Los Angeles Mission College

Department of Physical Education and Health

Course Syllabus: KIN 552 Athletic Pre-Season Conditioning (Soccer)

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Office: HFAC 102A
Office Hours: W 9-9:30am
Or by appointment
Location: Sepulveda Basin/Gym

Final Exam Date: TBA

Title of course

Athletics Pre-Season Conditioning (KIN 552)

Course Description

This course is designed to improve and maintain the fitness condition of the athlete in preparation for the competitive season of play. It encompasses the mental aspects of sport performance, sport regulation and eligibility standards.

This class will include various soccer related aerobic and anaerobic activities to enhance conditioning. Technical, tactical, and functional training will be included to develop college level understanding and efficiency. Individual training concepts along with nutritional information will be introduced.

Student Learning Outcome

Students-Athletes will show improvement in their athletic conditioning level by applying sound training principles and dietary concepts recommended by professionals in the physical education discipline.

Students-Athletes will show improvement in speed, power, agility, flexibility, body composition, aerobic and anaerobic conditioning as it applies to their sport.

Course Objective

At the conclusion of the course, the student will:

1. Be able to compete in a soccer game at a vigorous and sustained level of intensity for 60 minutes or longer.
2. Be knowledgeable and able to perform techniques which are effective for improving efficiency in the game of soccer.
3. Demonstrate the elements of physical fitness in regards to soccer, e.g., flexibility, cardiovascular endurance, speed, power and body composition.

Grading Procedures

A	90-100%	358-400
B	80-89%	318-357
C	70-79%	278-317
D	60-69%	238-277
F	0-59%	001-237

1. 25% of grade – Improvement 100 pts. (based on pre/post technique test)
2. 75 % of grade - Class Participation (30 classes x10=300 pts.)

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

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.

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.

Wavier Forms
The wavier forms can be downloaded from
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 your instructor(s) within the first week of the course and we will accommodate you if at all possible. For accommodations due to disability, you must consult with the Disabled Students Programs and Services Office after which we will abide by their recommendations.

Warm-ups
All class meetings will begin with warm up drills. There will be no play without participating in these warm up activities

Cell Phones
Yes, you know the drill…turn them off and PLEASE no texting during class.

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. Games and tournaments will be disrupted if students have erratic attendance.

Make Up Policy
Generally, there will be few opportunities for make -up tests. Skills test require that students are in attendance. I cannot guarantee to have time to perform make up tests.

Equipment
1. Proper shoes are required (Running shoes and soccer cleats)
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 clothe 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. 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 and 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.

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.