

**San José State University**  
**CASA/Department of Kinesiology**  
**KIN 001, Adapted Physical Activity, Section 01, Spring 2013**

|                         |  |
|-------------------------|--|
| <b>Instructor:</b>      | Jennifer Schachner   |
| <b>Office Location:</b> | SPX 59   |
| <b>Telephone:</b>       | (408) 924-3042   |
| <b>Email:</b>           | <a href="mailto:Jennifer.schachner@sjsu.edu">Jennifer.schachner@sjsu.edu</a> |
| <b>Office Hours:</b>    | Tuesdays 10:30 – 11:30 and by appointment                                    |
| <b>Class Days/Time:</b> | Tuesdays and Thursdays 9:30 to 10:20   |
| <b>Classroom:</b>       | SPX 90A  |

### **MYSJSU Messaging**

In order to ensure that you receive all pertinent email communication, you must have a current and accurate email address in the MYSJSU system. Please check to make sure your email is updated in MYSJSU.

### **Course Description**

Kinesiology 001 includes 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. The course is repeatable for credit. 1 unit.

### **Course Goals and Student Learning Objectives**

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

1. improvement of physical, social-emotional, and psychological health through a regular physical activity program.
2. facilitated awareness of abilities not disabilities.
3. increased awareness of the interrelationship of mind and body through movement. acceptance of responsibility for maintaining a personal physical activity program.
4. facilitation of health related fitness including endurance, muscular strength/endurance, and/or flexibility.

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.

## Required Texts/Readings

### Textbook

Prentice, W. E. (2009). *Get fit, stay fit* (5<sup>th</sup> ed.). New York: McGraw-Hill. ISBN 978-0-07-337656-1. The text is available at the Spartan Bookstore.

## Classroom Protocol

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. 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.

## Dropping and Adding

Students are responsible for understanding the policies and procedures about add/drop, grade forgiveness, etc. Refer to the current semester’s [Catalog Policies](http://info.sjsu.edu/static/catalog/policies.html) section at <http://info.sjsu.edu/static/catalog/policies.html>. Add/drop deadlines can be found on the [current academic calendar](http://info.sjsu.edu/web-dbgen/narr/soc-spring/rec-744.html) web page located at <http://info.sjsu.edu/web-dbgen/narr/soc-spring/rec-744.html>. The [Late Drop Policy](http://www.sjsu.edu/aars/policies/latedrops/policy) is available at <http://www.sjsu.edu/aars/policies/latedrops/policy>. Students should be aware of the current deadlines and penalties for dropping classes. Information about the latest changes and news is available at the [Advising Hub](http://www.sjsu.edu/advising/) at <http://www.sjsu.edu/advising/>.

## Assignments and Grading Policy

Each assignment will be given a letter grade based on percentages on the assignment.

| Percentage  | Grade |
|-------------|-------|
| 93 – 100%   | A     |
| 90 – 92.99% | A-    |
| 87 – 89.99% | B+    |
| 83 – 86.99% | B     |
| 80 – 82.99% | B-    |
| 77 – 79.99% | C+    |
| 73 – 76.99% | C     |
| 70 – 72.99% | C-    |
| 67 – 69.99% | D+    |
| 63 – 66.99% | D     |
| 60 – 62.99% | D-    |

|                  |   |
|------------------|---|
| less than 59.99% | F |
|------------------|---|

### Evaluation

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

### Assigned Labs

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

### University Policies

#### Academic integrity

Your commitment as a student to learning is evidenced by your enrollment at San Jose State University. The [University's Academic Integrity policy](http://sa.sjsu.edu/judicial_affairs/faculty_and_staff/academic_integrity/index), located at [http://sa.sjsu.edu/judicial\\_affairs/faculty\\_and\\_staff/academic\\_integrity/index](http://sa.sjsu.edu/judicial_affairs/faculty_and_staff/academic_integrity/index) requires you to be honest in all your academic course work. Faculty members are required to report all infractions to the office of Student Conduct and Ethical Development. The [Student Conduct and Ethical Development website](http://www.sa.sjsu.edu/judicial_affairs/index.html) is available at [http://www.sa.sjsu.edu/judicial\\_affairs/index.html](http://www.sa.sjsu.edu/judicial_affairs/index.html).

Instances of academic dishonesty will not be tolerated. Cheating on exams or plagiarism (presenting the work of another as your own, or the use of another person's ideas without giving proper credit) will result in a failing grade and sanctions by the University. For this class, all assignments are to be completed by the individual student unless otherwise specified. If you would like to include your assignment or any material you have submitted, or plan to submit for another class, please note that SJSU's Academic Policy S07-2 requires approval of instructors.

#### Campus Policy in Compliance with the American Disabilities Act

If you need course adaptations or accommodations because of a disability, or if you 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 97-03 requires that students with disabilities requesting accommodations must register with the [Disability Resource Center](http://www.drc.sjsu.edu/) (DRC) at [www.drc.sjsu.edu/](http://www.drc.sjsu.edu/) to establish a record of their disability.

## Peer Mentor Center

The Peer Mentor Center is located on the 1<sup>st</sup> floor of Clark Hall in the Academic Success Center. The Peer Mentor Center is staffed with Peer Mentors who excel in helping students manage university life, tackling problems that range from academic challenges to interpersonal struggles. On the road to graduation, Peer Mentors are navigators, offering “roadside assistance” to peers who feel a bit lost or simply need help mapping out the locations of campus resources. Peer Mentor services are free and available on a drop –in basis, no reservation required. The [Peer Mentor Center website](http://www.sjsu.edu/muse/peermentor/) is located at [www.sjsu.edu/muse/peermentor/](http://www.sjsu.edu/muse/peermentor/).

## Adapted Physical Activity, KIN 001-01, Spring 2012, Tentative Course Schedule

The schedule is subject to change subject with fair notice. Any changes will be announced in class and students will also be notified through MySJSU.

**Table 1 Course Schedule**

| Week | Date   | Topics, Readings, Assignments, Deadlines                  |
|------|--------|---|
| 1    | W 1-24 | Introductions/Syllabus                                    |
| 2    | M 1-29 | Chapter 1 Getting Fit: Why Should You Care?               |
|      | W 1/31 | Chapter 2 Creating a Healthy Lifestyle                    |
| 3    | M 2-5  | Chapter 3 Starting Your Own Fitness Program               |
|      | W 2-7  | <b>Labs 2-1 &amp; 2-2 Due</b>                             |
| 4    | M 2-12 |   |
|      | W 2-14 |   |
| 5    | M 2-19 | Chapter 4 Developing Cardiorespiratory Fitness            |
|      | W 2-21 |   |
| 6    | M 2-26 | <b>Lab 4-1</b> in class – Bring a calculator to class     |
|      | W 2-28 |   |
| 7    | M 3-5  |   |
|      | W 3-7  |   |
| 8    | M 3-12 | <b>Exam 1</b> – Chapters 1-4; Labs 2-1, 2-2, 4-1          |
|      | W 3-14 |   |
| 9    | M 3-19 | Chapter 5 Improving Muscular Strength, Endurance, & Power |
|      | W 3-21 |   |
|      | M 3-26 | SPRING BREAK  |
|      | W 3-28 | NO CLASSES  |

| <b>Week</b> | <b>Date</b> | <b>Topics, Readings, Assignments, Deadlines</b>     |
|-------------|-------------|---|
| 10          | M 4-2       |   |
|             | W 4-4       |   |
| 11          | M 4-9       | Chapter 6 Increasing Flexibility Through Stretching |
|             | W 4-11      |   |
| 12          | M 4-16      | Chapter 7 Eating Right                              |
|             | W 4-18      |   |
| 13          | M 4-23      |   |
|             | W 4-25      | <b>Labs 7-2 and 7-3 Due</b>                         |
| 14          | M 4-30      |   |
|             | W 5-2       |   |
| 15          | M 5-7       | <b>Lab of choice due</b>                            |
|             | W 5-9       | <b>Final Exam</b>                                   |