

KINESIOLOGY – PHYSICAL FITNESS

KIN 010, SEC 14245- FALL 2021



Leslie Trujillo
Health and Kinesiology Professor
Email: trujillc@lahc.edu



WEBSITE:
www.professortrujillo.com
-Kinesiology
-KIN 010
-General Info, Fitness, Nutrition



OFFICE: PE 149
OFFICE HOURS: EMAIL to request a zoom appointment
INSTAGRAM: lesliet_coachc
MENTORING: My office hours are for YOU! Please utilize them for any assistance you need in the class, in your education, or in your life. I'm here to help you succeed.

Our Strong Class:

August 30 – December 12: Asynchronous- on your own disciplined time

Course Description:

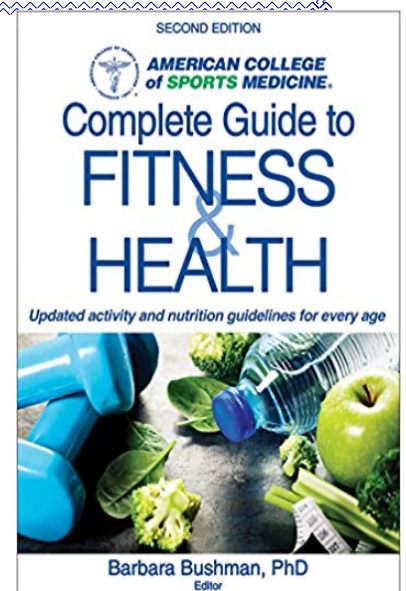
This course teaches a scientific approach to physical fitness to improve one's physical efficiency. It consists of an active program of physical fitness through fitness, strength, agility, and speed exercises. Students will learn how to test and be tested on the different areas of fitness and on their improvement throughout the course. (Required for 17 Unit, "Skills Certificate in Physical Training")

Textbook (Optional, I provide everything you need):

American College of Sports Medicine, 2nd Edition
Human Kinetics, 2017
Bushman, Barbara

SYLLABUS PAGES

- PG 1 My Info
Mentoring
Our Class
Our Text
- PG 2 Philosophy
SLO's/
Responsibilities
Succeeding
Grading
- PG 3 Relevant Info
Resources
- PG 4 Course Outline



Student Learning Objectives (SLO's):

1. Explain role of physical evaluation, define and list principles of evaluation. Evaluate client's health history and recommend the right type of physical activity.
2. Demonstrate knowledge of safety and injury prevention methods.
3. Name several basic fitness tests, practice and apply appropriate test selection, create a battery of tests, analyze and evaluate test's results.
4. Demonstrate proficiency in pre- and post- testing procedures applicable to individual goals.
5. Create performance goals, assess progress, and evaluate effectiveness of a training program.

My Teaching Philosophy: My main goal of teaching is to help my students become aware of the infinite potential within them and how to fully thrive in life. They will learn about persistence, fortitude, confidence, motivation, and accountability. They learn they are much stronger than they ever knew possible and they can create whatever they want in their life if they are willing to work for it and never give up. Students experience tools and methods to incorporate in their life to feel great and aid them along their educational and career journey. The classes are designed to not only teach the students about kinesiology and health but also about themselves.

How to Succeed:

1. Complete workouts enthusiastically, willing to give 100% effort.
2. Encourage & respect one another.
3. Submit ALL assignments to the best of your ability.
4. Take the Mid-term and Final on time.
5. Ask for help if you don't understand how to do something.
6. Be willing to learn and grow.

You can keep track of your grades by recording them on the chart below:

<u>SUBJECT:</u>	<u>POINTS:</u>	<u>MY POINTS:</u>
Participation	150 points (10 points each week)	
Original Assessment	25 points	
Midterm Project	50 points	
Midterm Exam:	48 points	
Final Project:	50 points	
Final Exam	47 points	
Final Assessment Improve	25 points	
<u>Total Points</u>	<u>395 points</u>	

A = 90 – 100%; B = 80 – 89%; C = 70 – 79%; D = 55 – 69%

RESOURCES & SPECIAL SERVICES:

On my HOME page, www.professortrujillo.com , there are links to the following resources and services to help you succeed:

Life Skills Center, Youth Source Center, Mental Health, Student Health, and the Library

LAHC MISSION:

Los Angeles Harbor College promotes access and student success through associate and transfer degrees, certificates, economic and workforce development, and basic skills instruction. Our educational programs and support services meet the needs of diverse communities as measured by campus institutional learning outcomes.



Disability Accommodation- ACCESS:

The Los Angeles Community College District (LACCD) adheres to the Disabled Student Programs and Services (DSPS) Implementing Guidelines as specified in Title 5 of the California Code of Regulations, the mandates of Section 504 of the Rehabilitation Act of 1973, and the Americans with Disabilities Act of 1990 (ADA), all of which prohibit discrimination on the basis of disability. The Los Angeles Community College District is committed to providing equal access to college educational programs and related activities for students with disabilities.



Los Angeles College District Academic Dishonesty Policy:

9803.28 Academic Dishonesty. Violations of Academic Integrity include, but are not limited to, the following actions: cheating on exam, plagiarism, working together on an assignment, paper or project when the instructor has specifically stated students should not do so, submitting the same term paper to more than one instructor, or allowing another individual to assume one's identity for the purpose of enhancing one's grade.



CLASS CONTACTS:

Name:
Phone:
Email:

Name:
Phone:
Email:

Name:
Phone:
Email:

Name:
Phone:
Email:

KIN 010, COURSE SCHEDULE:

	<u>DATE:</u>	<u>CLASS TOPIC:</u>	<u>REFERENCE:</u>
Wk1	8/30 – 9/5	Intro & Overview of Course Neural & Dynamic Warm-up	Syllabus & Website Our Website
Wk2	9/7 – 9/12	Opening Assessments Making Healthy Lifestyle Choices, Ch. 1	ACSM Textbook
Wk3	9/13 – 9/19	Embracing Physical Activity, Ch. 2 Balancing Nutrition, Ch. 3	ACSM Textbook
Wk4	9/20 – 9/26	Promoting Healthy Habits, Ch.4	ACSM Textbook
Wk5	9/27 – 10/3	Improving your Aerobic Fitness, Ch.5	ACSM Textbook
Wk6	10/4 – 10/10	Enhancing your Muscular Fitness, Ch. 6	ACSM Textbook
Wk7	10/11 – 10/17	MID-TERM REVIEW	
Wk8	10/18 – 10/24	Mid-Term Project DUE MID-TERM EXAM	
Wk9	10/25 – 10/31	Increasing your Flexibility, Ch. 7	ACSM Textbook
Wk10	11/1 – 11/7	Sharpening your Functional Fitness, Ch. 8	ACSM Textbook
Wk11	11/8 – 11/14	Vision Training Adults: Ages 18-64, Ch. 10	ACSM Textbook ACSM Textbook
Wk12	11/15 – 11/21	Final Project & Review FITNESS TESTS for Final Project	ACSM Textbook Our Website
Wk13	11/22 – 11/24 11/25 – 11/28	Designing your Workout Program Thanksgiving	
Wk14	11/29 – 12/5	Closing Assessments FINAL REVIEW- Final Project DUE	Our Website
Wk15	12/6 – 12/12	FINAL EXAM	
Wk16	12/13 – 12/19	Extra Credit Due	

****Syllabus subject to change. I will inform you of any changes.**

Success is peace of mind
which is a direct result
of self-satisfaction in
knowing you did your
best to become the best
you are capable of
becoming.

John Wooden