

LOS ANGELES MISSION COLLEGE
Department of Kinesiology
COURSE OUTLINE
Body Conditioning – KIN 329 HFAC 205
Section #2029 MW 7:15am-8:40am
Fall 2013

Instructor

Shelly Jefferis, MA Kinesiology
Office # 818-364-7600 ext. 4196
Office hour: Mon. & Wed. 8:45am - 8:55am HFAC 208, Monday 10:20am-11:00am HFAC 202, Monday 6:00pm-6:30pm HFAC 206 & by appt.
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Course Description:

The class will include various aerobic activities to enhance cardiovascular conditioning. Weight resistance exercises and stretching exercises will be included to develop muscle strength, endurance, and flexibility. Training principles and concepts along with nutritional information will be introduced.

Number and Title of Course:

KINESIOLOGY 329 – *Body Conditioning-HFAC 205* (1 unit)

Class will consist of various techniques to improve overall strength, cardiovascular and flexibility. Class will utilize hand weights, resistance bands, and exercise balls. Students will also be introduced to Pilates and yoga techniques for improving overall strength and flexibility.

Textbook:

Get Fit, Stay Well Authors: Janet L. Hopson, Rebecca J. Donatelle, Tanya R. Littrell, (Brief Edition)

Student Learning Outcomes (SLO's):

At the conclusion of the course,

1. The student will improve their fitness level by applying sound training principles and dietary concepts learned in class from the PE professional. The student will be able to recognize and cite specific fitness assessments and use discipline specific terminology in written/oral communication.
2. The student will be able to exercise at a moderate level of intensity sufficient to raise the heart rate to a level that will increase cardiovascular efficiency.
3. The student will be able to monitor his or her heart rate and level of exercise during activity.
4. The student will improve his or her level of physical fitness/conditioning through incorporating various components of fitness during exercise sessions. Improvements will be determined from pre/post physical fitness testing.
5. The student will be knowledgeable of specific activities and techniques that are effective for improving cardiovascular condition, muscle strength, and flexibility.
6. The student will understand the numerous benefits associated with physical fitness/exercise and will develop an appreciation toward the importance of physical activity.
7. The student will understand the essential nutrients needed by the body and current nutritional guidelines.
8. The student will know names and locations of basic muscles of the body and will understand effective strengthening and flexibility exercises for those muscles.
9. The student will understand various physical fitness testing, the purpose of each test administered and the technique needed to improve in each test.

Course Objectives

1. 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 learn about 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 and effort = 80 pts.
Students are expected to participate regularly and put forth effort throughout course. Students must arrive on time and be dressed appropriately. Attendance will affect overall participation points. (see below)
2. Skills Test = 20 pts
A pre and post skills test will be given to all students determining their level of understanding of how to execute certain exercises correctly. A rubric will be used to assess each student.
3. 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.
4. Article critique = 20 pts
*Students will complete an article critique based on an article related to fitness, health and/or nutrition. Article needs to be current (last 3 years) and needs to be taken from a reputable source. Critique **must be typed** and one page in length.*
5. Final exam = 50 pts.
Exam will be given at end of semester and will consist of information from class lecture, class activities, and textbook.

Total points: 220 pts

Attendance

- ◆ **three absences** are permissible
- ◆ **four absences** - deduction of 10 points from participation points
- ◆ **five absences** - deduction of 20 points from participation points
- ◆ **six absences** - deduction of 30 points from participation points -
- ◆ **seven absences** - deduction of 40 points from participation points

(Make-Up Policy: IF student receives more than 3 absences, make-ups **might** be permissible, see instructor for details.)

****Tardiness**

Being tardy to class three times will equal one absence. Please notify instructor if you will be tardy to class.

Excessive tardiness will affect participation points.

Class Format:

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. Proper shoes are **required** for class. It is recommended that each student wear comfortable workout attire (ie. sweats, T-shirts, shorts, etc.). **Please bring towel and water bottle to class.**

Extra information:

Please arrive to class on time and be prepared. There will be no use of cell phones during class unless an emergency. Be prepared for workouts and lectures each class meeting. You are responsible for lecture material and announcements made in class. If you are absent or arrive late, you must ask another student for the information.

Important Dates/Holidays:

- Labor Day September 2nd
- Veteran's Day November 11th
- Thanksgiving break November 28th -December 1st

- Last day to add – September 6th, last day to drop – September 8th (online only)
- Classes end December 7th

Final Exam Schedule:

Mon/Wed Body Conditioning 7:15 am class: Monday December 9th 7:30 am – 9:30 am
Mon/Wed Yoga 8:50 am class: Monday December 9th 10:00 am – 12:00 pm
Mon/Wed Strength Training 7:00 pm class: Monday December 9th 8:00 pm – 10:00 pm

NOTE:

A new state policy in effect as of Summer 2012 limits students to 3 attempts per course. Receiving a grade or "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. Withdrawal by February 18th 2013 (avoiding a "W") will not count as an attempt.