

# KINESIOLOGY –Weight Training Skills ONLINE

## KIN 250-I, SEC 23928- Fall 2021



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**WEBSITE:**  
[www.professortrujillo.com](http://www.professortrujillo.com)  
-Kinesiology/PE Tab  
-KIN 250  
-General Info, Fitness, Nutrition



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### Our Strength Class:

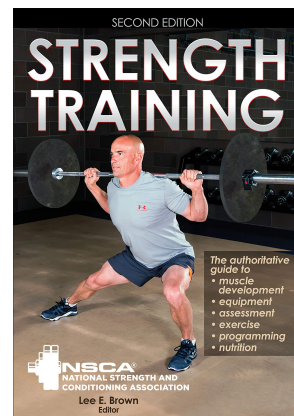
August 30 – December 12: ASYNCHRONOUS, On your own time via deadlines

### Course Description:

This course consists of an active program of fitness and strength training through various weight-training skills. Students will learn the different methods used for training athletes as well as the general population. Personalized fitness programs are developed for each student. (*Required for 17 Unit, "Skills Certificate in Physical Training" & Can be applied toward "AA in PE/Kinesiology Degree"*)

### Textbook (Optional):

Thomas R. Baechle & Rer W. Earle  
ISBN-13: 9781450411684



**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.



**Student Learning  
Objectives (SLO's):**

**NEVER, EVER GIVE UP!  
SUCCESS IS YOURS!**

1. Explain exercise safety and demonstrate basic safety rules.
2. Demonstrate proper stretching, warm-up, cool down, and spotting techniques.
3. Organize, implement, and evaluate a sport-specific weight-training program.
4. Demonstrate weight lifting techniques.
5. Design weight lifting programs for athletes and the general population.
6. Demonstrate, lead, and correct other students during weight training exercise.

**Responsibilities:**

1. **Attendance:** This class is an asynchronous class. You do the coursework and workouts at a time that works best for you.
2. **Activities:** Points will be given for the discussions at the end of the week based on the workouts. You are responsible to give your best effort on every activity. P.R.I.D.E.
3. **Course Material:** The info for the class comes from our optional text, canvas, and my website. Handouts are posted in Canvas and on our class tab. You can study online or print it out. The study guides are also on the website, as well as other information to help you succeed.
4. **Missing Assignments:** Sometimes life happens and you might not be able to turn in your assignment by the deadline. Please inform me ASAP of your reason.
5. **Be Prepared:** When you are completing your workouts at home, dress in workout gear. Have a water bottle and sweat towel. Get your mind right!

**Goals:** Assignments are designed to endorse critical thinking skills, personal reflection, dialogue and active participation from all students. My primary goal is to train students to become highly qualified individuals that are able to design appropriate movement and fitness programs that promote health and wellness.



### How to Succeed:

1. Perform work 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.

### Grading:

1. You will be evaluated on your participation in the class. I do not care if you are the strongest or the fastest. You are graded on effort and improvement every day.
2. There will be a Mid-Term and Final Exam based on the theories and testing in the book, on our handouts, and the activities we perform in class.
3. There is a mid-term and final project that involves designing a personalized exercise program based on the different info we learned in class.
4. You are graded on your improvement throughout the semester.

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 per week)	
Opening Assessment	25 points	
Midterm Project	50 points	
Midterm Exam	47 points	
Final Project:	50 points	
Final Exam	39 points	
Final Assessment Improve	25 points	
<u>Total Points</u>	<u>336 points</u>	

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

## RESOURCES & SPECIAL SERVICES:

On my HOME page, [www.professortrujillo.com](http://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 fosters learning through comprehensive programs that meet the educational needs of the community as measured by student success, personal and institutional accountability, and integrity.



### 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 250-I, COURSE SCHEDULE:**

<b><u>DATE:CLASS TOPIC:</u></b>			<b><u>REFERENCE:</u></b>
Wk1	8/30 -9/5	Intro & Overview of Course Opening Assessments	Syllabus & Website Website
Wk2	9/7 – 9/12	Muscle Anatomy 101 How Muscle Grows	Strength Training, Ch. 1 Strength Training, Ch. 2
Wk3	9/13- 9/19	Types of Muscle Testing Nutrition for Muscle Development	ST, Ch. 3 ST, Ch. 4
Wk4	9/20 – 9/26	Strength Assessment Types of Strength & Power Assessments	ST, Ch. 5 ST, Ch. 6
Wk5	9/27 – 10/3	Workout Schedule & Rest Safety, Soreness, and Injury	ST, Ch. 7 ST, Ch. 8
Wk6	10/4 – 10/10	Upper Body Exercises	ST, Ch. 9
Wk7	10/11 – 10/17	Lower Body Exercises Torso Exercises	ST, Ch. 10 ST, Ch. 11
Wk8	10/18 – 10/24	MID-TERM REVIEW MID-TERM EXAM / MID-TERM PROJECT DUE	Website & Textbook
Wk9	10/25 – 10/31	Explosive Movements	ST, Ch. 12
Wk10	11/1 – 11/7	Beginner Programs Intermediate Programs	ST, Ch. 13 ST, Ch. 14
Wk11	11/8 – 11/14	Advanced Programs	ST, Ch. 15
Wk12	11/15 – 11/21	Youth Programs & Senior Programs	ST, Ch. 16 & 17
Wk13	11/22 – 11/24	Designing Your Own Program	Website
Wk14	11/29 – 12/5	FINAL PROJECT DUE/ FINAL REVIEW	
Wk15	12/6 – 12/12	FINAL ASSESMENTS & EXAM	
Wk16	12/13 – 12/19	Extra Credit Due	

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