I. COURSE DESCRIPTION
A combination of intense activities designed to enhance cardiorespiratory endurance, muscular strength and endurance. Activities include: High intensity interval training, Circuit training, Jump rope, cardio kickboxing, Power step and step training.
Prerequisite: KIN 32 or KIN 34 or instructor approval.

Web Resource
Course materials may be found on the e-campus Canvas learning management system: http://www.sjsu.edu/at/ec/canvas/. You are responsible for regularly checking the Canvas discussion board and email for information and messages. Login using your mysjsu username and password.

II. ACTIVITY PROGRAM LEARNING OUTCOMES- (APLO)
Students shall be able to:
1. Be able to demonstrate the acquisition and application of motor skills appropriate to the specific activity.
2. Be able to demonstrate an understanding of the applicable history, rules, strategies, current research, safety and etiquette appropriate to the specific activity.
3. Be able to demonstrate an understanding of the physiological and psychological benefits to the specific activity.
4. Demonstrate a positive change in personal fitness which includes: cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition.

III. STUDENT LEARNING OBJECTIVES-(SLO)
Upon successful completion of course requirements students will:
A. Demonstrate improved performance in the components of fitness.
B. Demonstrate correct techniques in performing high intensity aerobics and other conditioning activities.
C. Demonstrate knowledge of:
   1. All listed aerobic material assigned
   2. proper procedure in one’s personal fitness program
   3. basic physiological and psychological benefits of regular conditioning
4. appropriate guidelines and technique for older adult and the physically challenged

IV. REQUIRED READINGS
Handouts posted on Canvas or given in class.

V. COURSE CONTENT
A. Motor (physical) component:
   1. Interval Training and Circuit Training: using variety of exercises
   2. Cardio Kickboxing: Basic Techniques
   3. Power Step
   3. Vigorous aerobic activity designed to develop cardiorespiratory fitness
   4. Jump rope
   4. Resistance training

B. Cognitive (knowledge) Component:
   1. Basic training guidelines: SPROTS principle.
   2. Review of components of fitness
   3. Rules for cardiorespiratory fitness
   4. Calculation of caloric expenditure, and caloric needs, THR, BMR
   6. Development of a positive weight management program.
   7. Development of one’s exercise program as a lifetime activity.

VI. COURSE REQUIREMENT & INFORMATION
A. Pre and post 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 is essential to fulfill the course objective.
C. Recognizable and acceptable effort in class participation is a necessary requirement.
C. Assigned readings from handouts.
D. Written exams.
G. Two 882E answer sheets and #2 pencil.
H. Students are permitted two unexcused class participations (emergency, illness) per semester.
I. Only one class make up is permitted.
J. There will be no make up for midterm or final exams.
K. Photo of self for ID on check in card.

Note:
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.

VI. METHOD OF EVALUATION (percent)
A. Daily active participation, acceptable effort………………..55%
   skill performance (subjective)........................................10%
B. Midterm exam…………………………………………….. 10%
C. Final exam……………………………………………….. 10%
D. Pre and post fitness assessment…………………………..5%
E. Assignments…………………………………………………10%

Grading Scale used to determine letter grade for each component above:

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Grade</th>
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<tbody>
<tr>
<td>97 - 100%</td>
<td>A+</td>
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<tr>
<td>93 - 96%</td>
<td>A</td>
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<tr>
<td>90 – 92%</td>
<td>A-</td>
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<tr>
<td>87 - 89%</td>
<td>B+</td>
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<tr>
<td>60 – 69%</td>
<td>D-</td>
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<tr>
<td>&lt; 60%</td>
<td>F</td>
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University recommended statement on Academic Integrity

ACADEMIC INTEGRITY (from office of judicial affairs). “Your own commitment to learning, as evidenced 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 is 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

University recommended statement on Persons with disabilities

American with Disabilities Act Compliance, “If you need course adaptation accommodations because of a disability, or if you need special arrangements in case the buildings 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.