

KIN 034 - STEP TRAINING

I. COURSE DESCRIPTION

Step Training (bench stepping) is a low-impact aerobic conditioning activity designed to enhance cardiorespiratory endurance, muscular strength and endurance. This class includes many different stepping patterns onto the platform which can be raised from 4 inches to 8 inches off the floor.

II. COURSE OBJECTIVES

Upon successful completion of course requirements students will:

- A. demonstrate improved performance in the components of fitness
- B. demonstrate safe and correct techniques in performing bench stepping and other conditioning activities
- C. demonstrate knowledge of:
  - 1. all listed step and conditioning material assigned
  - 2. proper procedure in developing 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

III. COURSE CONTENT

- A. Motor (physical) Component:
  - 1. proper and safe warm-up techniques
  - 2. proper and safe pre-stepping techniques
  - 3. vigorous bench stepping designed to develop cardiovascular fitness
  - 4. proper and safe cool-down
  - 5. specific conditioning - spot training certain muscle groups
  - 6. proper and safe flexibility
- B. Cognitive (knowledge) Component:
  - 1. basic terminology
  - 2. components of fitness
  - 3. rules for cardiovascular fitness
  - 4. safety guidelines on level of intensity
  - 5. benefits of this stepping activity
  - 6. step training tips and guidelines to total fitness as covered in course outline of study

IV. 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
- D. assigned readings from text and handout material
- E. written exams
- F. pocket folder and a ruler
- G. two T&E 0200 answer sheets/#2 pencil
- H. bring folder and text to class one day every two weeks
- I. students are required to show their student ID card when entering and reporting to a class scheduled in the Event Center. No exceptions!!
- J. students in my classes (Sullivan's) are permitted two unexcused class participations (emergency, illness, etc.) per semester.
- K. only two class make ups are permitted
- L. There will be no make up for midterm or final exams.
- M. There will be a performance assessment of that activity the class before the post-test.

V. METHOD OF EVALUATION

- A. Daily active class participation points, acceptable effort, pre and post tests..... 60%
- B. Mid-term.....15%
- C. Final exam.....15%
- D. Physical Assessment......05%
- E. Folder, Text, and Photo for ID......05%

VI. REQUIRED TEXT

Kravitz, Len. Anybody's Guide to Total Fitness. Kendall Hunt Publishing Co. Ninth Edition. (2009).

**Extra participating activity: "AEROBICHTON"**

Friday, December 4, 2009 4:00 – 6:00pm

Come join the workout and bring a friend. FUN. FUN!!!!!!

Participation at the Aerobicthon can be used as a make up.

Entrance fee at door.

**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 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>**

**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."**

**STEP TRAINING – KIN 34**  
Textbook Order of Study

I.	Stepping Up.....	p.	70-71	
	Stepping Safety.....	p.	73	
II.	Starting Out			
	A. Exercise: What It Will Do For You.....	p.	3	
	B. Sticking To It .....	p.	4	
	C. The Key Components of Fitness.....	pp.	5-6	
	D. Energy For Exercise.....	p.	7	
	<b>*Profile Guide: pp 1 and 4; pp. 11, 14-16</b>			
	E. The S.P.O.R.T. Principle.....	p.	23	
	F. The Formula For Aerobic Fitness.....	p.	24	
	G. Personalized Target Zone.....	p.	25-26	
	<b>*Profile Guide: p. 10</b>			
III.	Special Focus: Weight Management.....	pp.	120-125	
	Body Composition.....	p.	20	
	<b>*Profile Guide: pp. 22, 23, and 32</b>			
IV.	Training Tips			
	A. In Case of Injury.....	p.	41	
	B. Common Aerobic Injuries.....	pp.	42-43	
	C. Guide To A Better Back.....	pp.	44-47	
V.	Contemporary Health Issues			
	A. The All Around Best Balanced Eating Plan.....	pp.	111-119	
	B. Stress Maintenance.....	pp.	130-131	
	C. Technostress.....	p.	131	
	D. Avoiding Burnout.....	pp.	132-133	
VI.	Fitness Facts and Fiction			
	A. Questions and Answers.....	pp.	139-155	
	B. Famous Exercise Myths.....	pp.	156-159	
	C. Fitness Trivia Quiz.....	pp.	160-161	
	D. Health Trivia Quiz.....	pp.	162-163	

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