Course and Contact Information
Instructor: Adriane Cris Tomimbang, M.A.
Office Location: SPX 170
Telephone: (408) 924-3010
Email: Adrianecris.tomimbang@sjsu.edu
Office Hours: By appointment only.
Class Days/Time: Tuesday/Thursday 9:30-10:20am
Classroom: YUH 126

Course Format
Activity Course
This is an activity course that requires in class physical activity participation. In addition to in class participation, students will complete assignments online using Canvas. Internet connectivity and a computer are needed to complete assignments.

Canvas and MYSJSU Messaging
Course materials such as syllabus, handouts, notes, assignment instructions, etc. can be found on Canvas Learning Management System course login website at http://sjsu.instructure.com. You are responsible for regularly checking your sjsu.edu email or Canvas inbox to learn of any updates.

Course Description
This course is for students unable to participate in the regular physical activity program due to a verifiable injury, health condition, or physical limitations. This course provides structured individualized physical activities to enhance physical/motor fitness and develops an active, health-oriented lifestyle for students with disabilities.

Course Goals
Activity Program Learning Outcomes
Upon successful completion of the physical activity graduation requirement, students will be able to:

• Demonstrate proficiency in the execution of the motor/sport skills appropriate to the specific activities completed.
• Identify and/or explain the applicable history, rules, strategies, current research, safety, and etiquette related to the specific activities completed.
• Identify and/or explain the benefits of physical activity as related to physical and mental health.
Course Learning Outcomes (CLO)

Following activities and assigned readings, students will be able to demonstrate through class activities/assignments, skills tests, and written exams:

1. Knowledge of fundamental skills and techniques related to general physical activity.
2. Proficiency in execution of the general physical activity skills covered.
3. An understanding of the history, rules, strategies, current research, safety and etiquette associated with general physical activity.
4. An understanding of the mental and physical health benefits to be derived from general physical activity.
5. An appropriate level of proficiency in personal fitness as it relates to components such as cardiovascular endurance, muscular strength, muscular endurance and flexibility.

Required Texts/Readings

Textbook


This is the newer 7th edition. Quizzes and assignments are based off of the 7th edition, you may use the 6th edition but are responsible for any differences in content.

Other technology requirements / equipment / material

All course content and graded assignments are available on Canvas. It is your responsibility to check the Canvas course at least once a week. All assignments, quizzes and exams will be administered through Canvas.

Course Requirements and Assignments

Daily Participation

Students are expected to arrive on time and participate fully in all activities throughout the class period including but not limited to active participation in group discussions, one-on-one discussions as well as physical participation in individualized fitness plans. For each 10-minute block that a student misses class, they will lose 1 participation point. Each class is worth 5 participation points. Student may miss 2 classes before it negatively affects their grade. Students are not permitted to participate while under the influence of drugs or alcohol.

Workout Log

Students are responsible for creating and maintain a daily fitness log to track and evaluate their progress. The log will be checked multiple times throughout the semester. This is the one assignment students may submit in hard copy.

Assessments

There will be multiple fitness assessments throughout the semester to determine appropriate fitness plans and evaluate progress. Assessments are not worth points but must be completed to pass the course. Due to the varied individual student needs and the nature of this activity class, the fitness assessments will vary for each student based on their individual fitness and motor development needs.
Quizzes
There will be weekly online quizzes through Canvas. They will consist of fill in the blank, multiple choice, matching and true/false type questions. They will be due at the end of each week and will relate to the readings and in class lessons of that week. There are no make-ups for these quizzes so plan accordingly.

Tests
There will be one written midterm. More information will be provided in class and on Canvas during the semester and will cover all the information covered up until that point.

Final Examination
Faculty members are required to have a culminating activity for their courses, which can include a final examination, a final research paper or project, a final creative work or performance, a final portfolio of work, or other appropriate assignment.

There will be a written final. The final will cover material presented over the entire semester. More information will be provided in class and on Canvas.

University’s Credit Hour Requirement
Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of 45 hours over the length of the course (normally three hours per unit per week) for instruction, preparation/studying, or course related activities, including but not limited to internships, labs, and clinical practica. Other course structures will have equivalent workload expectations as described in the syllabus.

Grading Information
- Workout log (mid-term check = 20 points & final = 30 points) = 50 points
- Quizzes (10 points each x10) = 100 points
- Exams (50 points each x2) = 100 points
- Participation (5 points per day x30 days) = 150 points
- Assessments (no points awarded but must be completed to pass)

Determination of Grades
- At SJSU all grades are earned as either a base letter grade (i.e. B) or with a plus (i.e. B+) or minus (i.e. B-). To earn a plus on a letter grade the students will need to earn above the 7th percent in that grade category (i.e. 67%, 77%, etc.). To earn a minus on the letter grade the students will need to earn at or below the 2nd percent in that grade category (i.e. 62%, 72%, etc.).
- Final total grades will be rounded based on the tens place, .49 rounds down to the next whole number and .5 rounds up.
- Extra credit options, if available will be announced in class only. No additional or individual extra credit options will be made available.
- It is each students responsibility to know when each assignment is due, due dates are listed on the schedule and on Canvas. Each assignment is due by 11:59pm of the due date unless otherwise stated.
- Late assignments will NOT be accepted unless prior arrangements have been made with the professor

<table>
<thead>
<tr>
<th>Grade</th>
<th>Points</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>A plus</td>
<td>386 to 400</td>
<td>97 to 100%</td>
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<tr>
<td>A</td>
<td>370 to 385</td>
<td>93 to 96%</td>
</tr>
<tr>
<td>A minus</td>
<td>358 to 369</td>
<td>90 to 92%</td>
</tr>
<tr>
<td>Grade</td>
<td>Points</td>
<td>Percentage</td>
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<tr>
<td>B plus</td>
<td>346 to 357</td>
<td>87 to 89 %</td>
</tr>
<tr>
<td>B</td>
<td>330 to 345</td>
<td>83 to 86%</td>
</tr>
<tr>
<td>B minus</td>
<td>318 to 329</td>
<td>80 to 82%</td>
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<tr>
<td>C plus</td>
<td>306 to 317</td>
<td>77 to 79%</td>
</tr>
<tr>
<td>C</td>
<td>290 to 305</td>
<td>73 to 76%</td>
</tr>
<tr>
<td>C minus</td>
<td>278 to 289</td>
<td>70 to 72%</td>
</tr>
<tr>
<td>D plus</td>
<td>266 to 277</td>
<td>67 to 69%</td>
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<tr>
<td>D</td>
<td>250 to 265</td>
<td>63 to 66%</td>
</tr>
<tr>
<td>D minus</td>
<td>238 to 249</td>
<td>60 to 62%</td>
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</tbody>
</table>

Classroom Protocol

- Use of cell phones for personal music is permitted with headphones only during individual workout time. Calls, texting, photography (personal or group) and posting not permitted in class.
- Interactions with classmates and the instructor are expected to be respectful at all times.
- Instruction may not be recorded. If classmates ask you to record their performance for later review make sure it is done before or after class rather than during class. Do not post or otherwise share the recording unless otherwise approved by the instructor.
- Course materials developed by the instructor (e.g., exam/quiz items, videos, lecture notes), are the instructor’s intellectual property and cannot be shared or uploaded in any form publicly without the instructor’s approval.
- If you have pre-existing medical or physical problems you should consult your physician before participating in this class and alert the instructor to any required limitations.
- Report any accidents to the instructor immediately.
- Written exams, quizzes and assessments cannot be made up except under extreme circumstances.
- Drop requests will not be accepted after the drop deadline.

University Policies

Per University Policy S16-9 (http://www.sjsu.edu/senate/docs/S16-9.pdf), relevant information to all courses, such as academic integrity, accommodations, dropping and adding, consent for recording of class, etc. is available on Office of Graduate and Undergraduate Programs’ Syllabus Information web page at http://www.sjsu.edu/gup/syllabusinfo/” Make sure to review these university policies and resources with students.
KIN 1 / Adapted Physical Activities, Spring 2019, Course Schedule

This is a tentative schedule and may change as needed. No additional coursework or assignments will be given. Students will be notified of any changes at least one week in advance in-class and/or via Canvas.

Normal text represents the topics for that class, *italicized text* represents when a reading is assigned, **bolded text** represents when an assignment is due.

Course Schedule

<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Topics, Readings, Assignments, Deadlines</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>8/22</td>
<td>Welcome, syllabus, assignments and grading</td>
</tr>
<tr>
<td>2</td>
<td>8/27</td>
<td>Intro to course, individual needs assessment</td>
</tr>
<tr>
<td>2</td>
<td>8/29</td>
<td>Equipment walk through</td>
</tr>
</tbody>
</table>
| 3    | 9/3   | Individualized Programs  
*Reading: Ch. 1 – Getting Fit: Why Should You Care?*  
**Quiz 1 – Due Friday by midnight** |
| 3    | 9/5   | Individualized Programs  
**Quiz 1 – Due Friday by midnight**  
*Reading: Ch. 1 – Getting Fit: Why Should You Care?* |
| 4    | 9/10  | Cardiovascular Exercise  
*Reading: Ch. 2 – Creating a Healthy Lifestyle*  
**Quiz 2 – Due Friday by midnight** |
| 4    | 9/12  | Cardiovascular Exercise  
**Quiz 2 – Due Friday by midnight**  
*Reading: Ch. 2 – Creating a Healthy Lifestyle* |
| 5    | 9/17  | Flexibility  
*Reading: Ch. 3 – Starting Your Own Fitness Program*  
**Quiz 3 – Due Friday by midnight** |
| 5    | 9/19  | Workout  
**Quiz 3 – Due Friday by midnight** |
| 6    | 9/24  | Workout  
*Reading: Ch. 4 – Developing Cardiorespiratory Fitness*  
**Quiz 4 – Due Friday by midnight** |
| 6    | 9/26  | Workout  
**Quiz 4 – Due Friday by midnight** |
| 7    | 10/1  | Workout  
*Reading: Ch. 5 – Improving Muscular Strength, Endurance, and Power*  
**Quiz 5 – Due Friday by midnight** |
| 7    | 10/3  | Workout  
**Quiz 5 – Due Friday by midnight** |
| 8    | 10/8  | Workout  
*Midterm – available on Canvas*  
Workout log – Check |
| 8    | 10/10 | Workout  
**Workout log – Check** |
| 9    | 10/15 | Workout  
Midterm Progress/Program Evaluation |
| 9    | 10/17 | Workout  
**Midterm – Due Friday by midnight** |
| 10   | 10/22 | *Reading: Ch. 6 – Increasing Flexibility Through Stretching*  
**Quiz 6 – Due Friday by midnight** |
<p>| 10   | 10/24 | <strong>Quiz 6 – Due Friday by midnight</strong> |</p>
<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Topics, Readings, Assignments, Deadlines</th>
</tr>
</thead>
<tbody>
<tr>
<td>11</td>
<td>10/29</td>
<td>Reading: Ch. 7 – Eating Right to Fuel the Body</td>
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<tr>
<td>11</td>
<td>10/31</td>
<td>Quiz 7 – Due Friday by midnight</td>
</tr>
<tr>
<td>12</td>
<td>11/5</td>
<td>Reading: Ch. 8 – Developing and Maintaining a Healthy Body Image Through Diet and Exercise</td>
</tr>
<tr>
<td>12</td>
<td>11/7</td>
<td>Quiz 8 – Due Friday by midnight</td>
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<tr>
<td>13</td>
<td>11/12</td>
<td>Reading: Ch. 9 – Practicing Safe Fitness</td>
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<tr>
<td>13</td>
<td>11/14</td>
<td>Quiz 9 – Due Friday by midnight</td>
</tr>
<tr>
<td>14</td>
<td>11/19</td>
<td>Reading: Ch. 10 – Becoming a Wise Consumer</td>
</tr>
<tr>
<td>14</td>
<td>11/21</td>
<td>Quiz 10 – Due Friday by midnight</td>
</tr>
<tr>
<td>15</td>
<td>11/26</td>
<td>Thanksgiving Break – No Class</td>
</tr>
<tr>
<td>15</td>
<td>11/29</td>
<td>Thanksgiving Break – No Class</td>
</tr>
<tr>
<td>16</td>
<td>12/3</td>
<td>Final available on Canvas</td>
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<tr>
<td>16</td>
<td>12/5</td>
<td>Progress/Program Evaluation</td>
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<tr>
<td></td>
<td></td>
<td>Workout log Due</td>
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<tr>
<td>Final Exam</td>
<td>12/11</td>
<td>Due on Canvas by 12:00pm (noon)</td>
</tr>
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