



# Los Angeles Mission College

Department of  
Kinesiology  
13356 Eldridge Ave  
Sylmar, CA. 91342  
(818)364-7600

## KIN 350 Weight Training Section 2037

### Course Syllabus

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Semester & Year: Spring, 2014

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Units: 1

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First Day of Class: February 11<sup>th</sup>, 2014

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Final Grades Posted by: June 10<sup>th</sup>, 2014

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Class Days & Times: T & TH 7:15am – 8:40am

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Final Exam: June 3, 2014 7:30am-9:30am

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*Holidays:*

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Instructor: Steve Ruys

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Office Hours: M & W 11am – 1:30pm

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### Course Description

Weight Training and Conditioning includes progressive resistance exercises. There is an emphasis on the knowledge, understanding and values of building muscle strength and endurance. Students will develop their own physical fitness program based upon sound physiological principles

### Student Learning Outcome

1. To develop muscular strength, endurance, and flexibility by applying sound training principles recommended by physical fitness professional organizations.
2. To plan and perform an exercise program for life-long learning.
3. To student will be able to demonstrate "consistency behaviors".

### Course Objective

At the conclusion of the course, the student will be knowledgeable in:

1. Introduction to weight training, conditioning and student responsibilities.
  - Locate activity areas, restrooms, locker room, shower, drinking fountains, entrances and exits.
  - Explain and describe the activities, the fundamental skills necessary for proficiency in class, and personal responsibilities.
  - Define weight training as weight resistance exercise.
  - Explain and discuss the value of weight training and its role in benefiting one's health.
  - Discuss physical readiness, and if necessary, get medical notification to participate in the conditioning program.
  - Identify cardiovascular machines, define their purpose and establish personal settings.
  - Adjust machine seats and extensions to personal settings.
  - Identify weight machines and free weight equipment, storage cabinets and closets.
  - Review rules of the facility and equipment care.
  - Explain what proper footwear, apparel and equipment is needed for a healthy workout.
  - Discuss hygiene and promote awareness of its role in the weight room and gym area.
  - Describe general etiquette and the importance of good manners while working in the gym.
  - Review general exercise safety precautions to be taken during each class.
2. Assessment-Measurement and Evaluation
  - Participate in physical assessments. Interact and cooperate with classmates to help measure stature and ability.
  - Record pre-and post measurements, ratings, and compare performances to the norms provided by reading graphs and tables. Interpret results.
  - Measure percent body fat. Assess if under fat, over fat, obese, or at risk for certain health diseases.
  - Measure range of motion in upper and low body. Determine flexibility limitations.
  - Analyze assessment results and determine strengths and weakness in muscle groups.
3. Fitness -Planning an Exercise Program
  - Explain how each of the five health-related components of fitness are (or) are not addressed by weight training and conditioning.
  - Calculate target heart rate. Record target heart rate zone. Describe the purpose of reaching your personal THR zone.

- Describe and explain cardiovascular circulation and heart health. Discuss the recommendations for cardiovascular conditioning, muscle strengthening, muscle flexibility, and for lean and fat mass.
  - Identify FIT and explain its application to each component of fitness.
4. Training Principles and Concepts
    - Create an exercise program based upon sound physiological principles
    - Explain gradual progression and specific adaptation to imposed demand, and the physiological response to no demand.
    - Describe the advantages and disadvantages of including a variety of exercises and activities in a program.
    - Discuss fat distribution and reduction.
    - Discuss the importance of consistency and its relationship to dose in exercise.
  5. Safe and Effective Weight Training
    - Define a warm up, the process of warming up and the benefits to injury prevention.
    - Identify correct postural alignment, the biomechanics of lifting properly, and potential short term or long term damage to the body.
    - Emphasize the importance of flexibility and its relationship to muscle strength and care.
    - Review safety techniques in handling supplies, equipment and partners.
    - Describe safe spotting technique and the importance of partner communication.
    - Explain R.I.C.E, resting a body part, applying ice, compressing and elevating the part when an injury occurs.
    - Describe common injuries that occur when exercising.
  6. Free Weights vs Machines and Exercises and Skills
    - Identify and name machines, equipment, tools, workout aids, and supplies that are used in resistance training.
    - Explain the advantages and disadvantages of using free weights and machine weights.
    - Describe and discuss the use and care of barbells, dumbbells, collars, pins, mirrors, gloves.
    - Describe and use various grips and establish a grip to use throughout exercises
    - Name the major muscle groups and one exercise to enhance the muscle or muscle group.
    - Discuss the weight lifting techniques conducive to achieving fitness goals while reducing the risk of injury by training movement, not muscle.
    - Discuss variations of executing an exercise and the emphasis.
    - Introduce the body parts to be developed, strengthened and toned. Identify muscles and exercises to condition those muscles.
    - Assess the number of repetitions and sets to be performed and compare them with the resistance needed to stimulate change.
    - Discuss sequencing exercises from large muscle groups to smaller, moving through a range of motion, breathing while moving.
    - Discuss the placement of abdominal work within the sequence of a weight training program.
    - Explain that large muscle groups require higher levels of resistance with lower repetition; medium muscle groups with moderate resistance and repetition, and small muscle groups with low levels of resistance.

### **Grading Procedures**

A	90-100%	360-400
B	80-89%	320-259
C	70-79%	280-319
D	60-69%	240-279
F	0-59%	001-239

1. 25% of grade – Improvement 100 pts. (based on pre and post tests)
2. 25% of grade – Workout Log 100 pts. (based on Rubric)
3. 50 % of grade - Class Participation (30 classes x6.67=200 pts.)

6.67 points = Full participation per class includes consistently taking part in lecture and activities while following set standards and rules. This includes completing and handing in assignments by deadlines, being on time, leaving when dismissed, and dressing appropriately.

### **Participation:**

- 6.67 points = full participation per class.
- 4-5 points = most, but not all are demonstrated
- 3 points = some are demonstrated
- 1-2 points awarded if few are demonstrated
- 0 points earned if participation behaviors are not demonstrate.

## **Class Information**

**Before you are allowed to participate in the class you MUST be present for the orientation and sign the mandatory waiver form. There are no exceptions.**

### **Waiver Forms**

You must print, sign and turn in a waiver form before you are allowed to participate in class. If you are a minor, you will need to have your parent or legal guard sign the waiver form. The waiver form can be downloaded at <http://www.lamission.edu/fitness/docs/HFAC%20Waiver%20Form%201.6.pdf>

### **SPECIAL ACCOMMODATIONS**

If you require special accommodations for a disability, religious holiday, or any other reason please inform me within the first week of the course and I will accommodate you if at all possible. For accommodations due to disability, you must consult with the Disabled Students Programs and Services Office (818) 364-7732, after which we will abide by their recommendations.

### **Warm-ups**

All class meetings will begin with a light warm up. There will be no participation in classroom activities without participating in these warm up activities. This is to decrease your chance of injuring yourself.

### **Cell Phones**

Do not use your cellphone during class time. Turn them off before you come into the classroom. You will lose participation point if you are on your phone.

### **Be Punctual**

I advise you to arrive on time for class. On the days when we have quizzes, you will not be given that quiz if you arrive after the quiz has been given out.

### **Class Attendance**

As this is an activity course, it is extremely important that you attend class regularly to be able to accumulate participation points. Your personal fitness results will suffer if you have erratic attendance.

### **Make Up Policy**

There will be no make-up sessions for this class.

### **Equipment**

1. Proper shoes are required
2. Towel
3. Bottle of water

### **Dress Code**

All students are required to adhere to the dress code provided in the orientation. No jeans, cargo pants, or street clothes of any kind. Workout clothing is mandatory to participate in the class. Each student has access to a locker during class time. Please bring your own lock.

### **Gym Policies**

1. No guests or children allowed.
2. Only clean exercise shoes are to be worn.
3. No gum, food or drinks. The exception is water in an unbreakable bottle.
4. If you feel dizzy or sick stop working and please notify the instructor.

***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 any medical counseling you have received.***

## Personal Workout Program

Student designs and implements a personal fitness program for the semester.

	<b>Poor 2 pts</b>	<b>Fair 3 pts</b>	<b>Good 4 pts</b>	<b>Exceptional 5 pts</b>
<b>Goal Setting</b> Establish short-term and long term goals based on health related components and initial assessment	Poor  -General goals for some health related components. -Goals are not based on initial personal assessment	Fair  -General goals for at least three health related components. -Some (25%) goals are based on initial personal assessment. -Has at least one specific short-term & long-term goal.	Good  -Has at least one specific short-term & long-term goal for all health related components. -Most (50%) goals are based on the evaluation of the initial assessment data.	Exceptional  -Has at least one specific short-term & long-term goal for all health related components. -All goals are based on the evaluation of the initial assessment data.
<b>Components of Health Related Fitness</b> Four components of health are represented in the program. -cardiorespiratory -Muscular strength -Muscular endurance -Flexibility	Poor  -One component is represented in the program.	Fair  -Two components are represented in the program.	Good  -Three components are represented in the program.	Exceptional  -All components are represented in the program.
<b>Planning</b> Development of the actual workout program	Poor  -Plan addresses some (25%) of the stated goals. -Activities are irrelevant or are not sequenced properly.	Fair  -Plan addresses most (50%) of the stated goals. -Some (25%) activities are irrelevant and are sequenced properly.	Good  -Plan addresses all of the stated goals. -Most (50%) activities are relevant and are sequenced properly.	Exceptional  -Plan addresses all of the stated goals. -All activities are relevant and are sequenced properly.
<b>Implementation</b> Journal is filled out program is implementing throughout the semester.	Poor  -Insufficient evidence of implementation of program. -Program not recorded on daily log sheets.	Fair  -Implemented some (25%) of planned activities. -Program logs are incomplete.	Good  -Implemented most (50%) of planned activities. -Program logs are complete.	Exceptional  -Implemented all of planned activities. -Program logs are icodeplete.
<b>Organization</b> Organization of the program	Poor  -The program's format and organization is confusing to the reader.	Fair  -The program is well-formatted and well-organized	Good  -The program's format is attractive and well-organized.	Exceptional  -The program's format is attractive and well-organized