WEST LOS ANGELES COLLEGE  
Division of Kinesiology  
Body Dynamics Activity– (1) UC: CSU

Course: Kin 345 Body Dynamics Activity  Instructor: Mr. Marguet Miller  Section: 2938
Location: Field  Day/Time: M-W (4:30 pm-5:55 pm) Semester: Spring 2015
Office Hours: M-W 9:00 am-10:30 am  Location: C-1 building  Email: millerm@wlac.edu

COURSE DESCRIPTIONS:
This course is designed to provide weekly participation in vigorous physical activity involving group work in flag football techniques, terminology, rules and regulations.

Student Learning Outcomes for Kinesiology 388
1. The student will be introduced to the procedures of game management.
2. The student should be able to apply the drills specific to a flag football game.
3. The student will learn of football strategies used by coaches.
4. The student will learn of skills to participate at a four-year college or university.

Course Evaluation:  Letter Grades:
Attendance (135 points)  90 – 100%  A  (306-340)
Class Participation (135 points)  80 – 89%  B  (272-305)
Mid-term (35 points)  70 -79%  C  (238-271)
Final (35 points)  60 – 69%  D  (204-237)
(340 total points)  0 -59%  F  (0-203)

Grading Procedure:
27 graded class sessions (5 points per class)
27 graded class sessions w/participation (5 points per class)
1 Mid-term (35 points)
1 Final (35 points)

NO Class: February 16 (President’s Day)  April 4 & 6 (Spring Break) May 25 (Memorial Day)
**General Course Outline:**

Week 1: Introduction to the various football and terminology  
Weeks 2-7: Implementation of football techniques  
Week 8: Mid-Term  
Weeks 9-15: Implementation and application of football rules and strategy

**Attendance and Participation:**

If you arrive late to class it will count as a tardy. Three tardies will result in one absence or a loss of five points (5 points) being deducted from your total grade.

**UNIFORM:**

Proper attire is required at all times:

A. Football or athletic shoes – No sandals, open toed shoes, boots, or heels allowed.

B. Shorts or sweats only – No jeans, casual pants, or cut-offs.

C. 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 times. Clothing with wording or pictures that are considered obscene will not be allowed.

**DROPS:**

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.

**Disabled Students Programs & Services**

Students who have special needs because of physical, communication, or learning challenges are invited to visit the DSPS program office intake, and speak to a program representative about program eligibility and services.

**Academic Dishonesty**

Board Rule 9803.12 Dishonesty  
Dishonesty, such as cheating, or knowingly furnishing false information to the College

**General Comments:**

All students are asked to respect all others in class (no swearing or cursing). Any student caught plagiarizing or cheating will be given a failing grade and reported to the Dean of Students for further disciplinary action. **NO CELL PHONES IN USE DURING THE CLASS PERIOD.**
Name: ______________________

1) Describe your workout history during the past year: Please Circle
   Aerobic training: often  seldom  none
   Weight training: often  seldom  none

2) Describe your football playing history:
   __________________________________________________________
   __________________________________________________________
   __________________________________________________________

3) Do you have any medical limitations?
   __________________________________________________________

4) Are you under the care of a physician or rehabilitation specialist?
   __________________________________________________________

5) Personally, what goal would you like to achieve in this class?
   __________________________________________________________

6) Has a doctor ever informed you of a heart condition and recommended only medically supervised
   physical activity? Yes_____  No_____

7) Do you have chest pain brought on by physical activity? Yes_____  No_____

Medical History: Please check all conditions that apply.
   _____ Heart Disease or Stroke  If yes, are you taking medication _____
   _____ Cancer  If yes, are you taking medication _____
   _____ Pregnant
   _____ Arthritis  If yes, are you taking medication _____
   _____ Lung Disease  If yes, are you taking medication _____