

West Los Angeles Community College
Kinesiology Athletics 556, Section #2292:
Fitness and Skills Training for Women's Basketball (1 unit)



Spring Semester 2015
Mon/Wed 2:35-4:00 pm
Room: Gym and PECN 14

Instructor: Colleen Matsuhara
Office: PEC-South, room 132
Office: 310-287-4591
Email: matsuhc@wlaac.edu

Course Description

An activity class emphasizing strength and conditioning skills for prospective and/or current West LA Women's intercollegiate basketball student-athletes. *Prior high school or college experience recommended.* Students will learn safety and techniques for various weight training exercises. Students will train fitness components in basketball skillsets on the court. (**NOTE:** this syllabus is subject to change at the discretion of the instructor at any time throughout the course of the semester.)

Class Standards and Rules

Students must be dressed in appropriate workout clothes and bring a workout towel to the weight room. Weight training gloves are highly recommended. Water is allowed in the weight room and in the gym.

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

Please do not leave gym bags and/or backpacks in the workout area. Lockers are available from the Women's Locker Room attendant; however, you must furnish your own lock. Please be on time in order to complete your workout.

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.wlaac.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 personal needs.
Use competent technique in a fitness/weight/gym facility.

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

Student Learning Outcomes for Kinesiology Athletics 556:

Students will experience and develop skills and techniques of strength training and overall body toning of various muscle groups.

Students will execute breathing and spotting techniques, as well as weight room etiquette.

Students will demonstrate increased muscle group and appropriate weight training exercise vocabulary.

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.

Grading

Your grade will be based on the following:

I. Attendance

Absences will affect your grade in the following manner:

0 – 3 absences: A (doctor's appointments; child care issues need documentation)

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

- 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.
- Each exercise will be performed up to a maximum of 35 reps and the weight used and number of reps will be recorded.

III. Oral Final (not presenting your oral final will lower your grade one letter grade)

- At the end of the semester, each student will select three exercises and demonstrate to the class the proper use/technique involved with each exercise, as well as identify muscle group(s) worked. Each student will also demonstrate the correct breathing technique for each exercise.

Course Schedule: (Note: class meeting location to be announced for Weeks 1 and 2)

Weeks 1 and 2 (Feb. 10-19): Orientation and introduction of exercises/drills

****Note: Presidents' Day Holiday (no classes) Fri. Feb. 13-Mon. Feb. 16**

Weeks 3-5 (Feb. 24-Mar. 12): Begin Cycle I workouts; Pre-tests

Week 6 (Feb. 17-19): Circuit 1 and Big Ball 1 class

Week 7-10 (Feb. 24-Apr. 23): Cycle II workouts; begin Oral Final presentations

****Note: Cesar Chavez Day (no classes) Tuesday, March 31; Spring Break: April 4-10**

Week 11 (Tuesday, April 28): Big Ball II

Week 11-16 (Apr. 30-May 28): Cycle III; continue and finish Oral Finals and Post-tests
(Final exams are week of June 1-7))

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:

Monday: 8:00-9:00 am; and 4:00-5:00 pm

Tuesday: 7:30 am-8:00 am; and 9:30 am-10:30 am

Wednesday: 8:00-9:00 am; and 4:00-5:00 pm

Thursday: 7:30 am-8:00 am

Office location: Room 132 in PEC-South; 310-287-4591 Office phone: 310-287-4591

