

West Los Angeles College
Department of Physical Education and Health

Course Title: Kinesiology 245 Body Dynamics (Section 2440)

- 1.** Course time: Sat 12:00 – 2:00 pm
Unit Value: 1 unit
Prerequisites: Strong desire to improve cardiovascular fitness, muscular strength and endurance, physical wellness, and gain knowledge in preventative health through exercise and diet!
- Instructor: Henry Perry, MSN, MA, BS; perryhl@wlaac.edu**

2. Purpose of the course:

Introduce each student to the cardiovascular, strength benefits, and social benefits of consistent exercise. The class is designed to expose the student to various modes of cardiovascular and strength training exercise. As an added benefit, there will be brief discussions to provide each student with the opportunity to better understand the following:

- Basic concepts on movement involved with exercise and safety.
- Basic cardiac, skeletal muscle, and vascular adaptations from consistent cardiovascular and resistance exercise.
- The relationship between diet and cardiovascular/resistance training exercise.
- Basic health principles for leading a healthy lifestyle.

3. Objectives of the course:

- To participate in a progressively more demanding exercise program with calisthenics, running, step-aerobics, floor aerobics, kick boxing, core conditioning, resistance exercise, and stretching that improves/develops: the aerobic and anaerobic energy systems, muscular endurance, abdominal, leg and hip muscular strength, and overall flexibility.
- To identify the major muscle groups and types of exercise that develops muscular strength, endurance, and flexibility for the specific areas.
- To identify the dietary components, which make up for healthy food intakes, and gain a better understanding of the relationship between exercise and diet, and how exercise and diet promotes preventive measures for sustaining good health.
- Introduce health related literature/articles and websites.

4. Content of the course:

A. Evaluation of present degree of physical fitness

1. Performance test for muscular endurance and muscular strength:
-1 mile timed run; 1 min timed pushups, squats, abdominal curls; abdominal bridge

B. Progressive programs of exercise

1. Endurance: through various types of aerobics, anaerobics, free gym training, step circuit training and high repetition resistance exercise.
2. Strength: through changes in body positioning and/or added resistance or body weight resistance
3. Flexibility: through various stretching

C. Principles of exercise

1. Exercise mode and sequence – type, order, and selection of exercise, warm-up, workout
2. Heart Rate – palpation, calculating, concepts, equations
3. Overload Principle
4. Progressive Overload Principle
5. S. A. I. D. (specific adaptations to imposed demands) Principle
6. Stretching
7. Basic nutrition (Food Guide Pyramid; Fad Diets)

5. Grading /Evaluation:

A. ATTENDANCE/PARTICIPATION (20 points x 15 days)	300 points
B. Step Proficiency/Strength Fitness & Stability Practical	50 points
C. Personal Food Guide Printout (http://www.choosemyplate.gov) (10 points for printout; 40 points for 2-1 week intake records)	50 points
D. Personal Activity Journal – see handout (A minimum of 2 hrs. per week of exercise is required outside of class)	100 points

Total Points Possible: 500 points

**Physical fitness test are required and used to assess student performance outcomes;*

**Physical Fitness tests cannot be made up;*

**Late assignments/quizzes will not be accepted;*

**Any additional assignments may be assigned at the instructor's discretion*

E. Points Scale:

A = 500 – 475 points (**95%**); **B** = 474 – 450 points (**90%**); **C** = 449 - 425 points (**85%**); **D** = 424 - 400 points (80%) **F** = 399 and below.

6. Attendance/Tardiness:

Two (2) unexcused and **non-consecutive** absences will be allowed without penalty. Each absence thereafter will result in a penalty of 20 points for each absence. Only maximum of 2 absences may be made up after the first 2 unexcused absences. Tardiness longer than 30 minutes of the hour is not accepted as a full day of attendance and results in the loss of 10 points. **Please keep in mind you must be on time to participate in the class warm-up period to avoid injury.**

It is solely the responsibility of the student to contact the instructor for circumstances leading to a high number of absences or missed assignments/exams. Under no circumstances will a student be excused for a high number of absences or missed assignments/exams for general situations, such as general illness/injury, stress, lack of motivation, poor time mismanagement, etc. The student is expected to make up any hours missed. Exceptions for an incomplete grade status will only be considered for unforeseen dire circumstances.

7. Cheating/Plagiarism:

Cheating is the practice of fraudulent or deceptive acts for the purpose of improving a grade or obtaining course credit. Plagiarism is a specific form of cheating which consist of the misuse of published and/or unpublished works of another by representing the materials as one's own work. These two acts are not allowed and may result in an "F" for the course and/or possible expulsion from the university.

8. Class logistics:

Clothing: Please attend class ready to participate in vigorous exercise. Wear any type of WORKOUT clothes you'd like (please be conservative), but please be sure the clothes you wear allow you to move freely, and ... **towels are mandatory! Please wear clean attire.**

Water: water bottles are highly recommended for hydration during class exercise activities. The weather can be very *hot, but leaving in the middle of our exercise bouts for water is disrupting.*

Lockers: you are encouraged to check out a locker (free) for the semester in the equipment rooms of the men and women's locker rooms. This enables you to store your shoes, personal workout equipment, and clothes in a safe place.

Office hours: to be arranged at request or instructor will provide designated hours depending on the demand. The instructor may also be contacted via email at perryhl@wlac.edu.