

Syllabus: PE 690 Weight Training Syllabus

Cooper, C.
Tele: 818 364-7707
Office: HFAC 202D
Fall, 2012

section# 2041
7:30am-8:55pm

Office hrs. Monday, 12:05-2:35pm
Hrs: T Th 10:30-12:15pm
W 12:30-1pm, at the lanes,
or call to arrange a time

cooperck@lamission.edu (hand-outs can be found on my website, click on kinesiology)

Student Learning Outcome: Students will be able to develop muscular strength, endurance, and flexibility by applying sound training principles recommended by physical fitness professional organizations. The student will be able to plan and perform an exercise program for lifelong learning. The student will be able to demonstrate "consistency behaviors".

Objectives: Develop a strength and muscle conditioning program to meet individual goals. Demonstrate the proper techniques of light to heavy weight training. Demonstrate an awareness of safety and precautions and equipment usage. Identify the superficial muscles of the human body. Differentiate the myths and facts regarding exercise.

Required material: Student ID, Appropriate athletic or physical activity clothing, athletic shoes, towel.

Optional material: Water in an unbreakable bottle, weight lifting gloves, pedometer, wrist stop watch, heart rate monitor, body monitors, or other training aids.

Class content: * Pre & Post Assessments *Written tests & assignments *Strength and muscle endurance exercises

* Aerobic warm up *Lecture *Flexibility exercises (Stretching) *Equipment care *Abiding by facility rules

Class time T-Th, 1h:25min. **General agenda-** Roll & warm up and cardio, up to 20 min., Muscle Conditioning 40 min, Cool down & Flexibility 10 min, Clean up, shower, dress, check out 10-15 min.

Grading: Participation, Improvement, and Knowledge.

Participation A = 90% + of total participation, improvement and knowledge points possible.
B = 80% -89% of total participation, improvement and knowledge points possible.
C = 70%-79% of total participation, improvement and knowledge points possible
D = 60%-69% of total participation, improvement and knowledge points possible
Fail = if participation earns less than 59% of total points

Participation:

15 points = full participation per class, level 5 on the Rubric (see below). Includes consistently taking part in lecture, activity, completing and handing in assignments by deadlines, being on time, leaving when dismissed, bring required materials and supplies, demonstrating respect to all staff, students and property and by following class & facility rules.

Fail = if participation earns less than 59% of total points, or does not participate in post testing or final exam.

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. Once class begins, the doors remain shut to prevent class disruption.

Note: If 3 continuous non-participations occur, the student will be dropped from the class unless the instructor is notified of intent. Once a total of 6 nonparticipations occur, the student will be excluded from the class, and will not be reinstated. No exceptions.

Rubric (Standard) for Full Participation credit

5 Always

- follows rules of the facility, classroom and safety guidelines, keeps email address current and on file with Mission College, notifying the school and instructor of any change.
- respectful to personnel, facility, and notifies authority personnel of recognized problems.
- follows instruction and only does what the instructor directs them to do and only performs movement that he/she has received instruction on.

- follows roll call procedure, brings and signs all policy forms and waivers,
- dresses in proper athletic sportswear, ready for activity the first minute of class & stays active until dismissed.
- completes pre & post assessments within 4 days of class assessment time.
- brings required materials, towel, student ID, creates & maintains folder, notebooks and assignments. Turns all forms and assignments and work in on due date/time.
- helpful, cooperative, polite, clean language, and makes the classroom environment a better place.
- replaces equipment and practices sanitary, safe policies, modifies movement to personal physical conditions.
- notifies instructor if feeling ill during class, does not leave the classroom without notifying the instructor, does not leave classroom unless dismissed.

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

15 points = full participation per class, level 5 on the Rubric (see above).

Points will be deducted accordingly for infractions:

-15* points-does not participate due to any reason, including not meeting dress code or disruptive behavior that deems expulsion from the class environment. Does not complete pre or post assessments during class time or within 5 days of class assigned class time, does not do what the instructor directs them to do, or demonstrates activity not instructed to do, does not turn in signed waiver form, does not follow facility, classroom, or safety rules and guidelines. Arrives 15 minutes late or leaves 15 minutes before dismissal.

0 points= arrive 15 minutes beyond start time and/or leave 15 minutes before class end time

-5 points each-Late to class, leaving early, not participating as instructed or directed, using foul language, no Student ID, no towel, foul language, does not follow roll call procedure, is impolite or ill mannered to others, improper or offensive clothing, late or incomplete assignments or notebook, does not replace or care for equipment or supplies. Talks when the instructor lectures or when asked not to talk, not modifying your program to your limitations or situation, not notifying the instructor if in distress or finding another is distress.

-1= 1 point is deducted for each minute late to class, and/or for leaving before dismissal.

Note: If ten minutes of class is missed, no points will be given to point total.

*You will not be able to enter or participate if fitness center rules are not abided by. See rules posted on waiver form. Remember, safety first.

Note: Fitness components included in Improvement: Cardio, muscle strength, muscle endurance and flexibility. Mile/STEP, curl up, push up, sit and reach

Improvement: Demonstrates significant increased fitness level in

4 of 5 components of fitness = 100 pts.

3 of 5 components of fitness= 75 pts.

2 of 5 components of fitness=50 pts.

1 of 5 components of fitness=25 pts.

Demonstrates a decrease in fitness level or no improvement=0pts

Knowledge: 90% of quiz and test points possible = 150 pts Final exam: Tuesday, Dec.11

80% -89% of total points possible = 100 pts 7:30-9:30am

70%-79% of total points possible = 50 pts

60%-69% of total points possible = 5 pts

0 points = if test points are less than 59% of total points

The grading scale above will be applied to the final test. There will be one final written exam. There are no "make ups" for tests or classes. No late papers accepted for credit (points).

Roll Call IN & OUT-Class activity begins on the hour. Upon arrival, swipe your student ID card and check the screen to confirm your swipe was triggered. Enter the class area & see your instructor for roll call. Once class is dismissed, check out with your instructor by saying, "Bye", swipe your student ID and check that the screen says, "Your visit has ended", on the blue bar indicated. If you leave without swiping out, after 2-3 hours, your visit will be erased, eliminating evidence that you were there. For legal monitoring of your participation for a grade, I cannot rely on my, or your, memory as a measurement. It is your responsibility to follow roll call instructions. At the end of the semester, all hours and minutes accumulated (earned) during the semester will be totaled to confirm or deny your participation.

Class activity begins on the hour. Please check in before class begins. If you are late and 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 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, move until you feel warm.

Cool down= A light version of what you just did. Gradually taking your pulse down to normal and perform a static stretch your major muscle groups for 30 seconds before you must leave.

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 dance 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 return. Thank you.
7. IN THE EVENT OF A DISASTER, INFORM THE INSTRUCTOR BEFORE LEAVING. *Thanks!*

Final Exam is Tuesday, Dec.11, 2012 at 7:30-am to 9:30am
Assignments: Planning Your Exercise Program... weight program.

