



Division: Health & Kinesiology
Course name: KINESIOLOGY 229 – Body Conditioning Skills
Section: 2448 / **Semester:** Winter 2016

Instructor Name: Mr. Marguet Miller **School Website:** www.wlac.edu
Class Hours: 1:30 pm-3:05 pm Mon-Thurs **Address:** 9000 Overland Ave., Culver City, CA 90230
Phone: (310) 287-4453 **Location:** PECN-14
Office Hours: 10 am-11:15am **Instructor E-mail:** millerm@wla.edu
Immediately following class **Location:** C-1 building

Welcome

This semester, you will train for the purpose of enhancing your body conditioning. 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. Whether you are new to exercise or want to take your workouts to the next level, Body Conditioning Skills can help you reach your goals!

Course Description:

This course uses a variety of aerobic and anaerobic exercises to help the student achieve fitness and establish a workout program they can use for the rest of their life. Exercises are drawn from a number of different sources such as yoga, pilates, dance and weight training.

Required Materials

- Athletic Attire
- A towel to wipe off the equipment after use.

Course Objectives:

Analyze which exercises are safe and effective for different individuals.
Identify exercises to improve specific muscles and for specific needs such as cardiovascular, strength, endurance and flexibility needs.
Demonstrate proper form and technique of the exercises learned in this course.
Recognize the importance of modifying exercises to suit the individuals needs to promote lifelong exercise and longevity.
Recognize lifestyle modifications that need improvement such as nutrition and stress variables.
Apply the fitness principles learned in this class by practicing regular exercise to meet their long-term health goals.

Student Learning Outcomes (SLO)

1. Students will correctly demonstrate how to calculate a target heart rate (THR).
2. Students will test their overall fitness level at the start and end of the season.

Course Requirements and assignment guidelines

If there is no activity for one week on your workout card, you can be dropped from this course. You must arrive to class on time, dress appropriately, and complete a workout every class. While in class, you will be required to work out and delay socializing with the other students until the end of class. Do not overwork yourself. Listen to your body. You have twenty days to improve your physical fitness. You cannot accomplish lifelong fitness in one day.

Grading

Attendance: 95 points	90%-100%	A	215-240 points
Participation: 95 points	80%-89%	B	190-214 points
	70%-79%	C	165-189 points
Final: <u>50 points</u>	60%-69%	D	140-164 points
240 points	0-59%	F	0 - 139 points

Class Policies

Attendance

You are required to attend every class session. There are fifteen class sessions, and you will have the opportunity to learn lifelong fitness activities as well as, earn a passing grade in this class.

How to Succeed in this Class

Attend all class sessions, and complete the required workout. Listen carefully and follow all instructions. Seek help as needed. Challenge yourself (within reason) to improve.

Dropping the Course

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.

Safety/Accidents

Use safety procedures at all times. Be aware of those working out near you. Ask for assistance and assist others. If an accident should occur, please inform the instructor immediately. Always replace equipment in its proper location. Do Not leave weights on the floor, benches, outside, etc.

Physical Education Student's FAQ

Q: How am I graded?

A: There are a total of 240 points for this course. There are nineteen class sessions. You will receive ten points for every class that you attend on time. You will receive ten points for every class that you participate in using a workout card. The final are worth 50 points. You have a written midterm and a strength test. The final exam is a strength test.

Q: What is the Workout Program Card?

A: Everyone is required to have a program card, which lists your exercises and the amount of weight you are using. The instructor will give each student a program card. At the conclusion of each class the instructor must sign your program card. The program card is a participation record for each class.

Q: What is the required class attire?

A: Athletic or active shoes (No sandals, open toed shoes, boots, or heels allowed). Shorts or sweats only (No jeans, casual pants, or cut-offs). 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. Towels are required! Use towels to wipe on benches and your sweat.

Q: What about visitors?

A: Visitors are not allowed in the weight room. Please do not bring friends, parents, children, animals, etc. This is a safety risk and only the students enrolled in the class can work out.

Q: Where do I change clothes?

A: You must change clothes in the locker room and not in the weight room. There is a men's locker room inside PEC North and the locker room attendant can assign you a locker. There is a women's locker room inside PEC South and the locker room attendant can assign you a locker. Also, there is a women's restroom inside PEC North.

Q: What about cell phones?

A: Please do not use your cell phones in class. In case of an emergency, please step outside of the weight room to use your cell phone.

College Policies:

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 229 Class Schedule – Winter 2016		Monday-Thursday 11:30 pm – 3:05 pm	
<p>NOTE: This syllabus and class schedule is subject to change if circumstances warrant it (e.g. student performance, etc.). Expect revisions and divergences.</p>			
	Week	Assignment	Activity
	1	<ul style="list-style-type: none"> Introduction to course 	<ul style="list-style-type: none"> Classroom Procedures
	2	<ul style="list-style-type: none"> Weight training activities 	<ul style="list-style-type: none"> Completion of activity card
	3	<ul style="list-style-type: none"> Weight training activities 	<ul style="list-style-type: none"> Completion of activity card
	4	<ul style="list-style-type: none"> Weight training activities 	<ul style="list-style-type: none"> Completion of activity card