LOS ANGELES MISSION COLLEGE
Department of Kinesiology

**Number and Title of Course**: KIN 035 Adapted Activites Fall 2013

**Instructor**: Steve Paredes
**Office**: Thu 1030am or by apt. **Hours:** Tue/Thu 0930-1030
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**Catalogue Description:**

Course content is designed to emphasize physical fitness and activities for individuals with special needs. Emphasis on muscular strength, cardiovascular improvement, and flexibility through adapted activities and individually prescribed exercise programs. Evaluation of individual needs and fitness programming are included. The students will show improved fitness levels by participation in modified exercises. The student, with the instructor, will be able to create and follow a personal exercise program for lifelong fitness

**Course Objectives**:

By the end of the semester the student will be able to:

1. Show evidence of general strength gain in determined muscle groups of the body.
2. Demonstrate proper techniques inherent in different lifting styles.
3. Describe programs designed to meet specific objectives, such as local muscular strength and endurance, postural (core) strength, injury prevention, static and dynamic balance, hypertrophy, and circuit training.
4. Plan a program of activities to meet individual strength and endurance goals.
5. Explain the benefits of weight training and other forms of resistance training in relation to fitness.
6. Develop a system of record-keeping to demonstrate objectives.

**Student Learning Outcome:**

Students will show improved fitness levels by participation in modified exercises. The student, with the instructor, will be able to create and follow a personal exercise program for lifelong fitness.

**Course Outline:**

1. Basic concepts of strength training
2. Muscle group selection and program planning:
    a. Training methods
    b. Record keeping
    c. Testing procedures
3. Biomechanics of lifting
4. Concepts of specificity in adaptation
5. Program types:
    a. Core strength
    b. Hypertrophy general
    c. Circuit training
    d. Muscular endurance
6. Warm-up, cool-down, injury prevention, and safety factors.

**Evaluation**:

The student will be evaluated as followed:

| | |
|---|---|
| 1. Participation, performance, and attendance | 50% |
| 2. Assignments | 25% |
| 3. Workout Log | 25% |

**Class Guidelines:**

1. Workout clothes must be worn. You will not be allowed to participate with open-toe shoes.
2. No food or drink other than plastic water bottles

3. Bring a towel
4. All requirements must be met to pass the class
5. Report equipment problems immediately to your instructor.

SPECIAL ACCOMMODATIONS

If you require special accommodations for a disability, religious holiday, or any other reason please inform your instructor(s) within the first week of the course and we will accommodate you if at all possible. For accommodations due to disability, you must consult with the Disabled Students Programs and Services Office after which we will abide by their recommendations.

COLLEGE RESOURCES FOR LAMC STUDENTS

Admissions and Records: Students can register for classes, request transcripts, file petitions for graduation, and drop classes at this office. For more information call 818-833-3322 or visit: http://www.lamission.edu/admissions/

Assessment Center: Offers student assessments in English, English-as-a-Second-Language (ESL) and Mathematics. Please contact the Assessment Center at (818) 364-7613 for more information or visit http://www.lamission.edu/assessment/

Bookstore: For hours of operation, book availability, buybacks, and other information call 818-364-7767 or 7768 or visit http://eagleslanding.lamission.edu/default.asp

Counseling Department: For appointments and information call 818-364-7655 or visit http://www.lamission.edu/counseling/

Disabled Students Programs and Services (DSP&S): For appointments, eligibility and information call 818-364-7732 or visit http://www.lamission.edu/dsps/

Extended Opportunity Programs and Services (EOP&S): For appointments, eligibility and information call 818-364-7645 or visit http://www.lamission.edu/eops/

Financial Aid: For information and applications call 818-364-7648 or visit http://www.lamission.edu/financialaid/

Library: For information on hours, resources, workshops, and other services contact 818-364-7106 or visit http://www.lamission.edu/library/

STEM Office: For information on free tutoring, resources and academic counseling for STEM (Science, Technology, Engineering, and Technology) students visit: http://www.lamission.edu/stem

Tutoring Services in Learning Center: Laboratories for Learning, Writing, Math & Science. Walk-in and appointment services offered. Call 818-364-7754 or visit www.lamission.edu/learningcenter/

Three Attempt Limit

A new state policy in effect as of 2012 limits students to three attempts per course. Receiving a grade or a "W" for a course counts as an attempt, regardless of when the course was taken. Withdrawal by the deadline to avoid a "W" will not count as an attempt. For spring 2013 the deadline to avoid a “W” is Monday, February 18th.