Kinesiology 229 Body Conditioning  
Section # 2449  
Syllabus - Fall 2013  
Instructor: Rob Hager  
Office Phone 310 287 4505 Email hagerrs@wlac.edu  
Office Hours M-W 12:35-1PM, T-Th 11AM-1PM  

Get in shape! Get Stronger!

Class Rules:
1. Sign in/sign out each time you attend class to record your attendance.
2. Use equipment properly, as demonstrated in the orientation.
3. Dress in Physical Education Attire, no jeans.
4. You must have a towel with you to workout, no exceptions.
5. Workout diligently while in the weight room.
6. Be respectful of the equipment and other people.
7. Place all weights back on the storage racks when finished.
8. Be responsible for receiving and keep all handouts.
9. Always have a spotter when lifting on weight benches. No exceptions!
10. Workout cards must be returned to the Instructor at the conclusion of each class meeting
11. A minimum of 90 minutes are required each class meeting.

Student evaluation:
1. Attendance and participation. 80%
2. Submission of workout program 10%
3. Cooperation and courtesy 10%

Student learning outcomes: 25% Improvement in each of the following exercises.
5. Complete a one page nutrition report on how you have improved your daily diet during semester

Attendance and participation:
0-3 Absences A
4-5 Absences B
6-7 Absences C
8-9 Absences D
10+ Absences F

Have a Successful Fall Semester!