



Division: Health & Kinesiology
Course name: KIN 229 Body Conditioning
Section: 2446 / Semester: Winter 2016

Instructor Name: Rob Hager

School Website: www.wlac.edu

Class Hours: Monday - Thursday
7:50 a.m. – 9:25 a.m.

Address: 9000 Overland Ave., Culver City, CA 90230
Location: PECN 14 / Track

Office Hours: Monday - Thursday
9:25:am-10:am

Instructor E-mail: hagerr@wlac.edu
Location: PECS

Welcome:

This semester, you will work to improve your strength and conditioning. You will also learn and practice the fundamentals of cardiovascular training and strength development. The goal is for you to be in better physical condition by the end of this course. The skills you learn here will help you succeed both in and out of class. However, your education is ultimately YOUR responsibility. YOU determine your level of success. Successful college students are self-motivated. Successful college students understand the importance of coming to class prepared and practicing skills learned. YOU CAN DO IT and I'm here to help. 😊

Course Description:

This course uses a variety of aerobic and anaerobic exercises to help the student achieve their physical fitness goals. Students will establish a workout program they can use the rest of their life.

Recommended Materials:

Lock for student locker room (optional).

Required Materials:

Workout clothing and running shoes.
Small towel.

Course Objectives:

Demonstrate measured improvement of cardiovascular and strength training.
Understand the benefits of improved nutrition and its value to a healthy lifestyle.

Student Learning Outcomes:

Identify and explain the five components of fitness.
Correctly demonstrate and explain selected exercises.

Course Requirements and assignment guidelines:

Grades are based on class participation, a pre and post fitness test and a final demonstration exam. Absences will adversely affect your grade. To succeed in this class, you must actively participate on a regular basis. No credit will be given for sitting in the classroom. If you arrive more than 20 minutes late you will not receive credit for the class.

Grading

Absences, will affect your grade in the following manner:

0-1 absences	A
2-3 absences	B
4-5 absences	C
6-7 absences	D
8+ absences	F

Class Policies:

Attendance

Because class discussions and group work are an integral part of this course, attendance is mandatory. Up to 3 absences are allowed. After that, you could be dropped. Students are expected to attend every class meeting, to arrive on time and stay throughout the class period. **Excessive absenteeism will lower your grade, as well as walking in and out of class.** 2 tardies = 1 absence. Students may be dropped from class for excessive tardiness, or for failure to attend class the first two class sessions.

Preparedness

You are expected to arrive on time. You will come to each class session prepared.

Cell Phones, iPods, etc.

Turn them off and put them away when class begins! Although it may not seem possible, you can survive without talking and texting on your cell phone, or listening to your iPod, for a little over an hour. Talking and texting on cell phones not only distract you, but they are a distraction for me and your peers. Distractions interrupt/disrupt the class and I will not tolerate interruptions. **You will be asked to leave if this occurs.**

Contacting Me

E-mail is the best and quickest way to contact me. Thanks to modern technology, my e-mail is linked to my phone. Therefore, excuses such as, "I tried to contact you but (fill in the blank)" will not work. **If you have a problem, do not let it snowball. Contact me immediately.** Students are expected to ask questions and obtain help from instructor via email and/or during office hours.

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.

Campus Resources

As stated earlier in this syllabus, **if you are having problems, don't let them snowball.** Come and talk with me and check out some of the campus resources available to you.

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

Heldman Learning Resources Center (HLRC), Room 119 | (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).

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.

Special needs or circumstances:
