

West Los Angeles Community College
Kinesiology 185, Section #2001
Directed Study – Physical Education (1 unit)



Fall Semester 2013

TuTh 6:25 am-7:55 am (PEC 104); or

TuTh 8:00-9:25 am (PECN-14); or Mon-Fri 3:00-5:00 pm (Gym)

Instructor: Colleen Matsuhara

Office: PEC-South, room 132

Office: 310-287-4591

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Course Description

An activity class emphasizing specific workout activities in one of these areas: fitness skills; weight training and conditioning exercises; basketball skills and drills. Under the guidance of the instructor, students will work to develop and/or improve upon strength, muscle tone and fitness level via a self-paced workout program during the course of the semester.

Class Standards and Rules

Students must be dressed in appropriate workout shoes and clothes and bring a workout towel. Water is allowed in all listed classrooms. Please be on time in order to complete your workout.

Return or re-rack weights or basketball equipment when you finish using them so the next user has safe and convenient access.

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 in the workout area. 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.

Students who must drop this class should drop online at www.wlac.edu. Click "For Students," then "Student Information System" by the Fall date listed. Students who stop attending class are responsible for withdrawing from the class to prevent being issued a failing "F" grade in the class.

Students with disabilities who believe they may need accommodations in this class are encouraged to contact Disabled Students Programs and Services located in HRLC, 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 or in competitive basketball skillwork.

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

Student Learning Objectives for Kinesiology 185

Students will demonstrate proper form and application of the learned exercises.

Students will execute proper 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.

Students will identify the five components of fitness.

Grading

Your grade will be based on the following:

I. Attendance (100 points)

- a. Four (4) absences are allowed during the semester. After 4 absences, 10 points will be deducted from your attendance point total. (8 absences=20 points deducted, etc).

II. Self Pre-test and Post-test (50 points each)

- a. One upper body and one lower body weight exercise will be measured at the beginning of the semester. The same exercises will be measured again at the end of the semester.
- b. Each exercise will be performed for 30 seconds and the number of reps recorded.

III. Quiz (25 points) on the Five Components of Fitness

IV. Selected Project (75 points). Student will choose one of the following by the end of the semester:

- a. 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.
- b. Attend and participate in at least one basketball scrimmage; attend at least one WLAC intercollegiate game; demonstrate technical use of one piece of basketball equipment.

Attendance:	100 points	90-100%	A
Pre-and Post-test:	100 points	80-89%	B
Quiz:	25 points	70-79%	C
Selected project:	<u>75 points</u>	60-69%	D
Total:	300 points	0-59%	F

Course Schedule

Weeks 1 and 2 (Aug. 27-Sept. 5):	Orientation and introduction of exercises/drills
Weeks 3-6 (Sept. 10-Oct. 3):	Beginning baseline workouts Cycle I; Pre-tests
Week 7 (Oct. 8-10):	Self-check incremental weight increase/Circuit I/Big Ball class
Week 8-10 (Oct, 15-Nov. 7):	Cycle II; begin Oral Final presentation Oct. 17 (Kines. 350 only)
Week 11 (Nov. 5-7):	Self-check incremental weight increase; Circuit II/Big Ball class
Week 12-15 (Nov. 12-Dec. 3):	Cycle III; continue and finish Post-tests
Thursday, Dec.5:	Last day to workout; complete Post-tests

WLAC Holidays (no class):

Labor Day:	Monday, Sept. 2
Veterans Day:	Monday, Nov. 11
Thanksgiving Holiday Break:	Thursday, Nov. 28-Sunday, Dec. 1

C. Matsuhara Fall Semester 2013 Office Hours:

Tuesday: 9:30-10:30 am; 2:00-3:00 pm; 5:00-5:30 pm
Wednesday: 2:30-3:00 pm; 5:00-6:30 pm
Thursday: 9:30-10:00 am

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