Division: Dance, Health & Physical Education
Course name: Kinesiology Athletics Intercollegiate Soccer-Fitness & Skills Training (UC:CSU)
1.00 Unit Section: 2335 / Semester Fall 2014

Instructor Name: Amber de Seriere School Website: www.wlac.edu
Class Hours: Monday/Wednesday Address: 9000 Overland Ave., Culver City, CA 90230
11:10 p.m. - 12:35 p.m. Location: PECN #13
Office Hours: Monday/Wednesday Instructor E-mail: deseria@wlac.edu
10:00 a.m.-11:00 a.m. Location: PECN Room #13

Course Description
This course is designed for the student athlete and is intended to provide focused strength and conditioning exercises with an emphasis on safety, injury prevention, and new rules and game plays for soccer.

Required Materials

• Appropriate weight training attire
• Running shoes and towel
• Water bottle
• Notebook and pen/pencil

Course Objectives:
Upon successful completion of this course, students will be able to:
A. Define class procedures for attendance, grading and participation of students.
B. Practice and demonstrate the techniques and skills to execute basic levels of fitness.
C. Develop and design several exercises to increase fitness levels for strength, endurance, cardio respiratory and flexibility training.
D. Record and practice workout routines from each class meeting.
E. Discuss and interpret new rules and regulations for the college soccer program.

Student Learning Outcomes (SLO)
Outcome #1: Develop increased levels of aerobic fitness and conditioning demanded by soccer.
Outcome #2: Develop muscular strength specific to soccer.

Class Policies
I. Attendance and Participation
Because class discussions and group work are an integral part of this course, attendance and participation is mandatory. Up to 2 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. 3 tardies = 1 absence. Students may be dropped...
from class for excessive tardiness, or for failure to attend class the first day or during
during the entire first week of the class.
II. Homework
Students will be required to keep a workout journal throughout the entire semester to
log physical progress being made in class. The log will be returned to the instructor
after every class period for grading.
III. Grading
Grading will be based on course attendance/participation and completion of workout
journal. Students in this class will, based on effort and quality of work receive a final
letter grade of A, B, C, D or F.
1) Class participation and attendance (10pts/day): 290 pts
2) Self-evaluation log: 110 pts
Total = 400 pts

A= 360 + B= 359-320 C= 319-280 D=279-240 F= 239 & Below

Extra Credit
Extra credit may be utilized to bring up a student’s grade (see instructor).

V. Preparedness
You are expected to arrive on time. You will come to each class session prepared. You
will have appropriate training attire, running shoes, pens/pencils, notebook, water
bottle, towel and any paper work to turn in ready at the beginning of class. If for any
reason you will be late/miss class, advanced notice and a valid reason shall be
presented to the instructor.

VI. Cell Phones, iPods, etc.
Turn them off and put them away when class begins!

VII. Contacting Me
E-mail is the best and quickest way to contact me.

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.

Plagiarism will result in a zero for the assignment, possible dismissal from the
class and disciplinary action from the college.

Student Conduct
According to code 9803.15, disruption of classes or college activities is prohibited and will
not be tolerated. Refer to the Wildcat Soccer Team Handbook, course catalog and the
Standards of Student Conduct in the Schedule of Classes for more information.
Campus Resources:
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)
Student Services Building (SSB) 320 | (310) 287-4450.

Instructional Support (Tutoring) & Learning Skills Center
Heldman Learning Resources Center (HLRC) | (310) 287-4486

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