Instructor               Marty Behler
Office Location         SPX 170
Email                    martha.behler@sjsu.edu
Office Hours             Tue / Thurs: 12:15pm- 2:15pm or by Appointment
Class Meeting Days/Time/Classroom Tue / Thurs: 2:30 – 3:20PM 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. Equipment includes: dumbbells, tubing, mats, and steps. Other benefits obtained from this class may be increased flexibility, cardiorespiratory endurance, balance, and core stability.

Course Goals and Student Learning Objectives / Outcomes

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, balance, coordination and agility.
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
E. Quizzes
F. 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 nonparticipation.
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. Only under EXTENUATING circumstances will a doctor's note be accepted by the instructor. (i.e., severe illness or injury…)
L. Emailing the instructor is the preferred method of communication. I will also be using SJSU’s Canvas this semester.

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

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

O. Two Quizzes will be “Thrown Out”.

P. **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.

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

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**Course Requirements and Grading Policy - Grading Plan**

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Component</th>
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<tbody>
<tr>
<td>50%</td>
<td>Quizzes (25 x 4pts)</td>
</tr>
<tr>
<td>5%</td>
<td>Pre Fitness Assessment (10 pts)</td>
</tr>
<tr>
<td>5%</td>
<td>Post Fitness Assessment (10 pts)</td>
</tr>
<tr>
<td>15%</td>
<td>Midterm (30 pts)</td>
</tr>
<tr>
<td>20%</td>
<td>Final (40 pts)</td>
</tr>
<tr>
<td>5%</td>
<td>Outside Assignment</td>
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</tbody>
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**Grading Scale used to determine letter grade.**

**Percentage Equivalent Grade**

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Grade</th>
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<tbody>
<tr>
<td>97% - 100%</td>
<td>A+</td>
</tr>
<tr>
<td>93% - 96%</td>
<td>A</td>
</tr>
<tr>
<td>90% - 92%</td>
<td>A-</td>
</tr>
<tr>
<td>87% - 89%</td>
<td>B+</td>
</tr>
<tr>
<td>83% - 86%</td>
<td>B</td>
</tr>
<tr>
<td>80% - 82%</td>
<td>B-</td>
</tr>
<tr>
<td>77% - 79%</td>
<td>C+</td>
</tr>
<tr>
<td>73% - 76%</td>
<td>C</td>
</tr>
<tr>
<td>70% - 72%</td>
<td>C-</td>
</tr>
<tr>
<td>67% - 69%</td>
<td>D+</td>
</tr>
<tr>
<td>63% - 66%</td>
<td>D</td>
</tr>
<tr>
<td>60% - 62%</td>
<td>D</td>
</tr>
<tr>
<td>Below 60%</td>
<td>F</td>
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</tbody>
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TESTS:
The Quizzes will cover assigned outside reading
The Midterm will cover assigned topics
The Final will be comprehensive of all class materials and readings.

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

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"
Add/drop deadlines can be found on the current "http://www.sjsu.edu/provost/services/academic_calendars/" academic year calendars document at "http://www.sjsu.edu/provost/services/academic_calendars/
"late drop 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 "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 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 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 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" Presidential Directive 97-03 at "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 (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.

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

**Week 1**
- Thursday: Introduction

**Week 2**
- Tuesday: Intro to body weight workout
  - Thursday: Intro to body weight

**Week 3**
- Tuesday: General Boot Camp
  - Thursday: General Boot Camp

**Week 4**
- Tuesday: Pre-fitness assessment
  - Thursday: Workout

**Week 5**
- Tuesday: Workout
  - Thursday: Workout

**Week 6**
- Tuesday: Workout
  - Thursday: Workout

**Week 7**
- Tuesday: Workout
  - Thursday: Workout

**Week 8**
- Tuesday: Workout
  - Thursday: Midterm

**Week 9**
- Tuesday: Workout
  - Thursday: Workout

**Week 10**
- Tuesday: **Spring Break**
  - Thursday: **Spring Break**
  (Outside Assignment)

**Week 11**
- Tuesday: Workout
  - Thursday: **Cesar Chavez Day – Campus Closed**

**Week 12**
- Tuesday: Workout
  - Thursday: Workout

**Week 13**
- Tuesday: Workout
  - Thursday: Workout

**Week 14**
- Tuesday: Workout
  - Thursday: Workout

**Week 15**
- Tuesday: Workout
  - Thursday: Post-fitness Assessment

**Week 16**
- Tuesday: FINAL EXAM TBD