



WEST LOS ANGELES COLLEGE

Kinesiology Athletics 552 Summer 2014

Intercollegiate Sports-Conditioning and Skills Training (1 Unit)

Instructor: Mr. Marguet Miller

Office: C-1 Building

Phone: 310-287-4453

Office Hours: M-TH 1:00 pm-3:00 pm

E-mail: millerm@wlaac.edu

Class Location: Athletic Field

Day/Time: M-TH 3:30 pm- 6:35 pm

Section: 2955

Course Description

This course is designed for the student athlete and will cover physical conditioning, strength training and aerobic conditioning.

Student Learning Outcomes for Physical Education 552

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.

Attendance

You are required to attend every class session. There are twenty-three 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: 120 points	90%-100%	A 225-250 points
Participation: 120 points	80%-89%	B 200-224 points
Final: 10 points	70%-79%	C 175-199 points
-----	60%-69%	D 150-174 points
250 points	0-59%	F 0 - 149 points

Standards

If there is no activity for two consecutive weeks on your workout card, 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. 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.

Disabled Students Programs & Services

Students who have special needs because of physical, communication, or learning challenges are invited to visit the DSPPS 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

Physical Education 552 Final

- 1) Please name two muscles that the bench press develops.

- 2) Please name the exercises that you have used in this class to develop the quadriceps muscles.

- 3) Please name the exercises that you have used in this class to develop the hamstring muscles.

- 4) The arm curl will develop which muscle.

- 5) Please name the exercise that you have used in this class to develop the triceps muscles.

- 6) The Toe Raise will develop which muscle.

- 7) Please name at least two exercises that can be used to develop cardiovascular endurance.

- 8) What is the importance of flexibility?

- 9) What is the first thing that you should consider in reducing inches off of your waist line?

- 10) Please name at least two exercises that develop the core.

Physical Activity Readiness Questionnaire

Please read the questions carefully and answer each one to the best of your knowledge: mark "Yes" or "No" to each question. Please ask if you have any questions. Your responses will be treated in a confidential manner.

Has your doctor ever said that you have a heart condition and/or heart disease and that you should only do physical activity recommended by a doctor?

Do you feel pain in your chest when you do physical activity?

In the past month, have you had chest pain when you were not doing physical?

Do you lose your balance because of dizziness or do you ever lose consciousness?

Do you have a bone or joint problem that could be made worse by a change in your physical activity?

Is your doctor currently prescribing drugs for your blood pressure or heart condition?

Do you have diabetes?

Do you have asthma? (If yes, you must carry your inhaler with you at all times. NO EXCEPTIONS.)

Are you pregnant?

Do you know of any other reason why you should not do physical activity?

If you answered YES to one or more questions, talk with your doctor before you become more physically active. Tell your doctor which questions that you answered yes.

I have read, understood and completed this questionnaire. Any questions I had were answered to my full satisfaction.

Name: _____

Signature: _____

Today's Date: ____/____/____

Course: _____