

Los Angeles Mission College

Department of Physical Education and Health

Course Syllabus

Instructor: Joseph Cascione

Office Hours:

Email: [cascioj@lamission.edu](mailto:cascioj@lamission.edu)

Tuesday/Thursday: 8:00-10:00AM

Phone: 1-818-364-7728

Friday: 7:00am-8:00am

Title of course

Friday: 11:15am-1:00pm

Kinesiology 350

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

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.
4. Be able to define a warm-up, the process of warming up, and the benefits to injury prevention.
5. Be able to describe safe spotting techniques and the importance of partner communication.

Grading Procedures

1. 70% of grade –Class participation  
-Receiving points every day for giving maximum effort throughout class time.
2. 10% of grade-Showing improvements on Physical Fitness pre-post testing
3. 20% of grade-Keeping a proper Journal or Notebook every day in class

### Tardies

Three tardies will equate to one absence

### Make Ups

Absences may be made up by attending one of my other classes at appointed times throughout the semester.

### 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 fitness center 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 to be placed in cubbies in fitness center or locker.
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.

### Mr.Cascione's Spring Class Schedule

Mon. /Wed.	Tuesday/Thursday	Friday	Saturday
7:30-8:55 fitness center	10:30-12:05 Fitness center	9-12 Gym	8:00-11:15 FC
9:05-10:30 fitness center			
10:40-12:05 Gym			