Los Angeles Mission College

Department of Physical Education and Health

Course Syllabus

Instructor: Joseph Cascione

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Office Hours:

7:00-10:30-Tuesday/Thursday

7:00-9:00 Friday

Title of course

Weight training

Course Description

This class will include various weight training and conditioning activities to enhance muscle strength and endurance. 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 knowledgeable of activities and techniques which are effective for improving body-conditioning, strength, and cardiovascular functioning.
3. Be able to monitor their heart rate and level of intensity during exercises.

Grading Procedures

1. 70% of grade –Class participation- 0-2 absences, grade stays the same
   3 absences, grade lowered one grade
   4 absences, grade lowered two grades
   5 absences, grade lowered three grades
   6 absences, fail in class
2. 10% of grade-final written exam/physical exam/homework assignment
3. 20% of grade-Keeping a proper Journal or Notebook

Tardies

Three tardies will equate to one absence

Make Ups

Absences may be made up by attending any of the approved body conditioning or weight lifting classes.

Classes must be made up within 2 weeks of the absence. No more than 3 absences may be made up.

No make-ups will be allowed the last two weeks of school.

Equipment

1. Proper shoes are required
2. Towel/Mat
3. Bottle of water
4. Safe and proper clothing

Gym Policies

1. Please do not bring guests or children.
2. Only clean exercise shoes are to be worn on the gym floor.
3. No gum, food or drinks. The exception is water in an unbreakable bottle.
4. Replace all gym weights, mats, or equipment after use.
5. Gym bags or backpacks are not allowed in the weight room.
6. If you feel dizzy or sick stop working and please notify the instructor.
7. In the case of a disaster, please notify the instructor before leaving.

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.	Tuesday/Thursday	Friday
7:30-8:55 fitness center		
9:05-10:30 fitness center		
10:40-12:05 Gym		