

Spring 2015

San Jose State University
Department of Kinesiology
Kin-31 Body Sculpting

Instructor: Zecheria (Zach) Deges

Phone: 209-675-3647

Email: zecheria.deges@sjsu.edu

Kin-31 Body Sculpting

1. Course Description:

Increases muscular endurance and improves muscle tone by performing a higher number of repetitions using light to moderate weights. Taught in a group setting with music. Equipment includes: dumbbells, tubing, light weight barbells, and steps.

1. Student Learning Objectives:

Upon completion of this course students will be able to demonstrate an understanding of:

- Proper exercise mechanics
- Development of cardiovascular endurance
- Benefits of exercise
- Basic Nutrition
- Development of personal exercise [PROGRAM](#)
- Basic principal of weight management
- Proper exercise equipment

1. Course Content:

A) Motor (Physical) Content:

- Proper and safe warm up techniques
- Proper techniques of lifting
- Interval lifting activities

- High intensity interval training to develop cardiovascular & muscular fitness

B) Cognitive (Knowledge) Content:

- Basic terminology
- Components of Fitness
- Guidelines for cardiovascular fitness
- Benefits of exercise
- Developing a fitness [PROGRAM](#) 
- Weight management and concepts
- Proper Nutrition

IV. Course Requirement & Information

- **ACTIVE CLASS PARTICIPATION!!!**

- Fitness Final (May 13th)
- Nutrition Lecture (April 22nd)
- Program Lecture (April 27th)

V. Evaluation

- 24/24...A+
 - 22/24...A
 - 20/24...B
 - 18/24...C
 - 16/24...D
 - 14/24 or less...F
- The Fitness Final will consist of various exercises. You will be graded on technique and form. If you pass you will get a “+” added to your grade. If you do not pass then your grade will stay the same. If you miss the test there will not be any make ups, and you will receive a “-“ to your grade.

VI. Lockers are available in locker room. Locks not provided so bring your own.

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University recommended statement on Academic Integrity

ACADEMIC INTEGRITY (from Office of Judicial Affairs). “Your own commitment to learning, as evidence by your enrollment at San Jose State University, and the University’s Academic Integrity policy requires you to be honest in all your academic course work. Faculty are required to report all infractions to the office of Judicial Affairs.” The policy on academic integrity can be found at <http://www2.sjsu.edu/senate/SO4-12.htm>

(Links to an external site.)

University recommended statement on Persons with Disabilities

AMERICANS WITH DISABILITIES ACT COMPLIANCE. “If you need course adaptations or accommodations because of a disability, or if you need special arrangements in case the building must be evacuated, please make an appointment with The Disability Resource Center (924-6000, located in ADM 110) as soon as possible. Presidential Directive 97-03 requires that students with disabilities [REGISTER](#) with DRC to establish a record of their disability.”