



Division: Health & Kinesiology

Course name: Kinesiology Athletics 553 INTERCOLLEGIATE FOOTBALL-FITNESS & SKILLS TRAINING

Section: 2289 / **Semester:** Fall 2015

Instructor Name: Mr. Marguet Miller

School Website: www.wlac.edu

Class Hours: 3:00 pm-3:50 pm
M-Tu-W

Address: 9000 Overland Ave., Culver City, CA 90230

Location: Field

Phone: (310) 287-4453

Office Hours: 9 am-11 am

Instructor E-mail: millerm@wlac.edu

Immediately following class

Location: C-1 building

Welcome

This semester, you will train and develop your skills to compete in intercollegiate competition. The class will incorporate weight lifting, on field skill development, and classroom film activities.

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

This course is designed for the student athlete and is intended to provide focused strength and conditioning exercises, teach safety and injury prevention and present new rules and game plays for football.

Required Materials

A towel to wipe off the equipment after use
Athletic Attire

Course Objectives:

Introduction to class procedures, course requirements and grading procedures.

Introduction to weight equipment.

Introduction to basic weight training and flexibility exercises specific to football.

Present safety considerations and warm up cool down exercise routines to be used in pre, during and post competitive situations.

Information on how to avoid strained muscles and joint injuries by improving flexibility.

Work outs alternating between upper and lower body, speed and endurance lifting and circuit training for cardiovascular and endurance development.

Aerobic and anaerobic exercises to develop forward, backward and lateral movement utilizing both speed and strength.

Work to increase muscle size and weight and convert body fat to muscle.

Condition muscle to quick response.

Weight training exercises specific to increase upper body and general mobility, upper body and upper and lower leg strength for pulling and pushing power in running motion as well as power in stride.

Review any football rule changes while learning game play patterns that will develop conditioning, strength, speed of movement and awareness of safety precautions.

Discuss self esteem, self discipline, pressure of competition, drug use and nutrition for athletes.

Student Learning Outcomes (SLO)

- 1) Identify and distinguish the five components of fitness.
- 2) Correctly perform selected weight room exercises.

Course Requirements and assignment guidelines

If you fail to attend class for two consecutive weeks, 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.

Grading

Attendance: 285 points	90%-100%	A 510-570 points
Participation: 285 points	80%-89%	B 455-509 points
_____	70%-79%	C 400-454 points
570 points	60%-69%	D 340-399 points
	0-59%	F 0- 339 points

Class Policies

Standards

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.

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.

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

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)

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 553 Class Schedule – Fall 2015

M-T-W 3:00 pm-3:50 pm

NOTE: This syllabus and class schedule is subject to change if circumstances warrant it (e.g. student performance, etc.). **Expect revisions and divergences.**

	Week	Assignment	Activity
	1-18	<ul style="list-style-type: none">• Weight lifting and film instruction	<ul style="list-style-type: none">• Weight lifting