



Division: Health & Kinesiology

Course name: Kinesiology Athletics 508 INTERCOLLEGIATE ATHLETICS-FOOTBALL

Section: 2334 / **Semester:** Fall 2015

Instructor Name: Mr. Marguet Miller	School Website: www.wlac.edu
Class Hours: 4:00 pm-6:05 pm M-W-Th 4:20pm-6:05 T 9:00 am-11:05 am Sat	Address: 9000 Overland Ave., Culver City, CA 90230 Location: Field
Office Hours: 9 am-11 am	Instructor E-mail: millerm@wlac.edu
Immediately following class	Location: C-1 building

Welcome

This course is designed for the student athlete. The following areas are emphasized: the analysis and training of athletic skills, the analysis of offensive and defensive systems, physical conditioning, strength training and aerobic conditioning. As well, as a member of the football team you will be working towards competing in athletic competition.

Course Description: (Use catalog course description or approved COR)

This course is for the student athlete who is interested in competing at the intercollegiate level. The class emphasizes mastering individual fundamentals and performing complex offensive and defensive strategies.

Required Materials

Football cleats and a mouth piece

Course Objectives:

- Student can describe course requirements and grading procedure.
- Student explains the State Commission eligibility rules.
- Students has turned in all required paperwork and met eligibility requirements.
- Demonstrate and explain proper stretching techniques.
- Formulate a plan to achieve desired football objectives.
- Explain special team strategies.
- Demonstrate proficiency in the NCAA rules and regulations that govern game competition.
- Select mental and physical preparation techniques to successfully execute game strategy and performance.
- Demonstrate and apply etiquette and sportsmanship through intercollegiate competition.

Student Learning Outcomes (SLO)

- 1) Demonstrate exercises for increased flexibility, strength and endurance.
Criterion Level: At least 70% of the students assessed will achieve this outcome.

2) Identify the five components of fitness.

Criterion Level: At least 70% of the students assessed will achieve this outcome.

Course Requirements and assignment guidelines

You are required to attend every class session, as well as the football games on Saturday. There are ten games with the possibility of post-season games.

Grading

Attendance: 100 points	90%-100%	A	180-200 points
Participation: 100 points	80%-89%	B	160-179 points
-----	70%-79%	C	140-159 points
200	60%-69%	D	120-139 points
	0-59%	F	0 -119 points

Class Policies

This is an intercollegiate course for the members of West Los Angeles College football. The players are expected to participate in all practices and game competition.

Cell Phones, iPods, etc.

Turn them off and put them away when class begins!

Contacting Me

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

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 Athletics 508 Class Schedule – Fall 20115 M-W-Th 4:00 pm- 6:05 pm T 4:20-6:05 Sat 9:00 am 11:05 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	Course Topic	Activity
	1-10	<ul style="list-style-type: none"> Prepare for athletic competition 	<ul style="list-style-type: none"> Game vs. opponent
	11-18	<ul style="list-style-type: none"> Season review/corrections 	<ul style="list-style-type: none"> Field drills