WEST LOS ANGELES COLLEGE  
Division of Kinesiology

Course: KIN 329 Body Conditioning (1 Unit)  Instructor: Mr. Marguet Miller  Section: 2438
Location: PECS A  Day/Time: M-TH (10:20 am-12:25 pm)  Semester: Summer 2014
Office Hours: M-TH 1:00 pm-2:30 pm  Location: C-1 building  Email: millerm@wlac.edu

COURSE DESCRIPTIONS:

This course is a combination of aerobic and callisthenic activities. Emphasis is on physical fitness through regular exercise. Body mechanics, nutrition and diet information will also be provided.

Student Learning Outcomes (SLO’s):

1. The student will be able to summarize general nutrition and diet information.
2. The student should be able to apply fitness activities for a healthy lifestyle.
3. The student will identify strength, endurance, and core development activities.
4. The student will employ functional strength training with fit balls, hand weights, and other unique tools that are effective ways to improve lean muscle mass with tremendous gains in balance and coordination.

Course Evaluation:  
Letter Grades:

<table>
<thead>
<tr>
<th>Attendance</th>
<th>35%</th>
<th>(120 points)</th>
<th>90 – 100%</th>
<th>A</th>
<th>305-340 points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Class Participation</td>
<td>35%</td>
<td>(120 points)</td>
<td>80 – 89%</td>
<td>B</td>
<td>270-304 points</td>
</tr>
<tr>
<td>Mid-term</td>
<td>15%</td>
<td>(50 points)</td>
<td>70 -79%</td>
<td>C</td>
<td>235-269 points</td>
</tr>
<tr>
<td>Final</td>
<td>15%</td>
<td>(50 points)</td>
<td>60 – 69%</td>
<td>D</td>
<td>200- 234 points</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(340 total points)</td>
<td>0 -59%</td>
<td>F</td>
<td>0 - 199 points</td>
</tr>
</tbody>
</table>

Grading Procedure:  

<table>
<thead>
<tr>
<th>24 graded class sessions (5 points per class)</th>
<th>Class Structure: (125 minutes)</th>
</tr>
</thead>
<tbody>
<tr>
<td>24 graded sessions w/participation (5 points per class)</td>
<td>Class Introduction (10 minutes)</td>
</tr>
<tr>
<td>1 Mid-term (100 points)</td>
<td>Physical Activity (90 minutes)</td>
</tr>
<tr>
<td>1 Final (100 points)</td>
<td>Break/Clean-up (10 minutes)</td>
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<tr>
<td></td>
<td>Lecture (20 minutes)</td>
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</table>
**General Course Outline:**

Week 1: Introduction to the various techniques of the course & Fitness Assessment

Weeks 2-6: Continue with overall body conditioning

**Attendance and Participation:**

If you arrive late to class it will count as a tardy. Three tardies will result in one absence or a loss of five points (5 points) being deducted from your total grade.

**UNIFORM:**

Proper attire is required at all times:

A. Athletic or active shoes – No sandals, open toed shoes, boots, or heels allowed.

B. Shorts or sweats only – No jeans, casual pants, or cut-offs.

C. 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.

**DROPS:**

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.

**Disabled Students Programs & Services**

Students who have special needs because of physical, communication, or learning challenges are invited to visit the DSPS program office intake, and speak to a program representative about program eligibility and services.

**General Comments:**

All students are asked to respect all others in class (no swearing or cursing). Any student caught plagiarizing or cheating will be given a failing grade and reported to the Dean of Students for further disciplinary action. NO CELL PHONES IN USE DURING THE CLASS PERIOD.

**Academic Dishonesty**

Board Rule 9803.12 Dishonesty

Dishonesty, such as cheating, or knowingly furnishing false information to the College
Name: _________________

*Warm-up (walk/jog around room)

**Upper Body:** **Core:** **Lower Body:**

Push-ups: _______  Sit-ups (60 sec): _______  Squats: _______

**Flexibility:** **Cardiovascular:**

Sit & Reach: ________ 1-Mile: _______

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**Mid-Term**  7/22/14

**Upper Body:** **Core:** **Lower Body:**

Push-ups: _______  Sit-ups (60 sec): _______  Squats: _______

**Flexibility:** **Cardiovascular:**

Sit & Reach: ________ 1-Mile: _______

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**Final Exam**  8/14/14

**Upper Body:** **Core:** **Lower Body:**

Push-ups: _______  Sit-ups (60 sec): _______  Squats: _______

**Flexibility:** **Cardiovascular:**

Sit & Reach: ________ 1-Mile: _______
Name: ________________________

1) Describe your workout history during the past year: Please Circle
   Aerobic training: often    seldom    none
   Weight training: often    seldom    none

2) What would you like to:
   Improve: ________________________________________________
   Reduce: ________________________________________________
   Eliminate: ______________________________________________

3) Do you have any medical limitations?
   ________________________________________________________

4) Are you under the care of a physician or rehabilitation specialist?
   ________________________________________________________

5) Personally, what goal would you like to achieve in this class?
   ________________________________________________________

6) Has a doctor ever informed you of a heart condition and recommended only medically supervised
   physical activity? Yes_____      No_____ 

7) Do you have chest pain brought on by physical activity? Yes_____ No_____ 

Medical History: Please check all conditions that apply.

   ____ Heart Disease or Stroke    If yes, are you taking medication ____
   ____ Cancer                    If yes, are you taking medication ____
   ____ Pregnant                  If yes, are you taking medication ____
   ____ Arthritis                 If yes, are you taking medication ____
   ____ Lung Disease              If yes, are you taking medication ____