

West Los Angeles Community College  
Kinesiology 329, Section #2442  
Body Conditioning (1 unit)



Spring Semester 2015  
Mon/Wed 1:00-2:25 pm  
Room: Gym

Instructor: Colleen Matsuhara  
Office: 310-287-4591: PECS, rm 132  
Email: matsuhc@wla.edu

Course Description

An activity class in which students use fundamentals of exercise physiology to assess his/her level of physical fitness and, using the information, develop and implement a personalized exercise program. *No prior experience required.* . (NOTE: this syllabus is subject to change at the discretion of the instructor at any time throughout the course of the semester and will use exercises on the basketball court.)

Class Standards and Rules

Students must be dressed in appropriate workout clothes and court shoes. Cardiovascular endurance enabling the student to maintain a high level of effort for at least 60 minutes is highly recommended.

No food is allowed in the gym.

Students are expected to dress in an appropriate manner for basketball exercises and demonstrate mental maturity, listening skills and a positive attitude. Behavior also includes refraining from the use of profanity or derogatory terms.

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

Lockers are available from the Women's Locker Room attendant; however, you must furnish your own lock. Do not leave large sums of cash or valuables in your locker.

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.wla.edu](http://www.wla.edu) on or before the listed Spring Semester 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 basketball. Use competent technique in a basketball gym facility.

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

Student Learning Outcomes for Kinesiology 329:

Students will experience and demonstrate proper form and application of basketball skills, techniques and strategies necessary to compete in a formal or informal basketball scrimmage or game.

Students will experience / observe basketball skills of four-year college student-athletes.

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

Students will practice safety precautions when engaging in all drills.

Grading

Your grade will be based on the following:

I. Attendance: **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.**

Three (3) tardies will constitute one absence (you are considered late if you are not in class, **dressed in workout gear**, within the first 10 minutes of the scheduled class time).

- Last Day to Drop with a refund/no fee owed: Friday, February 20
- Last Day to Drop class without a “W”: Friday, February 20
- Last Day to Drop class with a “W”: Friday, May 8
- Final Exams: June 1-7

II. 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.

III. Self Pre-test and Post-test (not completing these self-tests will lower your grade one letter grade)

- a. Two upper body and two lower body 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 weight used and the number of reps will be recorded.

III. Oral Presentation (not making a presentation will lower your grade one letter grade)

- a. Each student will select, explain and (using classmates) demonstrate to the class the proper technique/execution of one of the following strategies of basketball:
  - 1. Baseline out-of-bounds play vs man-to-man defense
  - 2. Press offense vs zone press
  - 3. “Quick-hitter” (low shot clock) vs man-to-man defense

IV. Game report (Form provided by instructor.)

Course Schedule (Note: class meeting locations to be announced for Weeks 1 and 2). This schedule is subject to change at any time during the semester at the discretion of the instructor.

Weeks 1 and 2 (Feb. 9-18): Orientation and introduction of exercises/drills; Pre-tests

**\*\*No class Monday, Feb. 16: Presidents Day Holiday; Wednesday, Feb. 18: Observe 5:00 pm game or 7:00 pm game**

Weeks 3-6 (Feb.23-Mar. 18): Evaluation of skill groups; positions; footwork  
Ballhandling, passing, shooting drills; skill testing

**\*\*Mon, Feb. 23:** No class meeting: library assignment (work on Game Report from Feb. 18)

Week 7-11 (Mar. 23-Apr. 23): Court (Gym) workouts; game or workout observation TBD

**\*\*Spring Break (no classes) Mon. Apr. 6-Sun. Apr. 12**

Week 12-15 (May 4-27): Class team scrimmages; begin Oral Presentations; Post-tests

**\*\*No Class Monday, May 25: Memorial Day Holiday**

Spring Semester 2015 WLAC Holidays (no class):

Presidents Day (4-day weekend): Friday, Feb. 13-Monday, Feb. 16  
Cesar Chavez Day: Tuesday, March 31  
Spring Break: Saturday, April 4-Friday, April 10  
Memorial Day: Monday, May 25

C. Matsuhara Spring Semester 2015 Office Hours: Office location: Room 132 in PEC-South; 310-287-4591

Monday: 8:00 am-9:00 am; and 4:00-5:00 pm  
Tuesday: 7:30 am-8:00 am  
Wednesday: 8:00 am-9:00 am; and 4:00-5:00 pm  
Thursday: 7:30 am-8:00 am