

**San José State University**  
**Department of Kinesiology**  
**KIN 1, Adapted Physical Activities, Fall 2018**

**Course and Contact Information**

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<b>Office Hours:</b>	Tuesday/Thursday 1:30-3:30pm
<b>Class Days/Time:</b>	Tuesday/Thursday 9:30-10:20 am
<b>Classroom:</b>	YUH 126

**Course Description**

Structured individualized physical activities to enhance physical/motor fitness and develop an active, health-oriented lifestyle for students unable to participate in the general activity program.

**Web Resource**

Course materials may be found on the e-campus [Canvas learning management system](http://www.sjsu.edu/at/ec/canvas/) at <http://www.sjsu.edu/at/ec/canvas/>. You are responsible for regularly checking the Canvas discussion board and email for information and messages. Login using your My SJSU username and password.

**Course Goals and Student Learning Objectives**

Following activities and assigned reading, 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.

**Activity Program Learning Outcomes**

After 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.

## Required Texts/Readings

Prentice, W. E. (2012). *Get fit, stay fit*. FA Davis.

Please try to get the 6<sup>th</sup> edition. It is older and should be much cheaper.  
Additional readings will be added to Canvas as necessary.

## Course Notes

This course is for students unable to participate in the regular physical activity program due to a verifiable injury, health condition, or physical limitations.

- Class protocol: This is an activity course that requires in class physical activity participation. Students are expected to arrive on time and participate fully in all activities for the entire duration of the class period. In addition to in class participation, students will complete assignments online using Canvas. Internet connectivity and a computer are needed to complete assignments. Cell phones should be off and put away for the duration of the class. Interactions with classmates and the instructor are expected to be respectful at all times. Students are not to be intoxicated in any form. If a student appears to be intoxicated (e.g., the smell of alcohol or marijuana is present, they are abnormally impaired, etc.) they will be asked to sit out for that class and lose participation points for the day. If a student continually shows up to class intoxicated the issue will be addressed as a student conduct issue.
- Recording class: 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. This includes your own videos or selfies.
- Intellectual property: 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.
- If for any reason you need an accommodation or modification to participate in the physical activities let me know as soon as you can so alternate arrangement can be made if needed.
- Report any accidents to the instructor immediately.
- 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.
- Places to practice: Current work-out facilities on-campus are under construction, but there is work-out room in the student event center that you can utilize.
- Course grades will be posted on Canvas by the end of finals week.
- There are no make-ups for online quizzes. It is your responsibility to complete them online the week they are due.
- Written Exam cannot be made up.
- Drop requests will not be accepted after the SJSU drop deadline.
- Outings/assignments completed for another class cannot be counted for this course.
- Come to class prepared to move, this means you should wear clothing you can move in, we will be physically active during class.
- Cell phones and other distractions (i.e. laptops, newspapers, and other recreational materials) should not be present during class unless otherwise stated.
- If you have any questions or concerns email me, I will respond to your email within 48 business hours (e.g., if you email me Friday at 5:30 I may not respond until the following Monday or Tuesday). All emails need to have the course number (i.e., KIN 1) at the beginning of the subject line.

## Course Requirements and Assignments

### Daily Participation and Log:

Active participation in group discussions, one-on-one discussions as well as physical participation in individualized fitness plans. Students are expected to arrive on time and participate fully in all activities throughout the class period. For each 15-minute block that a student misses class, they will lose 1 participation point. Each class is worth 3 participation points. Student may miss 2 classes before it negatively affects the grade.

Daily fitness logs will be kept by students to track and evaluate their individual student progress. These will be submitted at the end of the semester for a final evaluation. Students should log in the detail the frequency, intensity, and duration of all activities they engage in during the class period. Students may use any format they choose to log their activity. Examples forms can be found on the Canvas course site.

### Tests, Quizzes and Assessments:

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.

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.

There will be two fitness assessments during this semester. One, pre-assessment, will be in the beginning while the other, post assessment, will be at the end. 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

### Final Examination or Evaluation:

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.

## Grading Information

### Grading Plan

- 60% Daily Participation & Physical Activity Log
- 15% Weekly Online Quizzes
- 10% Written Midterm
- 10% Written Final Exam
- 5% Pre and Post Assessments

### Grading Scale used to determine final course grade.

Percentage	Equivalent Grade
97% - 100%	A+
93% - 96%	A

Percentage	Equivalent Grade
90% - 92%	A-
87% - 89%	B+
83% - 86%	B
80% - 82%	B-
77% - 79%	C+
73% - 76%	C
70% - 72%	C-
67% - 69%	D+
63% - 66%	D
60% - 62%	D-
below 60%	F

- 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.
- 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.
- NO late assignments will be accepted unless prior arrangements have been made with the professor.

### University Policies

Information pertaining to university programs and policies designed to facilitate student success can be found here:

<http://www.sjsu.edu/gup/syllabusinfo/>

## KIN 1 / Adapted Physical Activities, Fall 2018, 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

Week	Date	Topics, Readings, Assignments, Deadlines
1	8/21	Welcome/Intro/Class requirements
1	8/23	Individual needs assessment
2	8/28	Equipment walk through
2	8/30	Flexibility <i>Reading: Ch 1 &amp; 9</i>
3	9/4	Individual programs <b>Pre-assessment</b>
3	9/6	Individual programs <i>Reading: Ch 2 &amp; 6</i>
4	9/11	Cardiovascular Exercise
4	9/13	Cardiovascular Exercise <i>Reading Ch. 3 &amp; 8</i> <b>Quiz #1</b>
5	9/18	Workout
5	9/20	Workout <i>Reading: Ch. 5</i> <b>Quiz #2</b>
6	9/25	Workout
6	9/27	Workout <i>Reading: Ch. 4</i> <b>Quiz #3</b>
7	10/2	NO CLASS due to NAFAPA Conference, workout independently
7	10/4	NO CLASS due to NAFAPA Conference, workout independently
8	10/9	Workout
8	10/11	Workout <i>Reading: Ch. 7</i> <b>Quiz #4</b>
9	10/16	Workout
9	10/18	<b>Midterm</b>

<b>Week</b>	<b>Date</b>	<b>Topics, Readings, Assignments, Deadlines</b>
10	10/23	<b>Re-evaluation of fitness plans</b>
10	10/25	Workout
11	10/30	Workout
11	11/1	Workout <b>Quiz #5 (mix of all chapters)</b>
12	11/6	Workout
12	11/8	NO CLASS due to NAPE conference, workout independently
13	11/13	Workout
13	11/15	Workout
14	11/20	Optional – make-up day
14	11/23	NO CLASS - Thanksgiving Holiday
15	11/27	Workout
15	11/29	Workout
16	12/4	Workout – make-ups <b>Post - Assessment</b>
16	12/6	Workout – make-ups <b>Activity Log Due</b>
Final Exam	12/17	DUE online through Canvas by Monday 12/17 by 12:00pm (noon)