



West Los Angeles College
Department of Physical Education and Health

Syllabus

- Course:** Kinesiology 229, Body Conditioning
Section 7594 Winter Semester 2016
- Instructor:** Broderick Jackson
- Contact:** Email: jacksobd@wlaac.edu
- Office hours:** 10:05 am -11:05 am M.W, Office Location PECS 137
Office Phone: 310 287-7278
- Meeting:** Lab: 8:00 am -9:35 am M, T, W, TH (1/4/16-2/7/16)
- Units:** One semester units
Transfer code- UC and CSU systems
- Textbook:** None, Supplemental materials: Food journal and exercise worksheet
(Website: www.everydayhealth.com)(www.exrx.net)
- Classroom:** LAPD ARTC

Grading System:

A=	90% - 100%
B=	80% - 89%
C=	70% - 79%
D=	60% - 69%
F=	59% & down
PASSING	75% & up

Total Points for the Class

Attendance / Participation	100
Exercise and Nutrition Journal	100
Fitness testing	100



Total	300
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Attendance and Participation Note:

The following chart shows how attendance and class participation is graded.

Days Absent	Letter Grade
0-2 Absences	A
3-4 Absences	B
5-6 Absences	C
7-8 Absences	D
9+ Absences	F

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.

<u>Week 1:</u>	Course Introduction: Syllabus and Fitness Assessment
<u>Week 2:</u>	Fitness Assessment, Intro to Muscular Strength & Endurance
<u>Week 3:</u>	Cardiovascular Endurance, Body Composition Physical Fitness Qualification (PFQ) Training Prep
<u>Week 4:</u>	Diet evaluation nutrition journals due Fitness Testing/ Core Training / Med ball workouts
<u>Week 5:</u>	(Fitness Assessment, Muscular Strength, Muscular Endurance, Cardiovascular Endurance and Body Composition A 99-yard obstacle course that includes simulated curbs, weaving course ways of right and left turns, wooden horse jump, and 40-yard sprint • A 165-pound body drag for 32 feet on a flat surface • A 6-foot chain link fence climb • A 6-foot solid wall climb • A 500-yard run on flat track



	<p>Calisthenics</p> <ul style="list-style-type: none">• Push-ups - 30 Repetitions• Sprint One Lap• Abdominal Curls - 30 Repetitions• Sprint One Lap• Abdominal Leg Lifts - 30 Repetitions• Sprint One Lap• Leg Lunges - 30 Repetitions• Sprint One Lap• Grass Drill - 30-Second Repetitions• Two-Lap Recovery Jog
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Course Rules:

1. Use equipment properly, as demonstrated in the orientation.
2. Dress properly in Physical Education Attire, no jeans!
3. You must have a towel with you to workout, no exceptions.
4. Workout diligently while in the weight room.
5. Be respectful of the equipment and other students.
6. Place all weights back on the storage racks when finished.
7. Be responsible for receiving and keeping all handouts.
8. Always have a spotter when lifting on the bench press or squat.
9. Workout cards must be returned to the Instructor at the conclusion of each class meeting.
10. A minimum of 80 minutes are required each class meeting.

Program / Course Learning Objectives:

- The several methods of physical training.
- The relationship of diet and exercise to controlling body weight.
- The student will be able to develop her/his own Fitness training program that is tailored to her/his particular needs.

Student Learning Outcomes:

- To acquaint the student with proper techniques of body conditioning;
- To teach the physiological basis of physical training;
- To instill in the student the healthful benefits of lifelong fitness through fitness training;
- To develop strength, endurance and flexibility through circuit training;



- To learn the basics of physical conditioning;
- To design a program for life for each student in regard to their physical development and maintenance.

Course Requirements:

Attendance is expected of all meeting of the class in which the students is registered. Attendance will be taken 5 minutes after the "OFFICIAL BEGINNING CLASS TIME". If students arrive in class after roll call, the student is responsible for reporting attendance in class. Please wait until the end of class to inform the instructor. Whenever the absences in hours exceed the number of hours the class meets per week, the instructor may exclude the student from the class.

Disclaimer Statement:

Students will be notified ahead of time when and if any changes are made to course Requirements or policies

Statement of Student Conduct:

Participation is required of all students. Students are considered to have participated if they:

- A. Are actively involved in the activity
- B. Ask questions; contribute opinions, point of view, and new information on the topics being discussed.