

WEST LOS ANGELES COLLEGE

Kinesiology 553 Fall 2013

Instructor: Mr. Marguet Miller

Office: C-1 Building

Phone: 310-287-4453

Office Hours: M-W 9:00 am-10:30 am

E-mail: millerm@wlaac.edu

Class Location: C-1 weight room

Day/Time: M-T-W-Th 3:00 pm- 3:45 pm

Section: 2289

Course Description

This course is designed for the student athlete and is intended to provide focused strength and conditioning exercises, teach safety and injury prevention and present new rules and game plays for football.

Student Learning Objectives for Kinesiology 553

Students will understand the five components of fitness: cardiovascular endurance, muscle strength, muscle endurance, flexibility and body composition.

Students will assess the risk factors of a specific training activity and practice safety precautions.

Students will demonstrate proper form and applications of the learned exercises.

Student will identify strength, endurance, and core development activities.

Attendance

You are required to attend every class session. There are fifty-nine class sessions, and you will have the opportunity to learn lifelong fitness activities as well as, earn a passing grade in this class. 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: 295 points	90%-100%	A
Participation: 295 points	80%-89%	B
	70%-79%	C
	60%-69%	D
	0-59%	F

Standards

If you fail to attend class for two consecutive weeks, you can be dropped from this course.

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

While in class, you will be required to workout and delay socializing with the other students until the end of class.

Do not overwork yourself. Listen to your body. You have four months to improve your physical fitness.

How to Succeed in this Class

Attend all class sessions. 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 590 points for this course. You will receive five points for every class that you attend on time. You will receive five points for every class that you participate in.

Q: What is the required class attire?

A: Athletic or active shoes (No sandals, open toed shoes, boots, or heels allowed). Shorts or sweats only (No jeans, casual pants, or cut-offs). Sweatshirts, T-shirts, and full coverage tanks must be worn at all times. Absolutely no string tanks or minimal coverage cut-up shirts. Shirts must be worn at times. Clothing with wording or pictures that are considered obscene will not be allowed. Towels are required! Use towels to wipe on benches and your sweat.

Q: What about visitors?

A: Visitors are not allowed in the weight room. Please do not bring friends, parents, children, animals, etc. This is a safety risk and only the students enrolled in the class can workout.

Q: Where do I change clothes?

A: You must change clothes in the locker room and not in the weight room.

Q: What about cell phones?

A: Please do not use your cell phones in class.