KINESIOLOGY –Physical Efficiency

KIN MAJ 119, SEC 14244 & 20684- FALL 2021

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

WEBSITE:
www.professortrujillo.com
-Kinesiology/PE Tab
-KIN 119
-General Info, Fitness, Nutrition

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LAHC LOS ANGELES HARBOR COLLEGE
Education Changes Everything!

OFFICE: PE 149
OFFICE HOURS: Email me for 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 Strength Class:

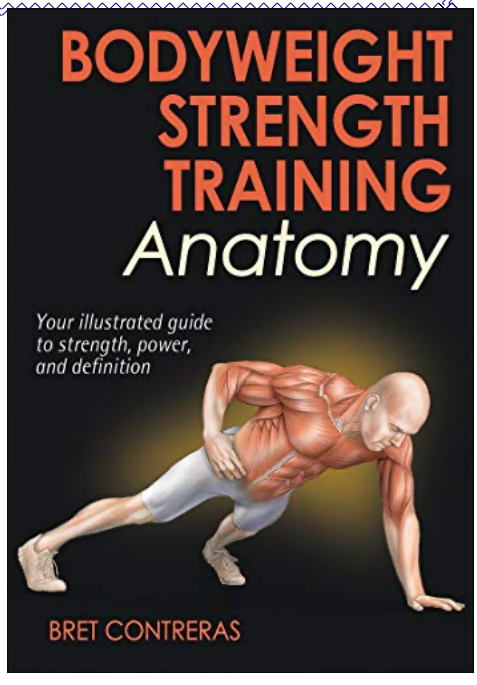
August 30 – December 12: Asynchronous- on your own time

Course Description:

This course consists of an active program of physical fitness

through flexibility, running, and strength exercises; also included are body weight conditioning and aerobic activities. Personalized fitness programs are developed for each student. The student will also learn the principles of fitness conditioning, weight control, and nutrition guidance. *(Required for 17 Unit, "Skills Certificate in Physical Training")*

Textbook *(Optional):* Bodyweight Strength Training Anatomy, B. Contreras



Student Learning Objectives (SLO's):

1. Identify safety factors and conduct while working out.
2. Define the basic principles of strength development including strength, endurance, and power.
3. Differentiate between types of muscle contractions, muscle fiber types, and their relative involvement in different sports/activities.
4. Design a workout program, identifying fitness components.

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 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.

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. 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:

SUBJECT:	POINTS:	MY POINTS:
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	
Total Points	**336 points**	

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

Extra Credit:
There is a MAX of 50 points for extra credit if you need it. Refer to the website, "Education", 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 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:
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Email:

Name:
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Name:
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Email:

KIN MAJ 119, COURSE SCHEDULE:

	DATE:	CLASS TOPIC:	REFERENCE:
Wk1	8/30 – 9/5	Intro & Overview of Course Safety Factors & Training Guideline Principles of Strength Development	Syllabus & Website Canvas & Website
Wk2	9/7 – 9/12	Opening Assessments Neural & Dynamic Warm-up	Canvas & Website
Wk3	9/13 – 9/19	Muscles/Types of Contractions Bodyweight Challenge, Ch. 1	Canvas & Website Bodyweight Text
Wk4	9/20 – 9/26	Arms, Ch. 2 Neck & Shoulders, Ch. 3	Bodyweight Text
Wk5	9/27 – 10/3	Chest, Ch. 4 Core, Ch. 5	Bodyweight Text
Wk6	10/4 – 10/10	Back, Ch. 6 Upper Body	Bodyweight Text Bodyweight Text
Wk7	10/11 – 10/17	MID-TERM REVIEW MID-TERM PROJECT	Website & Textbook
Wk8	10/18 – 10/24	MID-TERM EXAM Project Due	
Wk9	10/25 – 10/31	Thighs, Ch. 7 Glutes, Ch. 8 Calves, Ch. 9	Bodyweight Text Bodyweight Text
Wk10	11/1 – 11/7	Whole Body, Ch. 10	Bodyweigth Text
Wk11	11/8 – 11/14	Vision Training Plyometrics	Canvas & Website
Wk12	11/15 – 11/21	Circuit Training Band Training	Canvas & Website
Wk13	11/22 - 11/24	Medicine Ball Training Speed & Agility Training	Canvas & Website
Wk14	11/29 – 12/5	Designing a Weight Training Program Understanding the FINAL PROJECT	
Wk15	12/6 – 12/12	FINAL ASSESMENTS & Final Project Due	
Wk16	6/1 – 6/4	FINAL EXAM & Extra Credit Due	

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