



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@wlaac.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:

Attendance	35%	(120 points)
Class Participation	35%	(120 points)
Mid-term	15%	(50 points)
Final	15%	(50 points)
		(340 total points)

Letter Grades:

90 – 100%	A	305-340 points
80 – 89%	B	270-304 points
70 -79%	C	235-269 points
60 – 69%	D	200- 234 points
0 -59%	F	0 - 199 points

Grading Procedure:

- 24 graded class sessions (5 points per class)
- 24 graded sessions w/participation (5 points per class)
- 1 Mid-term (100 points)
- 1 Final (100 points)

Class Structure: (125 minutes)

- Class Introduction (10 minutes)
- Physical Activity (90 minutes)
- Break/Clean-up (10 minutes)
- Lecture (20 minutes)

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

(Fitness Assessment) 7/7/14

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: _____

(Mid-Term)

7/22/14

Upper Body:

Core:

Lower Body:

Push-ups: _____

Sit-ups (60 sec): _____

Squats: _____

Flexibility:

Cardiovascular:

Sit & Reach: _____ 1-Mile: _____

(Final Exam)

8/14/14

Upper Body:

Core:

Lower Body:

Push-ups: _____

Sit-ups (60 sec): _____

Squats: _____

Flexibility:

Cardiovascular:

Sit & Reach: _____ 1-Mile: _____

