LOS ANGELES MISSION COLLEGE Department of Health & Physical Education

PE 666 -Body Conditioning

Fall 2012

Instructor – L. Milke HFAC 202C 818.364.7765 milkel@lamission.edu Office Hours: TTH 12:00-1:00 Wed 2:00-3:00 or by appt.

Number and Title of Course

PHYSICAL EDUCATION 666 – Body Conditioning (1 unit)

Class will consist of various techniques to improve overall strength, cardiovascular and flexibility. Such techniques will include run/walking, use of weight room and studio exercises.

Student Learning Outcome

The student will improve their fitness level by applying sound training principles as learned in class from the PE professional. The student will be able to cite specific fitness assessments and use discipline specific terminology.

Course Objectives

- Throughout the course, students will progressively increase the intensity of their workout in an effort to improve overall cardiovascular endurance.
- 2. Students will understand target heart rate and will learn how to calculate target heart rate.
- 3. Throughout the course, students will use various exercises to improve overall strength and flexibility. They will gain an understanding of ways to increase intensity of exercises to match their physical abilities.
- 4. Students will learn basic Pilates and Yoga techniques in an effort to increase muscle strength, flexibility and relaxation.
- 5. Students will understand basic nutrition and will be taught the basic nutritional needs of the body. They will also learn about caloric needs and how it relates to overall body composition.
- 6. Students will be taught the basic muscles of the body and they will learn the most effective and safe exercises for those specific muscles.
- 7. Students will understand physical fitness principles and the purpose of physical fitness testing.

Evaluation Procedures

1. Participation, effort, and attendance = 75 pts.

Students are expected to participate regularly and put forth effort throughout course.

2. Fitness Test (pre=20, post=20, improvement=10) = 50 pts.

Students will participate in fitness testing that will include but not limited to, a cardiovascular test, curl-ups, push-ups and flexibility test.

3. Article critique = 20 pts

Students will complete an article critique based on an article related to fitness and/or nutrition. Handout to follow.

- 4. Target Heart Rate calculation = 10 pts
- 5. Final exam = 50 pts.

Exam will be given at end of semester and will consist of information from class lectures and class activities.

Total points: 210 pts

Attendance

♦ As this is an activity class, attendance is essential. Participation points will be lowered for every class absence. This class meets once a week, which translate to one absence as the equivalent to a week's worth of participation. There are no make ups to class activities so please make the commitment to attend class regularly.

Tardiness

Again, being on time is expected. Chronic tardies will result in a lowered grade for participation. A warm-up is required for every class so please be on time.

<u>Class Format:</u> Class will generally consist of a warm-up, cardiovascular and muscular strengthening segment followed by a flexibility segment. Designated days will be spent completing fitness testing and there will also be class meetings focusing on lecture material.

<u>Attire</u> Proper shoes and attire are required for class. It is recommended that each student wear comfortable workout attire (ie. sweats, T-shirts, shorts, etc.). No jeans or cargo shorts permitted. I highly suggest you bring a lock with you in order to lock up valuables and miscellaneous items during class time. Also, please bring a towel to every class meeting.