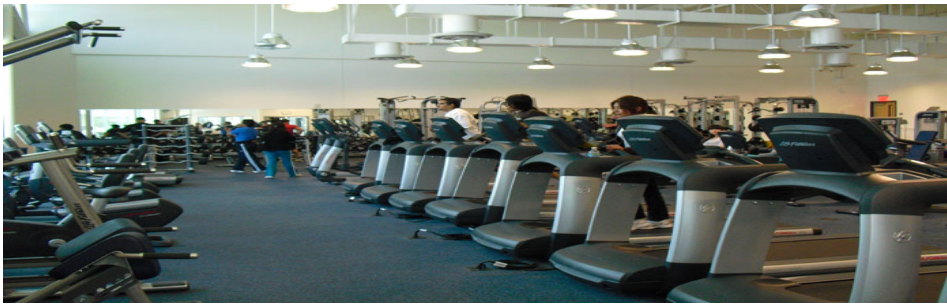


LAHC - KINESIOLOGY –Weight Training

KIN 350-I, 112944, FALL 2021



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



WEBSITE:

www.professortrujillo.com

-Kinesiology Tab

-KIN350-I/KIN350-2 Tab

-Midterm & Final study guide

OFFICE: PE 149

OFFICE HOURS:

Email for Zoom Appointment

INSTAGRAM: [lesliet_coachc](https://www.instagram.com/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.

Weight Training Class:

Class Operates: August 30- December 12

Midterm: October 18-24

Final: Week of December 6-12

Course Description:

An open laboratory experience for the people who desire an individualized strength program using a combination of cardio machines, universal machines and free weights. This is suited for men and women of all age groups who are interested in muscle toning and muscle building. Guided Strength Training Program will be provided.

SYLLABUS PAGES

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Student Learning Objectives (SLO's):

1. Demonstrate the ability to perform a variety of exercises with weights to develop strength and endurance to all areas of the body.
2. Improve knowledge of the major muscle groups by pre- and post- testing (Midterm).
3. Demonstrate knowledge of weight training methods that target a specific muscle group.



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

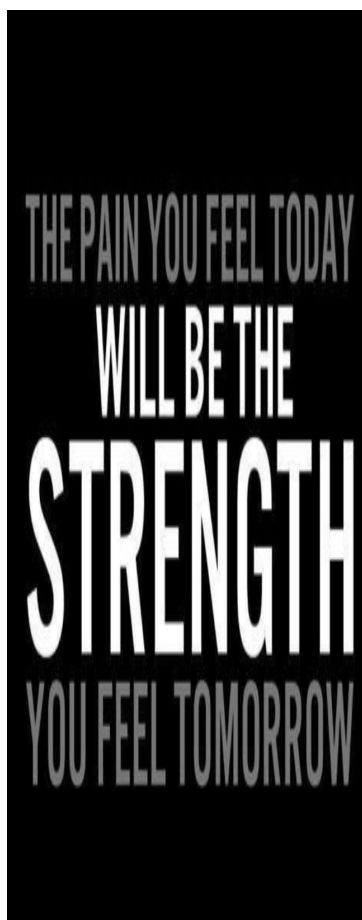
Philosophy: Weight training aids in personal development by improving: health, muscle/tendon/ligament/bone strength, muscle size or tone, appearance, posture, flexibility, metabolism, joint stability, muscle endurance, power, sports performance, lean body mass, and physical fitness.

Students 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.

Responsibilities:

1. **Attendance:** This class is asynchronous, meaning we do not meet on a specific day and time. You will complete the workouts and assignments when it best fits your schedule. Stay accountable!
2. **Activities:** Points will be given for the activities completed at home and self-reported on canvas. 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 canvas and my website. Handouts are posted 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 an Assignment:** Sometimes life happens and you might not be able 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 ready. Get your mind right!

Goals: By participating in this class throughout the semester the students will develop a healthy body and a healthy mind. The class promotes greater self-esteem and self-confidence. Other goals of the class include reducing the risks for all health problems and reducing and preventing injuries. We hope you enjoy your class and learn that weight training is a lifetime activity you can continue to incorporate into your life.



How to Succeed:

1. ALWAYS focus on technique!
2. BE COACHABLE.
3. GIVE 100% EFFORT.
4. Take the Mid-term and Final on time.
5. Ask for help if you don't understand how to do something.
6. If you need more training guidance, ask me or go to www.professortrujillo.com to KIN 350 for sample training programs.

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 your participation and your tests.
2. There will be a Midterm and Final Exam based on the handouts.
3. Your grade is a combination of your attendance hours/participation, assessments, and the tests. Below is the key:

Participation: 150 Points (10 points each week)

Opening Assessment: 25 points

Midterm Quiz: 20 points

Final Quiz: 22 points

Final Assessment: 25 points

Total: 242 points



Extra Credit:

There is a max of 30 points for extra credit if you need it. Refer to the website, click on the "Education" tab for the list of activities.

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.



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.

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.



CLASS CONTACTS:

Name:
Phone:
Email:

Name:
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Name:
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