

**DEPARTMENT OF PHYSICAL EDUCATION
HEALTH AND PHYSICAL EDUCATION DIVISION
INTERCOLLEGIATE ATHLETICS - FITNESS & SKILLS TRAINING FOR
CROSS COUNTRY – KINESIOLOGY ATHLETICS 555 - 1.00 UNIT**

Instructor: Dan Fitzpatrick

Class Times: MW 4:20-5:45pm in Room PECN 14 – FALL 2013 Section 2934

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Contact: Before/After Class

Course Description:

This course is designed for the student athlete and is intended to provide focused strength and conditioning exercises, teach safety and injury prevention and present rules for cross country.

Student Learning Outcomes:

1. The student will be able to identify major muscle groups that should be developed in resistance exercise training programs for cross country.
2. The student will be able to apply basic nutritional needs, injury prevention, and basic and basic physiology of distance running.
3. The student will be able to examine goals and benefits of weight training for use in formulating a progressive resistance exercise program.
4. The student will demonstrate correct lifting mechanics and breathing when performing resistive exercises that are specific to distance running to improve muscular development, endurance, flexibility, and strength.
5. The student will be able to formulate a personal resistance training program which demonstrates an understanding of the principles of overload, progressive resistance exercise and specificity of training.
6. The student will be able to explain how weight training is important to a well-balanced lifestyle and integral to life-long learning.

Attendance:

Students can make up a maximum of 4 absences, and should obtain approval from any instructor with whom they wish to make up a class. Students may be dropped for excessive absences unless the instructor is notified of specific circumstances. It is the student's responsibility to drop.

Absences for studying, parking problems, etc. will not be excused! Absences for illness must be document by your doctor or the West LA College Health Center. TWO

MEDICAL ABSENCES WILL BE EXCUSED IF DOCUMENTED! These do not affect your grade.

*Tardiness will affect your grade. Students who arrive after 4:15 and before 4:45 will be marked tardy. TWO TARDIES COUNT AS ONE ABSENCE! Students who arrive after 4:45 are not allowed to participate and will be marked absent.

Dress:

To be considered present in class, students must wear proper athletic/workout attire. This means T-shirt and shorts or sweat suits/warm-ups must be worn at all times. String tank tops, cut-off tank tops, mesh tank tops, jeans, street clothing, and anything that compromises the safety and professionalism of the weight room is prohibited. Athletic shoes must be worn at all times. Sandals, open-toe shoes, hard-soled shoes and anything that compromises the safety and professionalism of the weight room is prohibited. No Jewelry of any kind, including rings, ear rings, necklaces, bracelets or anything else. No do rags or bandanas.

Other Course Policies:

1. No i-pods, headphones, or cell phones are to be used during class time.
2. There is NO FOOD OR DRINK other than water allowed in weight room. Bring H2O !!!
3. Each student must bring a towel with them to wipe up sweat while working out.
4. Use a spotter for all lifts.
5. Rack all weights when you are finished in their proper spots. There should be NO weights on the floor or out of order on racks or weight trees.
6. Leave personal belongings in your locker or elsewhere. The weight room is your office, not your house.
7. LIFT HARD!!!!

Grading/Assessment:

The student will be assessed on the following:

Grades

1. Attendance and Participation	60 points	A = 85+ points
2. Personal Training Log	10 points	B = 75+ points
3. Pre Test of Muscular Strength	10 points	C = 65+ points
3. Post Test of Muscular Strength	10 points	D = 55+ points
4. Competency and Muscles Test	<u>10 points</u>	F = 54 or below
Total Possible Points	100 points	