Syllabus for Body Conditioning

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Office: HFAC 202D
Fall, 2013

KIN 329 section# 2030
7:15am-8:40am
[fitness center]

Off hrs. Monday, 12:05-12:35pm
Hrs: T 11am-1:30pm, Th 11am-1:30pm
W 12:30-1pm, at the lanes,
or call to arrange a time

cooperck@lamission.edu (handouts can be found on my website, click on Kinesiology)

Student Learning Outcome: Students will be able to improve their fitness level by applying sound training principles and dietary concepts recommended by professionals in the physical education discipline. To recognize and cite specific fitness assessments, use discipline specific terminology in written communication. Student will be able to demonstrate "consistency behaviors".

Objectives: To attain, improve and/or maintain a level of fitness by participating regularly in the activity and by applying knowledge of the fitness principles learned.

Required material: Student ID, 3 ring ½ or 1" notebook, assignment papers such as waiver and assessment forms, appropriate athletic or activity clothing, athletic shoes, approximately 23"x45 size towel at all class sessions.

Optional material: Water in an unbreakable bottle, weight lifting gloves, pedometer, wrist stop watch, heart rate monitor, body monitors, or other training aids. No cell phones, IPods, or other electronic devices please.

Class content: *Pre & Post Assessments, *Written tests & exercise program plan* Muscle strengthening, cardiovascular and flexibility exercises. Equipment, personnel, and facility procedure and care *Lecture Assignments: Due 1st week-Waiver/Assessment form , Assessment Evaluation form (both on HFAC website) Exercise Program Plan Worksheet, Physical Exercise Questionnaire, Muscle Chart & Quiz fill in sheet

Class time T-Th, 1h:25min. General agenda- Roll & check in, warm up, aerobic conditioning up to 30 minutes, muscle conditioning, stretching and lecture for 40 minutes, and last 15 min. for clean up, shower, dress, checkout.

Grading: Participation, Improvement, and Knowledge

Points system:

A= 87% of total points	*10pts per full participation per class*
B= 77%-86% of points	*30pt quiz + 30pt final =60 pts possible in written knowledge*
C= 67%-76% of points	*fitness performance= up to 40 pts possible for improvement*
D= 57%-66% of points	
F= below 57%	*final is Dec.10, Tuesday, 7:30-9:30 am*

Participation:

10 points = full participation per class, level 5 on the Rubric (see below).Includes consistently taking part in lecture and activities while following set standards and rules. Including completing and handing in assignments by deadlines, being on time, leaving when dismissed, dressing appropriately, bringing required materials & supplies, and demonstrating respect to all staff, students, and property.

-10 points-does not participate due to any reason, including not meeting dress code or disruptive behavior that deems expulsion from the class environment. NOTE: There is no "making up"classes as the clock cannot be turned back. Notes or written emails excusing you*

from not participating have no value. If you do not participate in class on any day, for whatever reason, points cannot be earned or added to your total.

*You will not be able to enter or participate if fitness center rules are not abided by. See rules posted or on waiver form. Safety first! No points or credit can be earned if not participating.

Fail = If a student drops below 57% of participation points, or does not participate in 7 or more classes, student success and safety will be compromised. In this case the student may be excluded, asked to drop, or failed depending on the time of the non participations in the semester.
Note: After 2 continuous non-participations occur, the student may be dropped from the class unless the instructor is notified of intent. Even if notified, once a total of 6 non-participations occur, the student will be excluded from the class, and will not be reinstated. No exceptions. This is for safety and to promote students earning a passing grade

Late to class? 1 point is deducted for each minute late to class, and/or for leaving before dismissal. Note that If 10 minutes of class is missed, no points are earned for point total.
Late is defined-1 minute after class start time, leaving early is defined-1 minute before dismissal. No credit, meaning no points, may be earned after you enter 10 minutes beyond class start time, or leave 10 minutes before class dismissal as 1 point per minute is deducted for each minute past class start time.

Pre and Post assessments are required. If any physical assessment is missed, it is your responsibility to arrange to completing the assessment within 5 days from when the assessments were performed during our class time. Contact the fitness center personnel to arrange 'assessment make ups". If this is not done, the participation and improvement points will be effected negatively.

Rubric (Standard) for Full Participation credit

5 Always

-Follows rules of the facility, school, classroom and safety guidelines as indicated on the syllabus and forms. Keeps email address current and on file with Mission College, notifying the school and instructor of any change.
-Follows procedures, brings and signs all policy forms and waivers by due dates,
-Brings required materials, towel, student ID, creates, organizes, and maintains a folder, notebook and/or assignments.
-Follows instruction and only does what the instructor directs them to do and only performs movements that he/she has received instruction on and deems self physical ready for.
-Dresses in proper athletic sportswear, ready for activity the first minute of class & stays active and in the classroom participating until dismissed.
-Replaces equipment and practices sanitary, safe policies, modifies movement to personal physical conditions.
- Respectful to personnel, facility, and notifies authority personnel of recognized problems. Helpful, cooperative, polite, clean language, and makes the classroom environment a better place.
-Completes pre & post assessments within 5 days of class assessment time.
-Notifies instructor if feeling ill or recognizes fellow student is ill or distressed during class, does not enter or leave the classroom without notifying the instructor, does not leave classroom unless dismissed, and only takes items out of classroom that belong to them.

4 Demonstrates most of the listed participation behaviors, most of the time.
3 Demonstrates some of the listed participation behaviors, some of the time.
2 Demonstrates few of the listed participation behaviors, few times
1 Does not demonstrate the participation behaviors

10 points = full participation per class, level 5 on the Rubric (see above).
8-9 points = most, but not all are demonstrated
6-7 points = some are demonstrated
4-5 points awarded if few are demonstrated
0 points earned if participation behaviors are not demonstrated

Note: Fitness components included in Improvement: Cardio, muscle strength, muscle endurance and flexibility. Assessments are the Mile or STEP test, curl up, push up, sit and reach test.

Improvement: Demonstrates significant increased fitness level in
4 of 5 components of fitness =40 pts.
3 of 5 components of fitness=35 pts.
2 of 5 components of fitness=30 pts.
1 of 5 components of fitness=25 pts.
Demonstrates a decrease in fitness level, no improvement, or no assessment score=0pts

Knowledge: Muscle/Exercise Quiz – 30pts possible Final: Tues. ,Dec. 10th,10:00am-12pm
Written final- 30 pt. test HFAC, Room 109

60pts are possible. 1 point is earned for every correct answer per question. There are no make ups for tests or classes. Late papers will not be accepted for credit (points).
If a student does not take the final exam, the highest grade that may be earned is a "C".

Roll Call IN & OUT-Class activity begins on the hour, 7:15 am, so it's expected that all students are dressed for activity with towel in hand at 7:15 am and stay until dismissed. Although, the last 15min.is reserved for cool down, clean up, and clarifying.
Upon arrival prior to 7:15am, and when you are dressed and ready, report to me by handing your color card to me directly. I accept your card from you only. For legal monitoring of your participation and for a grade, I do not rely on my or your memory as a measurement. It is your responsibility to follow roll call procedure.

Class activity begins on the hour. If you have missed the warm-up session, please remember to properly warm up before joining in the activity. If you must leave the class before our "cool down" session, or our session does not take place within class time period due to multiple reasons, it is your responsibility to cool down and stretch your muscles for a minimum of 30 seconds each on your own.
Warm up= A light version of the activity you will be doing. Focus on your body and your environment, gradually increase your body temperature by moving until you feel warm. It is not recommended to stretch cold muscles.
Cool down= A light version of what you just did. Gradually taking your pulse down to normal and perform a static stretch on your major muscle groups for 30 seconds minimum.

To reduce the risk of injury, consult your doctor before participating in this or any other exercise program. The instructions and advice presented are in no way intended as a substitute for medical counseling.

If you have a special need, disability or condition that is of concern, please notify and discuss it with me within 2 weeks of the start of the semester.

Attention: DO NOT DO any movement or activity or action that you have not been instructed to do, and not given instruction on how to do it. The risk of discomfort, injury or even death when engaging in any activity should be acknowledged as part of preservation and welfare.

In physical education classes, touch is a realistic and typical tool that may be used to aid in the learning process. If you have a concern with this method, or special condition that should be addressed, please inform the instructor to discuss agreed upon limitations.

General policy: please...safety first

Never do any movement, skill or activity during class that you have not been instructed to do, or have been given instruction on. Do not use any equipment without instruction or instructors knowledge.

1. Do not bring guests or children. They are not allowed in the gym, studios or classrooms.
2. Remove outside street shoes before entering onto the studio floor or gym floor. Only clean exercise shoes are to be worn on the floors.
3. No gum, candy, food, or drinks. The exception is water in an unbreakable container.
4. Replace all gym weights after use. Put all equipment back in its proper place.
5. If you feel dizzy or sick, stop working and notify the instructor.
6. Notify the instructor if you must leave the classroom, notify upon your return. Thank you.
7. IN THE EVENT OF A DISASTER, INFORM THE INSTRUCTOR BEFORE LEAVING. *Thanks*!