

**San José State University**  
**Kinesiology**  
**Spring 2015, KIN 31**

Instructor	Lee Pate
Office Location	TBA
Telephone	
Email	Lee.pate@sjsu.edu
Office Hours	T/Th 6:30a-7:15a & by appointment
Class Meeting Days/Time/ Classroom	T/Th 7:30, 9:30, & 12:30p Event Center Aerobics Room

**Course Description**

Body Sculpting is designed to increase muscular endurance and improve muscle tone by performing a high number of repetitions using light to moderate weights taught in a group setting with music. Equipment includes: dumbbells, tubing, mats, and steps. Other benefits obtained from this class may be increased flexibility, cardio-respiratory endurance, balance, and core stability.

**Course Goals and Student Learning Objectives**

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

- A. Be able to demonstrate improved skill performance in muscle and cardio-interval movement combinations and other muscle conditioning activities.
- B. Be able to demonstrate an understanding of current fitness research, the guidelines for developing a fit and healthy body through proper conditioning, proper nutrition, and weight control.
- 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 of fitness such as cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition.

### **Activity Program Learning Outcomes**

After completion of the physical activity graduation requirement, students shall 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

Demonstrate a positive change in personal fitness as it relates to components such as cardiovascular endurance, muscular strength and endurance, flexibility, body composition, balance, coordination, and agility.

### **Text/Readings**

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

### **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 outside assignments

E. Quizzes

F. Pre and Post fitness assessments

G. Midterm and Final Exams

## Class Protocol

A. Students are expected to arrive on time and participate fully in all activities throughout each class period.

B. Participate in pre and post fitness assessments given at the beginning and end of the semester to determine present level of fitness and progress made during the semester.

C. Students are responsible for completing assigned readings from textbook.

D. Students are required to *TURN OFF* and *PUT AWAY* cell phones, tablets, iPods, and computers for the duration of the class. Recording video of any kind in class is prohibited.

E. Interactions with classmates and instructor are expected to be respectful at all times.

F. Please alert the instructor of any medical problems, medications, or accidents that might affect your involvement in class.

G. Appropriate footwear and clothing is required for class activity. Bare feet, socks only, sandals, "heels", slippers are not allowed during activity. Failure to comply will result in an un-excused non-participation.

H. Water is permitted and recommended in plastic/aluminum/stainless steel containers only. *ONLY* water.

I. Please bring a towel to every class meeting.

J. Be on time to class.

K. The extra-credit photo is for help in identifying, and getting to know you. NOT for physical scrutiny!

L. **Only under EXTENUATING circumstances will a doctor's note be accepted by the instructor. (i.e., severe illness or injury...)**

M. Emailing the instructor is the preferred method of communication. I will also be using SJSU's Canvas this semester.

N. **NO MAKE-UPS FOR WRITTEN EXAMS**

O. **Drop requests will not be accepted after the SJSU drop deadline.**

P. Two Quizzes will be “Thrown Out”.

Q. **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 everyday. Do NOT ask the front desk staff for exceptions. Do not ask me to "get you in" I am not allowed to do that.**

R. You are responsible for downloading, reading, and understanding this green sheet.

### **Course Requirements and Grading Policy -**

#### **Grading Plan**

- 50% Quizzes (25 x 4pts)
- 5% Pre Fitness Assessment (10 pts)
- 5% Post Fitness Assessment (10 pts)
- 15% Midterm (30 pts)
- 20% Final (40 pts)
- 2.5% Outside Assignment
- 2.5% Extra-credit “selfie”.

#### **Grading Scale used to determine letter grade.**

<b>Percentage</b>	<b>Equivalent Grade</b>
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

## TESTS:

The Midterm will cover textbook sections I-III

The Final will cover all required reading sections of the textbook and will be comprehensive.

*You must bring a T&E 200 Form and a #2 pencil to all written exams.*

**Assignments/Projects:** An outside assignment will be given this semester. Details will be provided in class.

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Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of forty-five hours over the length of the course. This would include preparing for class, participating in course activities, and completing assignments/projects. Generally this will amount to 1 hour a week outside of class.

## University Policies

### 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 at

"<http://info.sjsu.edu/static/catalog/policies.html>" [policies section](#) at

"<http://info.sjsu.edu/static/catalog/policies.html>"  
<http://info.sjsu.edu/static/catalog/policies.html>. Add/drop

deadlines can be found on the current  
"academic year calendars document at

"[http://www.sjsu.edu/provost/services/academic\\_calendars/](http://www.sjsu.edu/provost/services/academic_calendars/)"  
[http://www.sjsu.edu/provost/services/academic\\_calendars/](http://www.sjsu.edu/provost/services/academic_calendars/).

"<http://www.sjsu.edu/aars/policies/latedrops/policy/>" [late drop policy](#) is available at

"<http://www.sjsu.edu/aars/policies/latedrops/policy/>"  
<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  
"http://www.sjsu.edu/aars/policies/latedrops/policy/" [Advising](#)

Hub at "<http://www.sjsu.edu/advising/>"  
<http://www.sjsu.edu/advising/>.

### **Academic integrity**

Your commitment as a student to learning is evidenced by your enrollment at San Jose State University. The University's "<http://www.sjsu.edu/senate/S07-2.htm>" [Academic Integrity policy](http://www.sjsu.edu/senate/S07-2.htm) at "<http://www.sjsu.edu/senate/S07-2.htm>"

<http://www.sjsu.edu/senate/S07-2.htm>, 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 "<http://www.sjsu.edu/studentconduct/>" [Student Conduct and Ethical Development](http://www.sjsu.edu/studentconduct/) website at "<http://www.sjsu.edu/studentconduct/>" <http://www.sjsu.edu/studentconduct/>.

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

"<http://www.sjsu.edu/senate/S07-2.htm>" [Academic Integrity policy](http://www.sjsu.edu/senate/S07-2.htm) at "<http://www.sjsu.edu/senate/S07-2.htm>"

<http://www.sjsu.edu/senate/S07-2.htm> requires approval of instructors.

Note: Outings/ assignments completed for another class cannot be counted for this course.

### **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.

"[http://www.sjsu.edu/president/docs/directives/PD\\_1997-03.pdf](http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf)" [Presidential Directive 97-03](http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf) at

"[http://www.sjsu.edu/president/docs/directives/PD\\_1997-03.pdf](http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf)" [http://www.sjsu.edu/president/docs/directives/PD\\_1997-03.pdf](http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf) requires that students with disabilities requesting accommodations

must register with the "<http://www.sjsu.edu/aec/>" [Accessible Education Center](http://www.sjsu.edu/aec/) (AEC) at "<http://www.sjsu.edu/aec/>" <http://www.sjsu.edu/aec/> to establish a record of their disability.

### **Accommodation to Students' Religious Holidays**

**San José State University shall provide accommodation on any graded class work or activities for students wishing to observe religious holidays when such observances require students to be absent from class. It is the responsibility of the student to inform the instructor, in writing, about such holidays before the add deadline at the start of each semester. If such holidays occur before the add deadline, the student must notify the instructor, in writing, at least three days before the date that he/she will be absent. It is the responsibility of the instructor to make every reasonable effort to honor the student request without penalty, and of the student to make up the work missed. See University Policy S14-7 at <http://www.sjsu.edu/senate/docs/S14-7.pdf>.**

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

Week 1  
1/22                      **Thursday:** Introduction

Week 2  
1/27-29                      **Tuesday:** Intro to body weight workout  
Quiz Pg. 3-4, 183-185  
**Thursday:** Intro to hand weights  
Quiz Pg. 5

Week 3  
2/3-5                      **Tuesday: Pre-fitness assessment**  
Quiz Pg. 8  
**Thursday:** Intro to resistance tubing workout  
Quiz Pg. 9-10

- Week 4  
2/10-12  
**Tuesday:** Workout  
Quiz Pg. 21  
**Thursday:** Workout  
Quiz Pg. 22-24
- Week 5  
2/17-19  
**Tuesday:** Workout  
Quiz Pg. 25  
**Thursday:** Workout  
Quiz Pg. 27-28
- Week 6  
2/24-26  
**Tuesday:** Workout  
Quiz Pg. 31  
**Thursday:** Workout  
Quiz Pg. 37-40
- Week 7  
3/3-5  
**Tuesday:** Workout  
Quiz Pg. 42-46  
**Thursday:** Workout  
Quiz Pg. 47-48
- Week 8  
3/10-12  
**Tuesday:** Workout  
Quiz Pg. 51-56  
**Thursday: Midterm**
- Week 9  
3/17-19  
**Tuesday:** Workout  
Quiz Pg. 61-62  
**Thursday:** Workout  
Quiz Pg. 109-113
- Week 10  
3/26-28  
**Tuesday:** [Spring Break](#)  
**Thursday:** [Spring Break](#)

(Suggested reading for these two weeks (3/20-4/6) Pgs. 151-174)

- Week 11  
3/31-4/2  
**Tuesday:** [Cesar Chavez Day – Campus Closed](#)  
**Thursday:** [Class cancelled for Robotics Competition](#)
- Week 12  
4/7-9  
**Tuesday:** Workout  
Quiz Pg. 119  
**Thursday:** Workout  
Quiz Pg. 120-125



Week 13  
4/14-16

**Tuesday:** Workout  
Quiz Pg. 127-130  
**Thursday:** Workout  
Quiz Pg. 131-134

Week 14  
4/21-23

**Tuesday:** Workout  
Quiz Pg. 136-138  
**Thursday:** Workout  
Quiz Pg. 140-145

Week 15  
12/2-4

**Tuesday:** Workout  
Quiz Pg. 147-148  
**Thursday: Post-fitness Assessment**  
Quiz Pg. 151-174

Week 16

**Tuesday: FINAL EXAM**