

Kinesiology Dept.

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## **KIN 31**

### **Body Sculpting**

#### **Event Center Sport Club**

#### **I. Course Description**

Body sculpting is a muscle conditioning activity that is designed to improve muscular strength and endurance. This class incorporates the use of hand-held weights, resistance tubing and other equipment. Other benefits obtained from class may be increased flexibility, cardio respiratory endurance, balance, and core stability.

#### **II. Student Learning Objectives**

Upon successful completion of course requirements, students shall:

A. Be able to demonstrate improved skill performance in muscle and cardio interval movement combinations and other conditioning activities

B. Be able to demonstrate an understanding of (a) current fitness research, (b) the guidelines for developing a fit and healthy body through proper conditioning, proper nutrition and weight control, (c) proper and safe exercise technique.

C. Be able to demonstrate an understanding of the physiological and psychological benefits from physical activities and the reduced risk of certain diseases and health issues.

D. Demonstrate a positive change in the components such as cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition.

#### **III. Course Contents**

A. Proper and safe warm-up, workout and cool-down techniques

B. Correct resistance training techniques and modifications

C. Proper and safe flexibility techniques

D. Assigned readings from text and assignments

E. Pre & post fitness assessments

F. Midterm and Final Exam

#### **IV. Course Requirements**

A. Pre and post fitness assessments to be given at the beginning and end of the semester to determine present level of fitness and progress made during the semester

B. Active class participation in class (!) is essential to fulfill the course objective

C. Recognizable and acceptable effort in class participation is a necessary requirement

D. Assigned readings from text

E. Two non-participation days are allowed during the

semester

F. Two make-up days are allowed during the semester

**V. Method of Evaluation**

- A. Daily Active (and appropriately dressed) participation  
25 days/4pts: 100
- B. Pre and Post fitness activities (10 pts. each day):  
20
- C. Midterm: 30
- D. Final Exam: 40
- E. Outside Assignment:  
10
- F. Photo \*(extra credit - due by September 27th):  
\*5

TOTAL Points possible:

200

- F. Grading:
- |   |                |
|---|----------------|
| A | 181 - 200 pts. |
| B | 161 - 180      |
| C | 141 - 160      |
| D | 121 - 140      |
| F | 120 and below  |

**VI. Required Text**

Kravitz, Len Anybody's Guide to Total Fitness, Kendall Hunt Publishing Co.10th Ed.

**VII. Misc.**

- A. Please alert the instructor of any medical problems, medications or accidents that might affect your involvement in class
- B. NO MAKE UPS FOR WRITTEN TESTS
- C. Be on time to class (-1 daily point for every 10 minutes late - i.e. -1 point for 10 minutes, -2 for 20 minutes, -3 for 30 minutes and 0 for 40 minutes late - this is time you are NOT participating)
- D. Appropriate footwear and clothing is required for class activity. Bare feet, socks, sandals and "heels" are not allowed during activity. Failure to comply will result in an unexcused non-participation.
- E. ONLY under extenuating circumstances will doctors notes be accepted by instructor.
- F. Cell phone use/texting is NOT PERMITTED during class time. First offense: reminder. Second offense: loss of daily participation points. Third offense: loss of one grade on final grade.
- G. Do not wear headphones during class. This is a classroom.
- H. Water is permitted and recommended in plastic/aluminum or stainless steel containers only.  
Only Water.
- I. It is recommended that you bring a towel to class
- J. E-mailing the instructor is the preferred, and best, method of communication. Please feel free to contact me any time, I will try to respond as quickly as possible. You can also get daily updates or ask questions on the "Lee Pate at SJSU" Facebook page.

K. The photo is for help in identifying and getting to know you.  
Not for physical scrutiny!

L. You can miss two days of participation and not be penalized. You can make up a third or fourth day of non-participation (except pre/post tests and written exams) by attending another section of fitness activity within the KIN department. You can NOT get extra credit (make-ups) for 5 or more "non-participation" days. If you are unclear on this policy contact me for clarification.

**M. TOWER CARDS ARE MANDATORY TO GET INTO THE EVENT CENTER SPORT CLUB! If you do not have yours YOU WILL NOT BE ABLE TO GET INTO CLASS! Please remember your Tower Card every day. Do NOT ask the front desk for exceptions. Do NOT ask me to "get you in" I am not allowed to do that.**

A note about academic integrity:

It is the role and obligation of each student to know the rules that preserve academic integrity and abide by them at all times. This includes learning and following the particular rules associated with specific classes, exams and/or course assignments. Ignorance of these rules is not a defense to the charge of violating the Academic Integrity Policy.

It is the role and obligation of each student to know what the consequences of violating the Academic Integrity Policy will be, student's appeal rights, and the procedures to be followed in the appeal.

For more on the Student Code of Conduct and the Academic Integrity Policy please refer to the Office of Judicial Affairs web site ([http://sa.sjsu.edu/judicial\\_affairs/index.html](http://sa.sjsu.edu/judicial_affairs/index.html)).