

LOS ANGELES MISSION COLLEGE
Department of Arts, Health and Physical Education

Number and Title of Course: P.E. 295

Fall 2012

Instructor: Steve Paredes

Office: Wed 10am /Tue 10am

Hours: Mon/Wed 1035-1130

Tue/Thu 900-0955

Phone

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Student Learning Outcomes :

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.

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.

Course Learning 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 lifting 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. Explain the benefits of weight training and other forms of resistance training in relation to 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. General Hypertrophy
 - c. Circuit training
 - d. Muscular endurance
6. Warm-up, cool-down, injury prevention, and safety factors.

Evaluation:

The student will be evaluated as followed:

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| 1. Participation, performance, and attendance | 50% |
| 2. Assignments | 25% |
| 3. Workout Log/Demonstration of exercise | 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