



## **FALL SEMESTER 2015**

**Kinesiology 326-2, section 2555: Aerobic Super Circuit Lab II (MW 6:30-7:55 am); 1 unit;**

### **PEC-104**

**Colleen Matsuhara, instructor**

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**Office: PEC-South, room 132**

**Office phone: 310-287-4591**

### **Course Description**

An activity class in which the student rotates through a series of weight training and cardiovascular exercises using machines for short intervals in a challenging form of conditioning that concurrently develops muscular strength, muscular endurance, and cardiovascular endurance. (Note: this syllabus is subject to change at the discretion of the instructor at any time during the semester.)

### **Class Standards and Rules**

Students must be dressed in appropriate workout clothes and bring a workout towel. Water is allowed in the Fitness Center. Please be on time in order to complete your workout.

When you finish using a machine or cardio equipment, use your towel to wipe off perspiration/sweat for the next user.

All cell phones, pagers, etc. must be **OFF** during class. If you have to answer an emergency phone call, please step **out** of the classroom. Devices of this type should be placed on vibrate or silent.

Please do not leave gym bags and/or backpacks on the floor; place them on the counter. Lockers are available from the Men's or Women's Locker Room attendant; however, you must furnish your own lock.

The "WLAC Standards of Student Conduct" (found in both the Schedule of Classes and the College Catalog) will be enforced. Furthermore, the WLAC standard of Academic Integrity will be followed and adhered to.

You must drop the class if you are unable to fulfill the course obligations. ***It is your responsibility to drop the course to prevent being issued a failing "F" grade in the class. It is NOT the instructor's responsibility to drop you from the class roster.***

Students who must drop this class should drop either in-person or online at [www.wlac.edu](http://www.wlac.edu) on or before the listed deadlines. Click "For Students," then "Student Information System"

Students with disabilities who believe they may need accommodations in this class must contact Disabled Students Programs and Services located in SSB-320, phone #310-287-4450, as soon as possible to better ensure such accommodations are implemented in a timely fashion.

### **Course Outcomes Related to College-wide Student Learning Outcomes (SLO)**

**Technical Competence:** utilize the appropriate equipment effectively for personal needs. Use competent technique in a fitness/weight room facility.

**Cultural Diversity:** respectfully engage with other cultures in an effort to understand them.

### **Student Learning Outcomes:**

Students will be able to identify which muscle groups are being used on various pieces of exercise equipment.

Students will execute proper breathing and technique when utilizing machines.

Students will select and use appropriate exercise strategies for solving their health and fitness goals.

Students will be able to identify the five components of fitness.

### **Student Learning Outcomes (cont'd.)**

Students will perform a Pre-test and Post-test on selected machines to identify the amount of strength improvement made from the beginning of the semester.

Students will apply and practice the concepts of teamwork, cooperation, communication and respect for each other.

Students will assess the risk factors of a specific training activity and practice safety precautions.

### **Welcome to the West Los Angeles College Fitness Center.**

The Kinesiology Department looks forward to your participation in our program and Fitness Center. It is imperative that you become familiar with the following information.

Our objective is to provide each student with quality instruction and supervision of his/her exercise program. Your exercise program is designed to work the five Health-Related Components of Fitness:

1. **Cardiovascular Endurance** -- The ability to take in, deliver, and extract oxygen for physical work.
2. **Muscular Strength** -- The maximum amount of force that a muscle can exert in a single contraction.
3. **Muscular Endurance** -- The ability of a muscle to sustain repeated contractions.
4. **Flexibility** -- The range of motion about a joint or series of joints.
5. **Body Composition** -- The amount of fat and lean body mass in the body.

Our primary training style is Aerobic Weight Training utilizing a sequence of weight training machines and stationary bicycles organized into an Aerobic Super Circuit.

The Aerobic Super Circuit was developed by Dr. Kenneth Cooper at the Institute for Aerobic Research in Dallas, Texas. The Aerobic Super Circuit combines low intensity, high repetition circuit weight training with aerobic activity stations. The program develops and improves all five of the health-related fitness components. It was especially developed to be fast, efficient, effective, and fun.

The Aerobic Super Circuit provides the opportunity to enjoy the benefits of a healthy lifestyle when combined with a proper diet and common sense. *It is a self-paced program. You will train at your own level.* You and your instructor will make changes in your program based on your individual goals and needs.

Exercise requires patience and persistence as well as perspiration! Many little improvements made over days, weeks, and months will move you to the fitness level you desire. You cannot become fit in one day or one week by working extra hard. If you feel tired, drained, and pained, you may need a lighter workout. Seek your instructor's advice. *Always train, don't strain.*

### **Areas in the Fitness Center:**

As you enter the Fitness Center you will see aerobic machines, stationary bicycles, and weight machines. These are organized into two areas:

#### **Circuit:**

The circuit is an organized sequence combining weight machines and stationary bicycles.

#### **Aerobic / cardio:**

A variety of aerobic machines (Treadmills, Stair Master, Elliptical Trainer, Cardio Rowing and Cardio Squat, ARC trainers) are organized around the Fitness Center.

***NOTICE: ALL ACTIVITY MUST BE CONDUCTED IN THE FITNESS CENTER. NO EXCEPTIONS. Walking / jogging on the Track is not allowed during class.***

## **Workout**

Each student is encouraged to perform the Core Program every time they visit. The Core Program includes:

1. Check-in with your instructor. You must be dressed in your workout clothes when you arrive.
2. Warm-up
3. Complete the Weight Circuit
4. Aerobic activity
5. Cool down

***NOTICE:** If you have not recently participated in an exercise program, or have a limiting physical condition, please obtain clearance from your physician before starting a strenuous activity program.*

## **Enrollment**

All Fitness Center participants must be registered in Kinesiology 326. All students must be present for the orientation and instruction on the proper use of the equipment prior to participation in the Fitness Center.

## **Towels**

### **NO TOWEL – NO WORKOUT – NO EXCEPTIONS**

Towels are required of all students. **BRING YOUR OWN TOWEL!!**

Use your towel to wipe off each machine when you finish using it.

## **Attire**

1. Proper workout shoes are required (tennis, jogging, walking, aerobic).
2. Appropriate exercise clothing such as shorts, sweat pants or T-shirts is to be worn. No bare midriffs. Sports bras are recommended for women. No camisole tops without sports bras. No jeans or pants with buckles, studs, buttons.
3. Please do not wear clothing with exposed zippers or belts; nor plastic or rubber suits.
4. No street clothes.

## **Lockers**

Men and women may use the lockers and showers in the PEC North (Men's Locker Room) or PEC South (Women's Locker Room) for the semester. Bring your own lock. See the Facilities Attendant to register your locker.

## **Courtesy Policy**

There is a 20-minute limit on all cardio equipment during your visit (unless no one is waiting to use the equipment). Place your name on the waiting list at the table and you will be called when it is your turn. *If you are not in the Fitness Center when your name is called you will lose your place on the waiting list.* Please do not sit on machines between sets. Stand to the side of the machine while resting.

**No children or guests are allowed in the Fitness Center.**

**No talking on your cell phone or text messaging during class.**

**No reading when using the treadmill.**

**No food is allowed in the Fitness Center. (We have a terrible ant problem.)**

### Attendance

Check in with your instructor within the first 10 minutes of class for attendance. **You must be in your workout clothes when you arrive.** Three (3) tardies will constitute one absence (you are considered late if you are not in class within the first 10 minutes of the scheduled start time of class).

### Grading

Your grade will be based on the following:

#### I. Attendance

- a. Three (3) absences are allowed during the semester. After 3 absences, your grade will be lowered one grade. (See Grading scale below). After 10 absences, your grade will be a Fail (F)

#### II. Self Pre-test and Post-test: Your grade will be lowered one grade if both self-tests are not completed.

- a. Two upper body and two lower body machine exercises will be measured at the beginning of the semester and again at the end of the semester.
- b. Each exercise will be performed up to a maximum of 35 reps and the number of reps will be recorded.

#### III. Quiz on in-class lecture; date to be determined. You must pass the quiz with at least 80% correct or your grade will be lowered one grade.

### Grading

Absences will affect your grade in the following manner:

0 – 3 absences A

4 - 5 absences B

6 - 7 absences C

8 - 9 absences D

10 or more absences: **YOU, the student,** should drop the course before the Drop Deadline or you will receive a Failing (“F”) grade for the class.

Last Day to Drop with a refund/no fee owed: Friday, September 11; also last day to ADD

Last Day to Drop class without a “W”: Friday, September 11

Last Day to Drop class with a “W”: Friday, November 20

Final Exams: December 14-20

### Fall Semester 2015 WLAC Holidays (no class):

Monday, September 7<sup>th</sup>: Labor Day

Wednesday, November 11<sup>th</sup>: Veteran’s Day

Thur, Nov. 26-Sun. Nov. 29<sup>th</sup>: Thanksgiving Holiday

### C. Matsuhara Fall Semester 2015 Office Hours:

Tuesday: 12 noon-1:00 pm; and 3:15-4:00 pm

Wednesday: 11:30 am-1:00 pm; and 3:15-4:00 pm

Thursday: 12 noon-1:00 pm

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