



Division: Kinesiology 250
Course name: WEIGHT TRAINING SKILLS
Section: 2375 / **Semester:** Fall 2015

Instructor Name: Mr. Marguet Miller	School Website: www.wlac.edu
Class Hours: 9:35 am-11:40 am Friday	Address: 9000 Overland Ave., Culver City, CA 90230
	Location: PECN-14
Phone: (3100 287-4453	
Office Hours: 9am-11am	Instructor E-mail: millerm@wla.edu
Immediately following class	Location: C-1 building

Welcome

This semester, you will train with weights for the purpose of 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. Whether you are new to exercise or want to take your workouts to the next level, Weight Training Skills can help you reach your goals!

Course Description:

This weight training class includes progressive resistance exercises. There is an emphasis on the knowledge, understanding and values of building muscle strength and endurance. Students will be able to demonstrate proper technique and exercise modifications. Students will leave with an extended exercise library.

Required Materials

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

Course Objectives:

Explain exercise safety, demonstrate basic safety rules.
Demonstrate proper stretching, warm-up, cool down and spotting techniques.
Organize, implement, and evaluate a sport-specific weight training program.
Demonstrate weight lifting techniques.
Explain the difference between techniques and apply to training program.
Implement safety precautions.
Design weight lifting program for athletes and for general population. Explain the importance of personalized plans.
Demonstrate knowledge of weight training technique and safety.
Demonstrate, lead and correct other students during weight training exercise.

Student Learning Outcomes (SLO)

- 1) Identify and explain the five components of fitness.

- 2) Correctly perform selected exercises in a fitness center or weight room.

Course Requirements and assignment guidelines

If there is no activity for two consecutive weeks 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 workout and delay socializing with the other students until the end of class. Do not overwork yourself. Listen to your body. You have four months to improve your physical fitness. You cannot accomplish lifelong fitness in one day.

Grading

Attendance:	150 points	90%-100%	A	450-500 points
Participation:	150 points	80%-89%	B	400-449 points
Midterm:	100 points	70%-79%	C	350-399 points
Final:	<u>100 points</u>	60%-69%	D	300-349 points
	500 points	0-59%	F	0 - 299 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 500 points for this course. There are fifteen 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 midterm and the final are worth 100 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 serves two purposes: 1) the exercises for each class, 2) a participation record for each class.

Q: What is the Strength Test?

A: Two strength tests are required for the weight training class. These tests should be taken during the midterm week of class and the final week of class. The first strength test is a benchmark of your muscular strength and endurance. The final strength test assesses your improvement in muscular strength and endurance.

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 all 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 workout.

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 250 Class Schedule – Fall 2015		Friday 9:35 am – 11:40 am	
<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	• Introduction to weight training	• Classroom Procedures	
2	• Weight training activities	• Completion of activity card	
3	• Weight training activities	• Completion of activity card	
4	• Weight training activities	• Completion of activity card	
5	• Midterm	• Strength test	
6	• Weight training activities	• Completion of activity card	
7	• Weight training activities	• Completion of activity card	
8	• Weight training activities	• Completion of activity card	
9	• Weight training activities	• Completion of activity card	
10	• Weight training activities	• Completion of activity card	
11	• Weight training activities	• Completion of activity card	
12	• Weight training activities	• Completion of activity card	
13	• Weight training activities	• Completion of activity card	
14	• Weight training activities	• Completion of activity card	
15	• Final exam	• Strength test	