

West Los Angeles Community College
Kinesiology 350, Section #2368
Weight Training and Conditioning Skills for Women (1 unit)



Fall Semester 2013
TTh 8:00-9:25 am
PEC-North 14

Instructor: Colleen Matsuhara
Office: PEC-South, room 132
Office: 310-287-4591
Email: matsuhc@wlac.edu

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.

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.

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 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 online at www.wlac.edu. Click "For Students," then "Student Information System" by the Fall date listed. **Students who stop attending class 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 are encouraged to contact Disabled Students Programs and Services located in HRLC, 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 Objectives for Kinesiology 350:

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 (100 points)

- a. Four (4) absences are allowed during the semester. After 4 absences, 10 points will be deducted from your attendance point total. (8 absences=20 points deducted, etc).

II. Self Pre-test and Post-test (100 points; 50 points each)

- a. One upper body and one lower body weight exercise will be measured at the beginning of the semester and again at the end of the semester.
- b. Each exercise will be performed for 30 seconds and the number of reps recorded.

III. Quiz (25 points) on the class handout

IV. Oral Final (75 points)

- 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.

Attendance:	100 points	90-100%	A
Pre- and Post- tests:	100 points	80-89%	B
Quiz:	25 points	70-79%	C
Oral final:	<u>75 points</u>	60-69%	D
Total:	300 points	0-59%	F

Course Schedule

Weeks 1 and 2 (Aug. 27-Sept. 5):	Orientation and introduction of exercises/drills
Weeks 3-6 (Sept. 10-Oct. 3):	Beginning baseline workouts Cycle I; Pre-tests
Week 7 (Oct. 8-10):	Circuit I/Big Ball class
Week 8-10 (Oct. 15-Nov. 7):	Cycle II; begin Oral Final presentation Oct. 17
Week 11 (Nov. 5-7):	Circuit II/Big Ball class
Week 12-15 (Nov. 12-Dec. 3):	Cycle III; continue and finish Post-tests; finish Oral Finals
***Thanksgiving Holiday (no classes) Thur. Nov. 28-Sun. Dec. 1	
Thursday, Dec.5:	Circuit III; Potluck Pigout
(Final exams begin Monday, Dec. 9)	

WLAC Holidays (no class):

Labor Day:	Monday, Sept. 2
Veterans Day:	Monday, Nov. 11
Thanksgiving Holiday Break:	Thursday, Nov. 28-Sunday, Dec. 1

C. Matsuhara Fall Semester 2013 Office Hours:

Tuesday: 9:30-10:30 am; 2:00-3:00 pm; 5:00-5:30 pm

Wednesday: 2:30-3:00 pm; 5:00-6:30 pm

Thursday: 9:30-10:00 am

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

