



WEST LOS ANGELES COLLEGE

Division of Kinesiology

Body Dynamics Activity– (1) UC: CSU

Course: Kin 345 Body Dynamics Activity **Instructor:** Mr. Marguet Miller **Section:** 2938

Location: Field **Day/Time:** M-W (4:30 pm-5:55 pm) Semester: Spring 2015

Office Hours: M-W 9:00 am-10:30 am **Location:** C-1 building **Email:** millerm@wlaac.edu

COURSE DESCRIPTIONS:

This course is designed to provide weekly participation in vigorous physical activity involving group work in flag football techniques, terminology, rules and regulations.

Student Learning Outcomes for Kinesiology 388

1. The student will be introduced to the procedures of game management.
2. The student should be able to apply the drills specific to a flag football game.
3. The student will learn of football strategies used by coaches.
4. The student will learn of skills to participate at a four-year college or university.

Course Evaluation:

Letter Grades:

Attendance	(135 points)	90 – 100%	A	(306-340)
Class Participation	(135 points)	80 – 89%	B	(272-305)
Mid-term	(35 points)	70 -79%	C	(238-271)
Final	(35 points)	60 – 69%	D	(204-237)
	(340 total points)	0 -59%	F	(0-203)

Grading Procedure:

27 graded class sessions (5 points per class)

27 graded class sessions w/participation (5 points per class)

1 Mid-term (35 points)

1 Final (35 points)

NO Class: February 16 (President's Day) April 4 & 6 (Spring Break) May 25 (Memorial Day)

General Course Outline:

Week 1: Introduction to the various football and terminology

Weeks 2-7: Implementation of football techniques

Week 8: Mid-Term

Weeks 9-15: Implementation and application of football rules and strategy

Attendance and Participation:

If you arrive late to class it will count as a tardy. Three tardies will result in one absence or a loss of five points (5 points) being deducted from your total grade.

UNIFORM:

Proper attire is required at all times:

- A. Football or athletic shoes – No sandals, open toed shoes, boots, or heels allowed.
- B. Shorts or sweats only – No jeans, casual pants, or cut-offs.
- C. Sweatshirts, T-shirts, and full coverage tanks must be worn at all times. Absolutely no string tanks or minimal coverage cut-up shirts. Shirts must be worn at times. Clothing with wording or pictures that are considered obscene will not be allowed.

DROPS:

According to college policy, you may be excluded for excessive absences or for not following the standards of student conduct (printed in the Schedule of Classes). If you drop the course, be sure to do so at the Admission's Office. If you drop this course on-line, print and keep your confirmation number.

Disabled Students Programs & Services

Students who have special needs because of physical, communication, or learning challenges are invited to visit the DSPS program office intake, and speak to a program representative about program eligibility and services.

Academic Dishonesty

Board Rule 9803.12 Dishonesty

Dishonesty, such as cheating, or knowingly furnishing false information to the College

General Comments:

All students are asked to respect all others in class (no swearing or cursing). Any student caught plagiarizing or cheating will be given a failing grade and reported to the Dean of Students for further disciplinary action. **NO CELL PHONES IN USE DURING THE CLASS PERIOD.**

