

# Body Conditioning

Cooper, C

SYLLABUS

Spring 19

KIN 329-3 Body Condition

Office: HFAC 202 D on MW 12-3pm

Tu.12-1pm in 206/ off., or Friday 8:15am

[cooperck@lamission.edu](mailto:cooperck@lamission.edu) #25339 MW 10:35-12:00

#818-364-7707 [voice message: include full name, class you are enrolled in & brief content]

Body Conditioning III expands upon the physical fitness fundamental skills learned in the beginning class. The intermediate student will use a wide range of training models including; cardiovascular endurance, muscular strength, muscular endurance, and flexibility. Students will be introduced to step aerobics, kick boxing, high/low aerobics, circuit training, free weights, resistance tubing, medicine balls, jump ropes and running/walking. The emphasis of this class is cardiovascular conditioning and weight training for the intermediate student.

1. Students will demonstrate motor skills and movement patterns needed to perform body conditioning exercises at an intermediate level.

2. Students will develop an introductory fitness program based on current scientific principles of training established by exercise professionals.

Student Learning Outcome:

HFAC is [Health Fitness Athletics Complex](http://www.lamission.edu/fitness/) (<http://www.lamission.edu/fitness/>)- At this site, access the Waiver Form and Assessment Form. Print out and bring to the first class meeting.

OR..From the LA Mission College website, click on "Students", scroll down, to the right side, click on "Fitness Center" to get to the Health & Physical Education website. On the left side, find "Waiver & Assessment Forms"

Required material: notebook paper, folder, waiver and assessment forms, appropriate athletic or activity clothing, athletic shoes, and approximately 23"x45 size towel at all class sessions. Plan to dress and bring materials at all class meetings after the 1<sup>st</sup> class meeting.

Optional material: Water in an unbreakable bottle, weight lifting gloves, pedometer, wrist stop watch, heart rate monitor, body monitors, or other training aids. No cell phones, iPods, or other training devices. Use no cell phones, iPods, or other electronic devices used in class until and unless notified.

Class content: \*Pre & Post Assessments, \*Written tests & exercise program plan\* Muscle strengthening, cardiovascular and flexibility exercises. Equipment, personnel, and facility procedure and care \*Lecture Assignments: Due 1<sup>st-2nd</sup> week-Waiver/Assessment forms , (both forms are on HFAC website), 5X7 card filled out, Exercise Program Plan Worksheet, Physical Exercise Questionnaire, Muscle Chart & Quiz fill in sheet. These will be handed out in class or posted for you to print.

Class time T-Th, 1h:25min. General agenda- Roll & check in, warm up, aerobic conditioning, muscle conditioning, stretching & cooling down, and lecture for 40-55 minutes, and last 10min. for clean up, shower, dress, checkout.

Grading: Participation, Improvement, and Knowledge

Points system:

A= 90% of total points

10pts per full participation per class

B= 80%-89% of points

30pt quiz + 30pt final =60 pts possible in written knowledge

C= 70%-79% of points

fitness performance= up to 40 pts possible for improvement

D= 60%-69% of points

15pt for person fitness plan

F= 59% of total points or lower

Final is Thursday, Dec.14, from 10am-12:00 noon

Participation:

10 points = full participation per class, level 5 on the Rubric (see below). Includes consistently taking part in lecture and activities while following set standards and rules. Includes completing and handing in assignments by deadlines, being on time & leaving when dismissed, dressing appropriately, bringing required materials & supplies, and demonstrating respect to all staff, students, and property.

\*You will not be able to enter or participate if all rules are not abided by. See rules posted or on waiver form. Safety first! No points or credit can be earned if not participating.

-10\* points-does not participate due to any reason, including not meeting dress code or disruptive behavior that deems expulsion from the class environment. NOTE: There is no "making up" classes as the clock cannot be turned back. Notes or written emails excusing you from not participating have no value. If you do not participate in class on any day, points cannot be earned or added to your total. Plan to dress in active wear every day.

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

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

### Rubric (Standard) for Full Participation credit

#### 5 Always

--Follows rules of the facility, school, classroom and safety guidelines as indicated on the syllabus and forms.

-- Keeps email address current and on file with Mission College, notifying the school and instructor of any change.

--Follows procedures, brings and signs all policy forms and waivers by due dates,

--Brings required materials, towel, student ID, creates, organizes, and maintains a folder, notebook and/or assignments.

--Follows instruction and only does what the instructor directs them to do and only performs movements that he/she has received instruction on and deems self physical ready for.

--Dresses in proper athletic sportswear, ready for activity the first minute of class & stays active and in the classroom participating until dismissed.

--Replaces equipment and practices sanitary, safe policies, modifies movement to personal physical conditions.

-- Respectful to personnel, facility, and notifies authority personnel of recognized problems.

Helpful, cooperative, polite, clean language, and makes the classroom environment a better place.

--Completes pre & post assessments within 5 days of class assessment time.

--Notifies instructor if feeling ill or recognizes fellow student is ill or distressed during class, does not enter or leave the classroom without notifying the instructor, does not leave classroom unless dismissed, and only takes items out of classroom that belong to them.

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

Fail = If a student drops below 59% of participation points, or does not participate in 6 or more classes, student success and safety will be compromised. In this case, the student may be excluded, asked to drop, or failed depending on the time of the non- participations in the semester.

Note: After 2 continuous non-participations occur, the student may be dropped from the class unless the instructor is notified of intent. Even if I am notified, once a total of 6 non-participations occur, the student will

be excluded from the class, and will not be reinstated. No exceptions. This is for safety and to promote students earning a passing grade

Late to class? Points will be lost for lateness or early leaving. This is defined as more than 10 minutes late or early leaving. Please be on time to minimize class disruption.

Pre and Post assessments are required. If any physical assessment is missed and then made up, it is your responsibility to arrange completing the assessment within 7 (weekdays) days from when the assessments were performed during our class time. Contact the fitness center personnel to arrange "assessment make ups". If this is NOT done, the participation and improvement points cannot be earned. Once make up assessments are complete, you must report your scores to the instructor. If the instructor is not informed, no credit or points will be earned.

Note: Fitness components included in Improvement: Cardio, muscle strength, muscle endurance and flexibility. Assessments are the 1/2 Mile or STEP test, curl up, push up, sit and reach test.

Improvement: Demonstrates significant increased fitness level in

4 of 5 components of fitness = 40 pts.

3 of 5 components of fitness = 35 pts.

2 of 5 components of fitness = 25 pts.

1 of 5 components of fitness = 15 pts.

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

Knowledge: Muscle/Exercise Quiz – 15pts possible      Final: Wed. June 10:00am-12pm

Written final- 30 pt. test

final in HFAC 206 unless notified

60pts are possible. 1 point is earned for every correct answer per question. There are no make ups for tests or classes. Late papers will not be accepted for credit (points).

If a student does not take the final exam, the highest grade that may be earned is a "C".

Roll Call IN & OUT-Class activity begins on the hour, so it's expected that all students are dressed for activity with towel in hand at 8:55 am and stay until dismissed.

Upon arrival prior to class, and when you are dressed and ready, report to me by handing your 5x7 card to me directly. I accept your card from you only. For legal monitoring of your participation and for a grade, I do not rely on my or your memory as a measurement. It is your responsibility to follow roll call procedure.

*Class activity begins on the hour. If you 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 and stretch your muscles for a minimum of 30 seconds each 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 by moving until you feel warm. It is not recommended to stretch cold muscles.*

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

*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 studio 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. To discard gum, place it in a paper and drop it in the trash, thanks. If you have no paper, ask the instructor.
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 your return. Thank you.
7. IN THE EVENT OF A DISASTER, INFORM THE INSTRUCTOR BEFORE LEAVING. *Thanks!*

Signature to verify that you read and agree to participate as requested.

Signature \_\_\_\_\_ Date today \_\_\_\_\_