Los Angeles Mission College

Department of Physical Education and Health

Course Syllabus

Instructor: Joseph Cascione

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Office Hours:

7-10:30am Tues/Thurs.

7-9am Friday

Title of course

Body Conditioning

Course Description

This course will include various body conditioning activities to enhance muscle endurance and strength. Aerobic activities and stretching exercises will be included to enhance cardiovascular conditioning and flexibility. Training concepts along with nutritional information will be introduced.

Student Learning Outcome

Students will be able to recognize and apply the components of physical fitness. Students will be able to peer teach by instructing and modeling concepts used throughout the course.

Course Objective

At the conclusion of the course, the student will:

1. Be able to exercise at a vigorous and sustained level of movement sufficient to raise the heart rate to a level which will increase cardiovascular efficiency.
2. Be able to apply major aspects of physical fitness to their everyday lifestyle.
3. Be knowledgeable of activities and techniques which are effective for improving body conditioning, strength, and flexibility, and cardiovascular functioning.

Grading Procedures

70% of grade:	Class participation
	3 absences, grade lowered one grade
	4 absences, grade lowered two grades
	5 absences, grade lowered three grades
	6 absences, fail in class
20 %of grade:	Final written exam or Physical exam
10% of grade:	Homework assignments or Note book

Tardies:

Three tardies will equate to one absence

Equipment

Proper shoes are required

Towel

Safe and proper clothing

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.

Class Schedule

Mon/Wed		Tues./Thurs.	Friday
7:30-9:05	Fitness center	10:30-12:05 fitness center	9-12:10 Gym
9:05-10:40	Fitness center		
10:40-12:05	Gym		