

**West Los Angeles Community College**  
**Kinesiology 350, Section #2368, Instructor: Colleen Matsuhara**  
**Weight Training for Women (1 unit)**



**Spring Semester 2015**  
**TTh 8:00-9:25 am**  
**PEC-North 14**

**Email: matsuhc@wlaac.edu**  
**Office: PEC-South, room 132**  
**Office: 310-287-4591**

Course Description

An activity class emphasizing proper and safe weight training and conditioning skills for Beginning and/or Intermediate level female students. *No prior experience required.* Students will work to develop and/or improve upon strength, muscle tone and fitness level via a self-paced workout program during the course of the semester. Students will learn techniques for various weight training exercises, as well as weight room etiquette and spotting techniques. (Note: this syllabus is subject to change at the discretion of the instructor at any time during the semester.)

Class Standards and Rules

Students must be dressed in appropriate workout clothes and bring a workout towel. Weight training gloves are highly recommended. Water is allowed in the weight room. Please be on time in order to complete your workout.

Return or re-rack weights when you finish using them so the next user has access to the weights.

All cell phones, pagers, etc. must be **OFF** during class. If you have to answer an emergency phone call, please step **out** of the classroom. Devices of this type should be placed on vibrate or silent.

Please do not leave gym bags and/or backpacks in the main workout area. Lockers are available from the Women's Locker Room attendant; however, you must furnish your own lock.

The "WLAC Standards of Student Conduct" (found in both the Schedule of Classes and the College Catalog) will be enforced. Furthermore, the WLAC standard of Academic Integrity will be followed and adhered to.

Students who must drop this class should drop either in-person or online at [www.wlaac.edu](http://www.wlaac.edu). Click "For Students," then "Student Information System" by the Spring drop date listed. **If you stop attending class, YOU are responsible for withdrawing from the class to prevent being issued a failing "F" grade in the class.**

Students with disabilities who believe they may need accommodations in this class must contact Disabled Students Programs and Services located in SSB-320, phone #310-287-4450, as soon as possible to better ensure such accommodations are implemented in a timely fashion.

Course Outcomes Related to College-wide Student Learning Outcomes (SLO)

**Technical Competence:** utilize the appropriate equipment effectively for personal needs. Use competent technique in a fitness/weight room facility.

**Cultural Diversity:** respectfully engage with other cultures in an effort to understand them.

Student Learning Outcomes:

Students will demonstrate proper form and application of the learned exercises.

Students will execute breathing and spotting techniques, as well as weight room etiquette.

Students will demonstrate increased muscle group and appropriate weight training exercise vocabulary.

Students will apply and practice the concepts of teamwork, cooperation, communication and respect for each other.

Students will assess the risk factors of a specific training activity and practice safety precautions.

## Grading

Your grade will be based on the following:

### I. Attendance

Absences will affect your grade in the following manner:

- 0 – 3 absences: A (doctor's appointments; child care issues need documentation)
- 4 – 5 absences: B
- 6 - 7 absences: C
- 8 - 9 absences: D

**10 or more absences: YOU, the student, should drop the course before the**

Drop deadline or you will receive a Failing ("F") grade for the class.

Last Day to Drop with a refund/no fee owed: Friday, February 20

Last Day to Drop class without a "W": Friday, February 20

Last Day to Drop class with a "W": Friday, May 8

Final Exams: June 1-7

### II. Self Pre-test and Post-test (not completing these self-tests will lower your grade one letter grade)

- a. Two upper body and two lower body exercises will be measured at the beginning of the semester and again at the end of the semester.
- b. Each exercise will be performed up to a maximum of 35 reps and the weight used and number of reps will be recorded.

### III. Oral Final (not presenting your oral final will lower your grade one letter grade)

- a. At the end of the semester, each student will select three exercises and demonstrate to the class the proper use/technique involved with each exercise, as well as identify muscle group(s) worked. Each student will also demonstrate the correct breathing technique for each exercise.

## Course Schedule

Weeks 1 and 2 (Feb. 10-19): Orientation and introduction of exercises/drills

**\*\*Note: Presidents' Day Holiday (no classes) Fri. Feb. 13-Mon. Feb. 16**

Weeks 3-5 (Feb. 24-Mar. 12): Begin Cycle I workouts; Pre-tests

Week 6 (Feb. 17-19): Circuit 1 and Big Ball 1 class

Week 7-10 (Feb. 24-Apr. 23): Cycle II workouts; begin Oral Final presentations

**\*\*Note: Cesar Chavez Day (no classes) Tuesday, March 31; Spring Break: April 4-10**

Week 11 (Tuesday, April 28): Big Ball II

Week 11-16 (Apr. 30-May 26): Cycle III; continue and finish Oral Finals and Post-tests

Thursday, May 28th: Circuit II; *Potluck Pigout* (Final exams are week of June 1-7))

## Spring Semester 2015 WLAC Holidays (no class):

Presidents Day (4-day weekend): Friday, Feb. 13-Monday, Feb. 16

Cesar Chavez Day: Tuesday, March 31

Spring Break: Saturday, April 4-Friday, April 10

Memorial Day: Monday, May 25

## C. Matsuhara Spring Semester 2015 Office Hours:

Monday: 8:00 am-9:00 am; and 4:00-5:00 pm

Tuesday: 7:30 am-8:00 am

Wednesday: 8:00 am-9:00 am; and 4:00-5:00 pm

Thursday: 7:30 am-8:00 am

Office location: Room 132 in PEC-South; 310-287-4591

Office phone: 310-287-4591

