

# WEST LOS ANGELES COLLEGE

## Kinesiology 508 Fall 2013

**Instructor:** Mr. Marguet Miller

**Office:** C-1 Building

**Phone:** 310-287-4453

**Office Hours:** M-TH 9:00 am-10:30 am

**E-mail:** [millerm@wlaac.edu](mailto:millerm@wlaac.edu)

**Class Location:** C-1 Building/Athletic Field

**Day/Time:** M-W-Th 4:00 pm-6:05 pm

**Section:** 2334

T 4:20 pm-6:25 pm

Sa 12 9 am – 11:05 am

### **Course Description**

This course is designed for the student athlete who is interested in competing at the intercollegiate level. The class emphasizes mastering individual fundamentals and performing complex offensive and defensive strategies.

### **Student Learning Objectives for Kinesiology 508**

1. The student will be introduced to the procedures of game management.
2. The student should be able to learn the drills specific to an athletic event.
3. The student will learn of sport specific strategies used by coaches.
4. The student will learn of skills to participate at a four-year college or university.

### **Attendance**

You are required to attend every class session, as well as the football games on Saturday. There are ten games with the possibility of post-season games. My office number is on the syllabus in case you have to miss a class session. I understand that there may be circumstances out of your control but, when you enrolled in this class. You were aware of the times and dates of every class meeting.

### **Grade Evaluation**

Attendance: 100 points	90%-100%	A
Participation: 100 points	80%-89%	B
	70%-79%	C
	60%-69%	D
	0-59%	F

### **Standards**

If there is no activity for two consecutive weeks in the class, you can be dropped from this course.

You must arrive to class on time, dress appropriately, and complete a workout every class.

Do not overwork yourself. Listen to your body. You have four months to improve your physical fitness. You cannot accomplish lifelong fitness in one day.

### **How to Succeed in this Class**

Attend all class sessions, and complete the required workout. Listen carefully and follow all instructions. Seek help as needed. Challenge yourself (within reason) to improve.

### **Dropping the Course**

According to college policy, you may be excluded for excessive absences or for not following the standards of student conduct (printed in the Schedule of Classes). If you drop the course, be sure to do so at the Admission's Office. If you drop this course on-line, print and keep your confirmation number.

### **Safety/Accidents**

Use safety procedures at all times. Be aware of those working out near you. Ask for assistance and assist others. If an accident should occur, please inform the instructor immediately. Always replace equipment in its proper location. Do Not leave weights on the floor, benches, outside, etc.

### **Physical Education Student's FAQ**

Q: How am I graded?

A: There are a total of 200 points for this course. There are ten games. You will receive ten points for every class that you attend on time. You will receive ten points for every class that you participate.

Q: What is the required class attire?

A: You will be required to dress in full football equipment.