



Division: Dance, Health and Kinesiology
Course name: Kinesiology 326 Aerobic Super Circuit Lab
Section: 2550 / Semester: Spring 2014

Instructor Name: Jane Witucki
Class Hours: Tuesday/Thursday 9:35 – 11am
Location: PEC 104
Office Hours: Tuesday/Thursday 11:10 – 12:45pm or by appointment

Welcome

This semester, you will work to develop your fitness skills using a variety of machine weights and cardiovascular equipment. The goal is for you to be a healthier and more knowledgeable person by the end of this course. The skills you learn here will help you succeed both in and out of class. However, your education is ultimately YOUR responsibility. YOU determine your level of success. Successful college students are self-motivated. Successful college students understand the importance of practicing the skills learned. You can do it and I'm here to help.

Course Description

Each student will assess their level of physical fitness and use that information to develop and implement a personalized exercise program.

Required Materials

Workout clothing and tennis shoes
Small towel

Recommended Materials

Lock for student locker room (optional)

Course Objectives

Students will identify and explain the five components of fitness.

Students will be able to identify and demonstrate neuromuscular coordination, flexibility and cardio-respiratory fitness.

Student Learning Outcomes (SLO)

Using traditional fitness movements and patterns, students will learn sequences that are focused on building muscular strength, endurance and flexibility.

Through the use of repetitious exercises and movement sequences students will demonstrate increased movement vocabulary.

Course Requirements and assignment guidelines

Grades are based on class participation, a pre and post fitness test and a final skills demonstration exam. Absences will adversely affect your grade. To succeed in this class you must actively

participate on a regular basis. No credit will be given for sitting in the classroom. If you arrive more than 20 minutes late you will not receive credit for the class.

Grading

Absences, will affect your grade in the following manner:

0 – 3	absences	A
4	absences	B
5	absences	C
6	student should drop the class	
7 or more		F

Failure to complete the pre and post fitness test will lower your grade by one letter.

Failure to complete the final exam skills demonstration will lower your grade by one letter grade.

Class Policies

Attendance

Because participation is an integral part of this course, attendance is mandatory. Up to 3 absences are allowed. After that your grade will be affected. Students are expected to attend every class meeting, to arrive on time and stay throughout the class period. Students may be dropped from class for excessive tardiness or for failure to attend the first two class sessions.

Preparedness

Because students must change into exercise attire for this class you will be given an extra 10 minutes to report to the classroom. You should be dressed and in the Fitness Center by 9:45am at which time I will take attendance. Students may leave the classroom starting at 10:45am to shower and change before their next class.

Cell Phones, iPods, etc.

Electronic devices may be used for music only. No phone calls or texting during class.

College Policies:

Student Conduct

According to code 9803.15, disruption of classes or college activities is prohibited and will not be tolerated. Refer to the catalog and the Standards of Student Conduct in the Schedule of Classes for more information.

Recording Devices

State law in California prohibits the use of any electronic listening or recording device in a classroom without prior consent of the instructor and college administration.

Campus Resources

If you are having problems, don't let them snowball. Come and talk with me and check out some of the campus resources available to you.

Office of Disabled Student Programs and Services (DSP&S)

Student Services Building room 320, phone: 310-287-4450

West Los Angeles College recognizes and welcomes its responsibility to provide an equal educational opportunity to all disabled individuals. The Office of Disabled Students Programs and Services (DSP&S) has been established to provide support services for all verified disabled students pursuing a college education. DSP&S students may qualify for: priority registration, registration assistance, special parking permits, sign language interpreters and assistive technology (WLAC College Catalog).

Student Acknowledgment

(Please return this sheet to the instructor)

“I _____, have completely read this syllabus and understand and agree to the course requirements.”

Please indicate below, any special needs or circumstances that may have some impact on your work in this class, and for which you may require special accommodations, including but not limited to physical or mental disabilities, inability to arrive in class on time or need to leave class early, observance of religious holidays, etc.

Special needs or circumstances: