

San José State University
CASA/Kinesiology
KIN 31, BODY SCULPTING, SECTION 04, FALL 2018

Course and Contact Information

Instructor: BATT

Office Location: Event Center (EC), Aerobics Room (AER)

Telephone: N/A

Email: angel.batt@sjsu.edu

Office Hours: Tuesday/Thursday 5:20pm – 5:50pm, or by appointment

Class Days/Time: Tuesday/Thursday 2:30pm – 3:20pm

Classroom: EC AER

CANVAS Learning Management System

Course materials such as syllabus, handouts, notes, assignment instructions, etc. can be found on [Canvas Learning Management System course login website](http://sjsu.instructure.com) (CANVAS) at <http://sjsu.instructure.com>. You are responsible for regularly checking with the CANVAS messaging system to learn of any updates.

Course Description

Body sculpting employs exercise augmented with moderate weights to enhance fitness. The course is designed to improve muscle tone and endurance, flexibility, balance, and core stability.

Course Goals

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

- Knowledge of fundamental skills, technique and execution of body sculpting exercises
- Knowledge of major muscles of the body and their function
- Proficiency in execution of the skills covered
- An understanding of the history, rules, strategies, current research, safety and etiquette associated with body sculpting
- An understanding of the mental and physical health benefits to be derived from body sculpting
- An appropriate level of proficiency in personal fitness as it relates to components such as cardiovascular endurance, muscular strength and endurance, flexibility, body composition, balance, coordination, and agility.

Course Learning Outcomes

After successful completion of this course, students will be able to:

- Demonstrate increased knowledge in the history, rules, strategies, current research, safety, and etiquette related to the specific activities completed as measured by Beginning and End of the Semester Survey.
- Demonstrate improved cardiovascular health and increased fitness as measured by pre-and post Fitness Assessment.

Textbook

There is no assigned textbook for this course.

Assigned Readings

SEE COURSE SCHEDULE for weekly reading assignments

Course Notes

- Class protocol: Students are expected to arrive on time and participate fully in all activities throughout the class period.
- Cell phones must be turned off and put away for the duration of the class.
- Interactions with classmates and the instructor are expected to be respectful.
- Recording class: Instruction may not be recorded.
- 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 photographed, 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.
- Quizzes, Mid-Term and Final Exam cannot be made up.
- Students will be allowed three non-participation days (or absences) during the semester.
- Students are responsible for assigned readings from textbook and handout materials.
- A fitness assessment will be given at the beginning and end of the semester to determine present level of physical fitness and general understanding of fitness principles, and progress made during the semester.
- Drop requests will not be accepted after the SJSU drop deadline.
- Outings/assignments completed for another class cannot be counted for this course

Course Requirements and Assignments.

- Fitness assessments and surveys are done at the beginning and end of the semester to determine present level of fitness and understanding of fitness principles and progress made during the semester.
- There will be weekly quizzes on the assigned reading and skills learned during class participation.

- There will be a Midterm Exam and a Final Exam.

Final Examination or Evaluation

There will be a written final exam covering all readings and class discussion from the semester. The Final Exam is worth 20% of your grade.

Grading Information

Weekly Quizzes (1 quiz = 2 points)	40	40%
Mid-Term	20	20%
Final	20	20%
Pre-Fitness Assessment	5	5%
Pre-Fitness Survey	5	5%
Post Fitness Assessment	5	5%
Post Fitness Survey	5	5%
PHOTO for Identification	2	Extra Credit

Grading Scale used to determine final course grade

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

Classroom Protocol

- Students are expected to arrive on time and participate fully in all activities throughout the class period.
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- 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.
- Quizzes, Mid-Term and Final Exam cannot be made up.
- Students will be allowed three non-participation days (or absences) during the semester.
- Students are responsible for assigned readings which are listed in Course Calendar, below.
- Drop requests will not be accepted after the SJSU drop deadline.
- Outings/assignments completed for another class cannot be counted for this course

University Policies

Per University Policy S16-9, university-wide policy information relevant to all courses, such as academic integrity, accommodations, etc. will be available on Office of Graduate and Undergraduate Programs' at <http://www.sjsu.edu/gup/syllabusinfo>

COURSE SCHEDULE

KIN 31, BODY SCULPTING, SECTION 04, FALL 18

(subject to change with fair notice by announcement in class and/or email)

KIN 31, BODY SCULPTING, SECTION 04, FALL 18				
DATE	Topics	Readings	Assignments	DUE BY
21-Aug	Introduction & Syllabus		NA	21-Aug
23-Aug	IN CLASS: Beginning of Semester Survey (BSS) and Pre-Fitness Assessment (both worth 5 points each)		BSS and PFA Data Input	23-Aug
28-Aug	Lecture (LCT) + Workout (W/O)	How to Measure Exercise Intensity https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/exercise-intensity/art-20046887	MHR, RHR and Target Zone data entry	28-Aug
30-Aug	LCT + W/O	5 Benefits of Dumbbell Training https://www.acefitness.org/education-and-resources/professional/expert-articles/5675/5-benefits-of-dumbbell-training	N/A	30-Aug
4-Sep	LCT + W/O	5 Benefits of Compound Exercise https://www.acefitness.org/education-and-resources/professional/expert-articles/5811/5-benefits-of-compound-exercises	N/A	4-Sep
6-Sep	LCT + W/O	Benefits of HIIT https://www.acefitness.org/education-and-resources/lifestyle/blog/104/what-is-high-intensity-interval-training-hiit-and-what-are-the-benefits	N/A	6-Sep
11-Sep	LCT+ W/O + Quiz # 1	10 Popular Fitness Terms Defined https://www.acefitness.org/education-and-resources/lifestyle/blog/5325/10-popular-fitness-terms-defined	Quiz #1	11-Sep
13-Sep	LCT+ W/O + Quiz # 2	Muscles That Move the Arm https://www.acefitness.org/fitness-certifications/resource-center/exam-preparation-blog/3535/muscles-that-move-the-arm	Quiz #2	13-Sep
18-Sep	LCT+ W/O + Quiz # 3	High Intensity Interval Training (HIIT) https://www.acefitness.org/education-and-resources/lifestyle/blog/6752/high-intensity-interval-training	Quiz #3	18-Sep
20-Sep	FIELD ASSIGNMENT w/ Field Assignment Quiz #4			20-Sep

25-Sep	LCT+ W/O + Quiz #5	Muscles That Move the Leg	https://www.acefitness.org/fitness-certifications/resource-center/exam-preparation-blog/3594/muscles-that-move-the-leg	Quiz #5	25-Sep
27-Sep	LCT+ W/O + Quiz #6	Tabata	https://www.acefitness.org/education-and-resources/professional/expert-articles/3791/everything-you-need-to-know-about-tabata-training	Quiz #6	27-Sep
2-Oct	LCT+ W/O + Quiz #7	Circuit Training	https://www.acefitness.org/education-and-resources/lifestyle/blog/6750/circuit-training-basics	Quiz #7	2-Oct
4-Oct	LCT+ W/O + Quiz #8	Defining the CORE	https://www.acefitness.org/fitness-certifications/resource-center/exam-preparation-blog/3562/core-anatomy-muscles-of-the-core	Quiz #8	4-Oct
9-Oct	W/O + Mid-Term Review +PHOTO DUE (for extra credit)	Build Strong Glutes (and pain-free low back)	https://www.acefitness.org/education-and-resources/professional/prosource/october-2014/5013/build-strong-glutes-and-a-pain-free-lower-back	DUE: PHOTO Review for Mid-Term	9-Oct
11-Oct	MIDTERM (on CANVAS)				11-Oct
16-Oct	LCT+ W/O + Quiz #9		https://www.acefitness.org/education-and-resources/professional/expert-articles/5332/pre-and-post-workout-nutrition-for-high-intensity-interval-training	Quiz #9	16-Oct
18-Oct	LCT+ W/O + Quiz #10		https://www.acefitness.org/education-and-resources/lifestyle/blog/5981/6-diet-and-nutrition-myths-debunked	Quiz #10	18-Oct
23-Oct	LCT+ W/O + Quiz #11		https://www.acefitness.org/education-and-resources/lifestyle/blog/6589/exercise-as-a-cure-for-fatigue-and-to-boost-energy-levels	Quiz #11	23-Oct
25-Oct	LCT+ W/O + Quiz #12		https://www.acefitness.org/education-and-resources/lifestyle/blog/3683/five-reasons-you-shouldn-t-skip-your-cool-down-after-exercise	Quiz #12	25-Oct
30-Oct	LCT+ W/O + Quiz #13		https://www.acefitness.org/education-and-resources/lifestyle/blog/5930/six-things-to-know-about-muscle-imbances	Quiz #13	30-Oct
1-Nov	LCT+ W/O + Quiz #14		https://www.acefitness.org/education-and-resources/lifestyle/blog/1478/why-do-muscles-tighten-up	Quiz #14	1-Nov
6-Nov	LCT+ W/O + Quiz #15		https://healthservices.camden.rutgers.edu/topics/drugs	Quiz #15	6-Nov
8-Nov	Field Assignment Quiz #16				8-Nov
13-Nov	LCT+ W/O + Quiz #17		https://www.acefitness.org/education-and-resources/lifestyle/blog/5981/6-diet-and-nutrition-myths-debunked	Quiz #17	13-Nov

15-Nov	LCT+ W/O + Quiz #18	https://www.acefitness.org/education-and-resources/professional/certified/august-2018/7058/study-mindful-movement-lowers-stress-and-offers-huge-boost-to-%20well-being	Quiz #18	15-Nov
20-Nov	LCT+ W/O + Quiz #19	https://www.acefitness.org/education-and-resources/professional/expert-articles/3791/everything-you-need-to-know-about-tabata-training	Quiz #19	20-Nov
22-Nov	LCT+ W/O + Quiz #20	https://healthservices.camden.rutgers.edu/topics_wellness	Quiz #20	22-Nov
27-Nov	W/O, NO QUIZ		N/A	27-Nov
29-Nov	Holiday- Campus Closed		N/A	29-Nov
4-Dec	Workout / Review for Final		Review for Final	4-Dec
6-Dec	Post-Fitness Assessment + End of Semester Survey (last day of instruction) - data input for PFA and ESS (worth 5 points each)			6-Dec
14-Dec	FINAL EXAM: FRIDAY, DECEMBER 14TH, 2:45PM - 5:00PM			14-Dec