



Los Angeles Mission College

Department of
Kinesiology
13356 Eldridge Ave
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(818)364-7600

KIN 329 Body Conditioning Section 2039

Course Syllabus

Semester & Year: Fall, 2014

Units: 1

First Day of Class: September 3rd, 2014

Final Grades Posted by: December 20th, 2014

Class Days & Times: M & W, 8:55am-10:20am

Final Exam: December 15th, 10am-12pm

Holidays: 9/1, 11/11

Instructor: Steve Ruys

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Office: HFAC 103E

Office Hours: M & W 11am – 1:30pm

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.

Student Learning Outcome

- Improve fitness levels by applying sound training principles and dietary concepts recommended by professionals in the physical education discipline.
- Recognize and cite specific fitness assessments, use discipline specific terminology in written communication.
- Demonstrate "consistency" behaviors.

Course Objective

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

1. Orientation, introduction of the facility, equipment, class procedures.
 - Locate the activity facility, assessment lab, locker-room and bathroom facilities.
 - Describe planned activities, appropriate clothes and footwear for movement, exercise aids and devices.
 - Identify equipment, supplies and storage areas used in class.
 - Read and complete required forms regarding class policy, safety procedures, and assessment data form.
 - Review facility policy, procedures, rules and responsibility of compliance.
 - Interpret the data collected and apply it to formulate an exercise program and achieve set personal exercise goals.
 - Explain how to assess the physical fitness level of an individual.
2. Exercise and Activity
 - Define exercise and activity.
 - Recognize a professional organization that sets exercise guidelines and recommendations.
 - Identify and list the benefits of regular exercise and its relationship to disease.
 - Review general exercise safety precautions.
 - Assess the risk factors involved in physical activities, and explain how to employ appropriate safety procedures to minimize risk factors.
 - Describe expected behaviors that will promote increased fitness levels and a safe activity environment.
 - Identify proper posture alignment.
 - Identify and discuss proper exercise technique in motor movement.
 - Explain the differences between static, slow or sustained, and fast movement.
3. Components of Fitness
 - Name and describe the five main components of fitness.
 - Describe how each component may be assessed and compared to norms.
 - Compare fitness data pre/post periods.
 - Explain how each of the main 5 health related components of fitness are, or are not, addressed by the content of this course.
4. The Physical Body

- Identify physiological systems used to initiate and stimulate cardiovascular conditioning, and other muscle strength and endurance conditioning.
 - Calculate and identify THR target heart rate zone for aerobic activity.
 - Discuss the body's temperature control and the importance of maintaining proper water levels.
 - Differentiate between lean and fat mass.
 - Define and discuss basal metabolic rate, resting rate.
 - Define calorie and energy input and output.
 - Identify general body types, adipose tissue distribution, spot reducing, gender differences and considerations.
5. Principles of Training
- Define and describe gradual overload, reversibility, and specificity and their application to a fitness program.
 - Describe cross training, gradual progression, consistency, gender and age considerations regarding lifelong participation in activity and reaching fitness goals.
 - Define warm up, and explain the importance of warming up the body before exercising.
 - Identify major muscle groups and muscles, and describe exercises that condition those muscles.
 - Distinguish between high and low impact, aerobic and anaerobic and light, moderate and intense or vigorous exercise.
 - Analyze adaptations and modifications for gender, age, physical and mental limitations.
 - Define repetition, set, shortening and elongation of a muscle, and resistance training.
 - Compare isotonic and isometric exercises.
6. Planning an Exercise Program
- Create a personal, sound fitness program with personal goals and strategies.
 - List barriers and limitations and identify time management techniques.
 - Identify healthy behavioral change methods and setting habit.
 - Determine the frequency, intensity and time and apply to the component of fitness.
 - Record and log personal number of repetitions and sets performed. set, contraction, weight resistance, isometric, isotonic.
 - Recognize FITT and apply it to each component to formulate an exercise plan.
 - Identify and describe a model for successful behavior change, time management, and establishing adherence to lifelong fitness behavior.

Grading Procedures

A	90-100%	540-600
B	80-89%	480-539
C	70-79%	420-479
D	60-69%	360-419
F	0-59%	001-359

1. 25% of grade – Improvement 150 pts. (based on pre and post tests)
2. 25% of grade – Workout Log 150 pts. (based on Rubric)
3. 50 % of grade - Class Participation (30 classes x10=300 pts.)

10 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:

- 10 points = full participation per class.
- 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

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.

	Poor 4 pts	Fair 6 pts	Good 8 pts	Exceptional 10 pts
Goal Setting 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.
Components of Health Related Fitness 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.
Planning 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.
Implementation 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.
Organization 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