

San José State University
CASA/Kinesiology
KIN 34, STEP TRAINING, SECTION 02, FALL 2018

Contact Information

Instructor: BATT

Office Location: SPXC107A

Telephone: N/A

Email: angel.batt@sjsu.edu

Office Hours: Tuesday/Thursday 7:00am - 7:30am, SPXC107A, or by appointment

Class Days/Time: Tuesday/Thursday 9:30 – 10:20 Spartan Complex 107A (SPXC107A)

Classroom: Spartan Complex 107A (SPXC107A)

CANVAS Learning Management System

Course materials such as syllabus, handouts, notes, assignment instructions, etc. can be found on [Canvas Learning Management System course login website](http://sjsu.instructure.com) (CANVAS) at <http://sjsu.instructure.com>. You are responsible for regularly checking with the CANVAS messaging system to learn of any updates.

Web Resource

Course materials may be found on the e-campus Canvas learning management system at <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.

Course Description

Step training is a low-impact aerobic conditioning activity designed to enhance cardiorespiratory endurance, muscular strength, and muscular endurance.

Course Goals

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

- Knowledge of fundamental skills, technique and execution of exercises.
- Proficiency in execution of the skills covered.
- An understanding of the history, rules, strategies, current research, safety and etiquette associated with step training and aerobic exercise.
- An understanding of the mental and physical health benefits to be derived from step training and aerobic exercise.
- An appropriate level of proficiency in personal fitness as it relates to components such as cardiovascular endurance, muscular strength and endurance, flexibility, body composition, balance, coordination, and agility.

Course Learning Outcomes

After successful completion of this course, students will be able to:

- Demonstrate increased knowledge in the history, rules, strategies, current research, safety, and etiquette related to the specific activities completed as measured by Beginning and End of the Semester Survey.
- Demonstrate improved cardiovascular health and increased fitness as measured by pre-and post-Fitness Assessment.
- Demonstrate improved cardiovascular health and increased fitness as measured by pre-and post-Fitness Assessment.

Textbook

There is no assigned textbook for this course.

Assigned Readings

SEE COURSE SCHEDULE for weekly reading assignments

Course Notes

- Class protocol: Students are expected to arrive on time and participate fully in all activities throughout the class period.
- Cell phones must be turned off and put away for the duration of the class.
- Interactions with classmates and the instructor are expected to be respectful.
- Recording class: Instruction may not be recorded.
- Intellectual Property: Course materials developed by the instructor (e.g., exam/quiz items, videos, lecture notes), are the instructor's intellectual property and cannot be photographed, shared, or uploaded in any form publicly without the instructor's approval.
- If you have pre-existing medical or physical problems, you should consult your physician before participating in this class and alert the instructor to any required limitations.
- Report any accidents to the instructor immediately.
- Quizzes, Mid-Term and Final Exam cannot be made up.
- Students will be allowed three non-participation days (or absences) during the semester.
- Students are responsible for assigned readings from textbook and handout materials.
- A fitness assessment will be given at the beginning and end of the semester to determine present level of physical fitness and general understanding of fitness principles, and progress made during the semester.
- Drop requests will not be accepted after the SJSU drop deadline.
- Outings/assignments completed for another class cannot be counted for this course

Course Requirements and Assignments.

- Fitness assessments and surveys are done at the beginning and end of the semester to determine present level of fitness and understanding of fitness principles and progress made during the semester.
- There will be weekly quizzes on the assigned reading and skills learned during class participation.

- There will be a Midterm Exam and a Final Exam.

Final Examination or Evaluation

There will be a written final exam covering all readings and class discussion from the semester. The Final Exam is worth 20% of your grade.

Grading Information

Weekly Quizzes (1 quiz = 2 points)	40	40%
Mid-Term	20	20%
Final	20	20%
Pre-Fitness Assessment	5	5%
Pre-Fitness Survey	5	5%
Post Fitness Assessment	5	5%
Post Fitness Survey	5	5%
PHOTO for Identification	2	Extra Credit

Grading Scale used to determine final course grade

Percentage	Equivalent Grade
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

Classroom Protocol

- Students are expected to arrive on time and participate fully in all activities throughout the class period.
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- If you have pre-existing medical or physical problems, you should consult your physician before participating in this class and alert the instructor to any required limitations.
- Report any accidents to the instructor immediately.
- Quizzes, Mid-Term and Final Exam cannot be made up.
- Students will be allowed three non-participation days (or absences) during the semester.
- Students are responsible for assigned readings which are listed in Course Calendar, below.
- Drop requests will not be accepted after the SJSU drop deadline.
- Outings/assignments completed for another class cannot be counted for this course

University Policies

Per University Policy S16-9, university-wide policy information relevant to all courses, such as academic integrity, accommodations, etc. will be available on Office of Graduate and Undergraduate Programs' at <http://www.sjsu.edu/gup/syllabusinfo>

KIN 34-02 / STEP TRAINING / FALL 2018 / COURSE SCHEDULE

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

WEEK	DAY	DATE	Topics	Readings	Assignments	DU E BY		
1	T	21-Aug	Introduction & Syllabus	N/A	BSS	21-Aug		
	TH	23-Aug	Beginning of Semester Survey (BSS) and Pre-Fitness Assessment (PFA) (both worth 5 points each)	N/A	BSS and PFA Data Input	23-Aug		
2	T	28-Aug	Step Training Guidelines	https://www.acefitness.org/education-and-resources/lifestyle/blog/6718/step-training-guidelines	MHR, RHR and Target Zone data entry	28-Aug		
			Lecture (LCT) + Workout (W/O)	How to Measure Exercise Intensity & Step Training Guidelines			https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/exercise-intensity/art-20046887	
	TH	30-Aug	LCT + W/O	History of Step Aerobics	https://www.gxunited.com/step-aerobics-history/	N/A	30-Aug	
3	T	4-Sep	LCT + W/O	Is Step Dead?	https://www.acefitness.org/certifiednewsarticle/3223/i-s-step-dead-adapting-step-into-today-s/	N/A	4-Sep	
					https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/aerobic-exercise/art-20045541			
	TH	6-Sep	LCT + W/O	Benefits of Aerobics	https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/aerobic-exercise/art-20045541	N/A	6-Sep	
4	T	11-Sep	LCT+ W/O + Quiz # 1	10 Popular Fitness Terms Defined	https://www.acefitness.org/education-and-resources/lifestyle/blog/5325/10-popular-fitness-terms-defined	Quiz #1	11-Sep	
				101 Health and Wellness Tips for College Students	https://healthservices.camden.rutgers.edu/topics_wellness			
	TH	13-Sep	LCT+ W/O + Quiz # 2	High Intensity Interval Training (HIIT)	https://www.acefitness.org/education-and-resources/lifestyle/blog/6752/high-intensity-interval-training	Quiz #2	13-Sep	
5	T	18-Sep	LCT+ W/O + Quiz # 3	High Intensity Interval Training (HIIT)	https://www.acefitness.org/education-and-resources/lifestyle/blog/6752/high-intensity-interval-training	Quiz #3	18-Sep	
	TH	20-Sep	FIELD ASSIGNMENT w/ Field Assignment Quiz #4					20-Sep

6	T	25-Sep	LCT+ W/O + Quiz #5	Excess Post Oxygen Consumption (EPOC)	https://www.acefitness.org/education-and-resources/professional/expert-articles/5008/7-things-to-know-about-excess-post-exercise-oxygen-consumption-epoc	Quiz #5	25-Sep	
	T H	27-Sep	LCT+ W/O + Quiz #6	Benefits of HIIT	https://www.acefitness.org/education-and-resources/lifestyle/blog/104/what-is-high-intensity-interval-training-hiit-and-what-are-the-benefits	Quiz #6	27-Sep	
7	T	2-Oct	LCT+ W/O + Quiz #7	Circuit Training	https://www.acefitness.org/education-and-resources/lifestyle/blog/6750/circuit-training-basics	Quiz #7	2-Oct	
	T H	4-Oct	LCT+ W/O + Quiz #8	Defining the CORE	https://www.acefitness.org/fitness-certifications/resource-center/exam-preparation-blog/3562/core-anatomy-muscles-of-the-core	Quiz #8	4-Oct	
8	T	9-Oct	W/O + Mid-Term Review +PHOTO DUE (for extra credit)	Tabata	https://www.acefitness.org/education-and-resources/professional/expert-articles/3791/everything-you-need-to-know-about-tabata-training	DUE: PHOTO Review for Mid-Term	9-Oct	
	T H	11-Oct	MIDTERM (on CANVAS)					11-Oct
9	T	16-Oct	LCT+ W/O + Quiz #9	Pre and Post Workout Nutrition for HIIT	https://www.acefitness.org/education-and-resources/professional/expert-articles/5332/pre-and-post-workout-nutrition-for-high-intensity-interval-training	Quiz #9	16-Oct	
	T H	18-Oct	LCT+ W/O + Quiz #10		https://www.acefitness.org/education-and-resources/lifestyle/blog/5981/6-diet-and-nutrition-myths-debunked	Quiz #10	18-Oct	
10	T	23-Oct	LCT+ W/O + Quiz #11		https://www.acefitness.org/education-and-resources/lifestyle/blog/6589/exercise-as-a-cure-for-fatigue-and-to-boost-energy-levels	Quiz #11	23-Oct	
	T H	25-Oct	LCT+ W/O + Quiz #12		https://www.acefitness.org/education-and-resources/lifestyle/blog/3683/five-reasons-you-shouldn-t-skip-your-cool-down-after-exercise	Quiz #12	25-Oct	
11	T	30-Oct	LCT+ W/O + Quiz #13		https://www.acefitness.org/education-and-resources/lifestyle/blog/5930/six-things-to-know-about-muscle-imbances	Quiz #13	30-Oct	
C	T H	1-Nov	LCT+ W/O + Quiz #14		https://www.acefitness.org/education-and-resources/lifestyle/blog/1478/why-do-muscles-tighten-up	Quiz #14	1-Nov	
12	T	6-Nov	LCT+ W/O + Quiz #15		https://healthservices.camden.rutgers.edu/topics_drugs	Quiz #15	6-Nov	

	T H	8- No v	Field Assignment Quiz #16			8- Nov	
13	T	13- No v	LCT+ W/O + Quiz #17	https://www.acefitness.org/fitness-certifications/resource-center/exam-preparation-blog/3594/muscles-that-move-the-leg	Quiz #17	13- Nov	
	T H	15- No v	LCT+ W/O + Quiz #18		Quiz #18	15- Nov	
14	T	20- No v	LCT+ W/O + Quiz #19	https://www.acefitness.org/fitness-certifications/resource-center/exam-preparation-blog/3535/muscles-that-move-the-arm	Quiz #19	20- Nov	
	T H	22- No v	LCT+ W/O + Quiz #20	https://www.acefitness.org/education-and-resources/professional/expert-articles/6228/cardio-or-weights-first-cardio-before-vs-after-lifting	Quiz #20	22- Nov	
15	T	27- No v	W/O, NO QUIZ			N/A	27- Nov
	T H	29- No v	Holiday- Campus Closed			N/A	29- Nov
16	T	4- Dec	Workout / Review for Final			Review for Final	4- Dec
	T H	6- Dec	Post-Fitness Assessment + End of Semester Survey (last day of instruction) - data input for PFA and ESS (worth 5 points each)				6- Dec
17-Dec		MONDAY, DECEMBER 17TH, 9:45AM - 12:00				17- Dec	