KINESIOLOGY- PHYSICAL FITNESS- KIN MAJ 119, SEC 12422, REVISED FOR ONLINE SPRING 2020

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Book (optional): Bodyweight Strength Training Anatomy, Bret Contreras

The original syllabus is still posted on our class website:
http://www.professortrujillo.com/kin-119.html

The midterm project, final project, and PowerPoints with the info needed for projects and Quiz's can also be found at the above website.

Below is the revised grading:

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

SUBJECT:	POINTS:	MY POINTS:
Participation prior to 3/12	80 points (10 points per day)	
Participation (3/30- 5/25)	150 points (10 points per day)	
Midterm Project	50 points	
Midterm Quiz	50 points	
Final Project	50 points	
Final Quiz	50 points	
Extra Credit (Optional)	up to 50 points	
Total Points	**430 points**	

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

Below is the revised course schedule:

TUESDAY & THURSDAY, KIN MAJ 119, COURSE SCHEDULE:

	DATE:	CLASS TOPIC:	REFERENCE:
Wk1	2/11-13	Intro & Overview of Course Safety Factors & Training Guidelines (SLO1) Principles of Strength Development (SLO2)	Syllabus & Website
Wk2	2/18-20	Assessments/ Health History Neural & Dynamic Warm-up	Website
Wk3	2/25-27	Muscles/ Types of Muscle Contractions/Types & Sports (SLO3) Bodyweight Challenge, Ch. 1	Bodyweight Textbook
Wk4	3/3-5	Arms, Ch. 2 Neck & Shoulders, Ch. 3	Bodyweight Textbook
Wk5	3/10-12	Chest, Ch. 4 Open Gym	Bodyweight Textbook
Wk6	3/17-19	NO CLASS INSTRUCTION	
	3/24-26	SPRING BREAK	
Wk7	3/31-4/2	NO CLASS- Cesar Chavez Day Core, Ch. 5	Bodyweight Textbook
WK8	4/6-13	Back, Ch. 6 Mid-Term Project Due	Bodyweight Textbook
Wk9	4/14-16	MID-TERM Quiz Thighs, Ch. 7	Bodyweight Textbook
Wk10	4/21-23	Glutes, Ch. 8 Calves, Ch. 9	Bodyweight Textbook
Wk11	4/28-30	Whole Body, Ch. 10 Planning your Program, Ch. 11 (SLO4)	Bodyweight Textbook Our Website
Wk12	5/5-7	Vision Training Plyometrics	Our Website
Wk13	5/12-14	Circuit Training Band Training	Our Website
Wk14	5/19-21	Speed & Agility Training	Our Website
Wk15	5/26-28	FINAL PROJECT DUE FINAL QUIZ	
Wk16	6/2	Final Grade Posted	

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