

West Los Angeles College
Department of Physical Education and Health

1. Course Title: Weight Training Skills

Course title: Kinesiology 250 Section 2374; Sat 9:35 – 11:40am
Unit Value: 1 unit
Prerequisites: Strong desires to improve overall fitness and physical wellness
Instructor: Henry L. Perry, MSN, MA, BS; Email: perryhl@wlaac.edu; **Office hours:** to be arranged at request or instructor will provide designated hours depending on the demand.

2. Purpose of the Course:

Introduce each student to the physiological benefits of a consistent resistance training program, such as neural and muscular adaptations, and the social benefits of a classroom structured exercise program. The student will also have the opportunity to better understand the basic concepts behind the health benefits of an overall exercise program, including conditioning exercise and weight room safety. Additionally, the student will have the opportunity to learn how to achieve a healthy diet and how a healthy diet may help in promoting optimal weight training results.

3. Objectives of the Course:

1. To participate in a progressively more demanding program of resistance exercise that improves muscular strength, muscular endurance, and overall flexibility as well as developing the anaerobic and aerobic energy systems.
2. To identify the major muscle groups and types of exercise that develops muscular strength, muscular endurance, and muscular flexibility
3. To actively design and implement a resistance exercise program that best suits a personal goal.
4. To identify the components making up a healthy diet, gain a better understanding of the relationship between resistance exercise and diet, and how resistance exercise plays a role in improving or stabilizing body composition.
5. To gain a better understanding of principles of wellness and how to achieve and sustain a lifestyle of wellness.

4. Content of the Course:

A. Evaluation of Present Degree of Physical Fitness: Every 4 weeks

1. Performance test for over all bodily muscular strength, muscular endurance, and flexibility:
 - Pushups, squats, abdominal curls, abdominal bridge, pull-ups (body weight or assisted).
 - Students must be able to execute 25 (♀) and 35 (♂) push-ups, 50 squats; 50 Ab crunches; 1 min Abd bridge, and demonstrate 3 stretches learned in class all with perfect form.

B. Progressive programs of exercise:

1. Strength Endurance: through various types of intensities and lifting exercises. e.g. high repetition resistance exercise.
2. Strength: through changes in body positioning and/or added resistance, or body weight resistance.
3. Flexibility: through various stretching activities.

C. Principles of exercise:

1. Exercise mode, sequence, and intensity
 - Type, order, selection of exercise and weight, warm-up, workout, and rest interval.
2. Overload Principle
3. Progressive Overload Principle
4. S. A. I. D. (specific adaptations to imposed demands) Principle
5. Stretching and Flexibility
6. Basic nutrition: (<http://www.choosemyplate.gov/>; <http://healthierus.gov/dietaryguidelines>)

5. Homework:

Students are expected to exercise outside of class at least 2-3 times/week to 1) reinforce motor learning activities obtained during in-class exercise sessions and 2) to promote the necessary physiological adaptations to be able to endure the instructors progressive exercise routine. Students are also expected to follow a well balanced diet, eat breakfast, drink the necessary amount of water, and to adequately rest in order to exercise safely and productively. *Instructor reserves the right to excuse any student from class who experiences symptoms of hypoglycemia or hypotension during exercise due to lack of proper pre-class nutritional preparation, after symptoms have subsided and the student is deemed stable.*

6. Grading /Evaluation:

A. ATTENDANCE/PARTICIPATION (20 points x 15 days)	300 points
B. Weight lifting/strength fitness/stability practical	100 points
C. Personal Food Guide Printout (choosemyplate.gov) (10 points for pyramid printout; 40 points for 2-two week intake records)	50 points

Total Points Possible: 450 points

**Physical fitness test are required and used to assess student performance outcomes; cannot be made up;
Late assignments/quizzes will not be accepted; additional assignments may be assigned at the instructor's discretion

E. Points Scale:

A = 450-427 (**95%**); **B** = 426-382 points (**90%**); **C** = 381- 337 points (**85%**); **D** = 336-292 points (**80%**);
F = 291 and below

7. 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 beyond the first 2 unexcused absences may be made up. **Please keep in mind you must show on time to class to participate in the class warm-up period to avoid injury. Therefore, only 1 tardy is allowed with explanation. Any more tardiness results in an immediate dismal for the day with each infraction.**

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 as general illness/injury, general stress, lack of motivation, time mismanagement, etc. Also, if you are absent during the final, expect to explain the reason and provide proof. Without a valid explanation or proof of absence during the final, your final grade will result in an F and an automatic grade drop for the course regardless of attendance. The student is expected to make up any hours missed. Exceptions for an incomplete grade status will only be considered for unforeseen dire circumstances.

8. Cheating/Plagiarism:

Cheating is the practice of fraudulent or deceptive acts for the purpose of improving a grade, or obtaining course credit for oneself or another. 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" grade for the course.

9. 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!**

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

Lockers: you are encouraged to check out a locker for the semester. This enables you to store your shoes and clothes in a safe place. Lockers are available at the men's and women's locker rooms.