul style="list-style-type: none"> • Fitness activities • Nutrition 	<ul style="list-style-type: none"> • Aerobic exercise • Strength training • Lecture
	Tues 7/28	<ul style="list-style-type: none"> • Fitness activities • Nutrition 	<ul style="list-style-type: none"> • Mile walk/run • Bleacher exercises • Fitness Lab • Lecture
	Wed 7/29	<ul style="list-style-type: none"> • Fitness activities • Nutrition 	<ul style="list-style-type: none"> • Aerobic exercise • Strength training • Lecture
	Thurs 7/30	<ul style="list-style-type: none"> • Fitness activities • Nutrition 	<ul style="list-style-type: none"> • Campus walk • Fitness Lab • Lecture
5	Mon 8/3	<ul style="list-style-type: none"> • Fitness activities • Nutrition 	<ul style="list-style-type: none"> • Aerobic exercise • Strength training • Lecture
	Tues 8/4	<ul style="list-style-type: none"> • Fitness activities • Nutrition 	<ul style="list-style-type: none"> • Mile walk/run • Bleacher exercises • Fitness Lab • Lecture
	Wed 8/5	<ul style="list-style-type: none"> • Fitness activities • Nutrition 	<ul style="list-style-type: none"> • Aerobic exercise • Strength training • Lecture
	Thurs 8/6	<ul style="list-style-type: none"> • Fitness activities • Nutrition 	<ul style="list-style-type: none"> • Campus walk • Fitness Lab • Lecture

6	Mon 8/10	<ul style="list-style-type: none"> • Fitness activities • Nutrition 	<ul style="list-style-type: none"> • Aerobic exercise • Strength training • Lecture
	Tues 8/11	<ul style="list-style-type: none"> • Fitness activities • Nutrition 	<ul style="list-style-type: none"> • Mile walk/run • Bleacher exercises • Fitness Lab • Lecture
	Wed 8/12	<ul style="list-style-type: none"> • Fitness activities • Nutrition 	<ul style="list-style-type: none"> • Aerobic exercise • Strength training • Lecture
	Thurs 8/13	<ul style="list-style-type: none"> • Fitness activities • Nutrition 	<ul style="list-style-type: none"> • Campus walk • Fitness Lab • Lecture

Student Acknowledgment

(Please return this sheet to the instructor)

“I _____, have completely read this syllabus and understand and agree to the course requirements.”

Please indicate below, any special needs or circumstances that may have some impact on your work in this class, and for which you may require special accommodations, including but not limited to physical or mental disabilities, inability to arrive in class on time or need to leave class early, observance of religious holidays, etc.

Special needs or circumstances:
