LA Mission College
Department of Health and Physical Education

Number and Title of Course Physical Education 329 – Body Conditioning section 2031 Spring 2014
M. W. 12:15-1:30 HFAC 205

Instructor: Coach Miller
Office: HFAC Ftctr **Hours:** M.W. 11:45-12:15 or 1:40-2:10pm or by appt.
Phone: (818)364-7600 x4214 **E-mail**: millercl@lamission.edu

Course Description:

Class will include various 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.

Student Learning Outcomes:

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

Course 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.

Evaluation:

The student will be evaluated as followed (500pts):

1.	Participation, performance, and attendance	290pts
2.	Mid term	30pts
3.	Final Test	50pts
4.	Target Heart Rate Worksheet	20pts
5.	Fitness Test (pre=10pts, post=10pts, improvement=10pts)	30pts
6.	Notebook	50pts
7.	In Class Quizzes (6 total)	30pts

Attendance Policy:

Students are permitted three absences with no effect on their grade. It is possible to make up an absence with prior approval of the instructor. Two tardies count as one absence.

Grade reduction is as follows:

4 absences lowers grade one full grade
5 absences lowers grade two full grade
6 absences lowers grade three full grade
7 absences receives a Fail

Make-Up Policy: Students will be allowed to make up 3 absences, see instructor for details.

Non-participation for long-term or illness: Students who become injured or seriously ill and are physically unable to participate in class for an extended period of time are required to provide the instructor with medical documentation from a physician immediately after a diagnosis has been made. If material in class is missed, it is the student's responsibility to obtain missed material and information.

Tardiness:

Students are expected to arrive on time and stay until the end of class. You are expected to contact the instructor if there is a problem with arriving to class on time. It is disruptive to your classmates and the instructor when you arrive late to class and you will often miss important announcements. Students who arrive (5 minutes or more) must sign the tardy attendance sheet after class. Tardiness to class will result in a reduction in grade. Leaving early also results in reduction of grade.

Class Guidelines:

1. Comfortable clothes (workout clothes) must be worn with running shoes.
2. Safety is the most important factor. Please listen to your instructor.
3. All requirements must be met to pass the class
4. Bring bags, backpacks, electronics at your own risk (lockers are available).
5. Water is highly recommended.
6. No visitors or spectators are permitted in the training area. This includes family, spouses, children, etc.
7. No cell phones are to be used in class.