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### KIN 001 Adapted Physical Activity

#### COURSE DESCRIPTION

This course is designed to provide an individualized physical activity program for the SJSU student with disability in order to promote self-actualization and facilitate health-related fitness, including cardiovascular endurance, muscular strength/endurance, and/or flexibility.

#### COURSE OBJECTIVES

The objectives of this course for individuals with disability will focus on:

- a. improvement of physical, social-emotional, and psychological health through a regular physical activity program.
- b. facilitated awareness of abilities not disabilities.
- c. increased awareness of the interrelationship of mind and body through movement.
- d. acceptance of responsibility for maintaining a personal physical activity program.

#### COURSE REQUIREMENTS

An individualized physical activity program will be developed in partnership between the student and the instructor. Specified goals are to be met by the end of the semester. The student is expected to realize physical activity potential through participation in this course. It is anticipated that the student will commit to a personal physical activity program through self-discipline, time, effort, and determination.

The course will begin at 5 minutes after the hour and conclude at 10 minutes to the hour. Active participation is expected of the student.

#### TEXT

Prentice, W. E. (2009). *Get fit, stay fit* (5<sup>th</sup> ed.). New York: McGraw-Hill.

#### EVALUATION

1. Active Participation/Workout Program.....50%
2. Fitness Labs (6).....15%
3. Midterm Exam..... 15%
4. Final Exam.....20%

#### ASSIGNMENT OF FINAL COURSE GRADE

Final course grade will be assigned according to the following scale based on the total accumulated percentage points during the semester.

|    |           |    |          |    |          |    |          |   |      |
|----|-----------|----|----------|----|----------|----|----------|---|------|
| A+ | 98 – 100% | B+ | 88 – 89% | C+ | 78 – 79% | D+ | 68 – 69% | F | <60% |
| A  | 92 – 97%  | B  | 82 – 87% | C  | 72 – 77% | D  | 62 – 67% |   |      |
| A- | 90 – 91%  | B- | 80 – 81% | C  | 70 – 71% | D- | 60 – 61% |   |      |

## OTHER RELATED INFORMATION

Shower/locker room facilities are available if necessary, please consult the instructor. Attendance will be taken daily. Please find your daily exercise log and keep it with you during class to record your workout and other essential information. Please wear “workout” clothes that allow you to move and sweat appropriately. Good training shoes are a must. You may also bring a water bottle and towel. Alert the instructor of any medical problems, special medications, or accidents that might affect your involvement in the class.

**LAST DAY OF INSTRUCTION/FINAL: MONDAY, DECEMBER 7, 2009.**

THERE ARE NO FINAL EXAMS GIVEN FOR ACTIVITY CLASSES DURING FINALS WEEK.

### **Dropping and Adding**

**University Drop Policy:** Unsatisfactory performance in coursework is not considered a serious and compelling reason in itself for requesting permission to drop. Students are responsible for understanding the policies and procedures about add/drops, academic renewal, etc. Information on add/drops is available at <http://infor.sjsu.edu/web-dbgen/narr/soc-fall/rec-324.html>. Information about late drop is available at <http://www.sjsu.edu/sac/advising/latedrops/policy/>. Students should be aware of the current deadlines and penalties for adding and dropping classes. The last day to drop courses without an entry on student’s permanent record is Thursday, September 3, 2009. The last day to add courses and register late is Friday, September 11, 2009.

### **Academic Integrity**

#### **Academic integrity statement (from SJSU Office of Judicial Affairs):**

Your instructor will make every reasonable effort to foster honest academic conduct in her course. She will secure examinations and their answers so that students cannot have prior access to them and proctor examinations to prevent students from copying or exchanging information. She will be on the alert for plagiarism. “Your own commitment to learning, as evidenced by your enrollment at San José State University and the University’s Academic Integrity Policy requires you to be honest in all your academic course work.” Your instructor is required to report all infractions to the Office of Judicial Affairs. Students who are caught cheating will be reported to the Judicial Affairs Officer of the University, as prescribed by Academic Senate Policy S04-12. This policy can be found at <http://www2.sjsu.edu/senate/S04-12.pdf>.

The website for Student Conduct and Ethical Development is available at [http://sa.sjsu.edu/judicial\\_affairs/index.html](http://sa.sjsu.edu/judicial_affairs/index.html).

### **Campus Compliance with the Americans with Disabilities Act**

If you need course adaptations or accommodations because of a disability, or if your need to make special arrangements in case the building must be evacuated, please make an appointment with me as soon as possible, or see me during office hours. Presidential Directive 07-03 requires that students with disabilities requesting accommodations must register with the Disability Resource Center (DRC) to establish a record of their disability.

DRC website: <http://www.drc.sjsu.edu>

## LAB ASSIGNMENT INFORMATION

Each student is required to complete 6 lab assignments that are included in the textbook. Students are welcome to photocopy the assigned labs and then complete them.

**Assigned Labs - Late lab assignments will be graded down one grade for each day late.**

2-1 7-2

2-2 7-3

4-1 Lab of Choice

**TENTATIVE READING AND LABORATORY ASSIGNMENTS FOR  
KINESIOLOGY 001 - ADAPTED PHYSICAL ACTIVITY**

| WEEK | DATE            | CHAPTER READING                               | LAB ASSIGNMENT                     | LAB DUE DATE  |
|------|-----------------|---|------------------------------------|---------------|
| 1    | AUG 24 & 26     | INTRODUCTIONS                                 |                                    |               |
| 2    | AUG 31 & SEPT 1 |   |                                    |               |
| 3    | SEPT 7          | <b>LABOR DAY</b>                              | <b>CAMPUS CLOSED</b>               |               |
|      | SEPT 9          | 1&2   | 2-1 & 2-2                          | WED 9-16      |
| 4    | SEPT 14 & 16    | 3   |                                    |               |
| 5    | SEPT 21 & 23    |   |                                    |               |
| 6    | SEPT 28 & 30    | 4   | 4-1                                | WED 10-7      |
| 7    | OCT 5 & 7       | 5   |                                    |               |
| 8    | OCT 12 & 14     |   | Review For Mid Term                |               |
| 9    | <b>OCT 19</b>   | <b>FACULTY &amp; CAMPUS<br/>FURLOUGH DAY</b>  | <b>NO CLASS</b>                    |               |
|      | <b>OCT 22</b>   | <b>Mid Term Exam</b>                          | Chpts. 1 - 5<br>Labs 2-1, 2-2, 4-1 | 15% of grade  |
| 10   | OCT 26 & 28     |   |                                    |               |
| 11   | NOV 2 & 4       |   |                                    |               |
| 12   | NOV 9           | 6   |                                    |               |
|      | <b>NOV 11</b>   | <b>VETERAN'S DAY</b>                          | <b>CAMPUS CLOSED</b>               |               |
| 13   | NOV 16 & 18     | 7   | 7-2 & 7-3                          | Mon 12-1      |
| 14   | NOV 23 & 25     |   |                                    |               |
| 15   | NOV 30          | 8   |                                    |               |
|      | DEC 2           |   |                                    |               |
| 16   | <b>DEC 7</b>    | <b>Last day of instruction<br/>Final Exam</b> | Chpts. 6-8<br>Labs 7-2 & 7-3       | 20 % of grade |

**Makeup exams will only be given for a serious reason that is documented.**

