

Department of Kinesiology

KIN 34 – STEP TRAINING

Instructor: Carol Sullivan  
Office: SPX 60 - Ph: 924-3022  
Email: [carol.sullivan@sjsu.edu](mailto:carol.sullivan@sjsu.edu)  
Office Hours: TR 3:00-3:45pm  
Classroom: SPX 44B

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. **ACTIVITY PROGRAM LEARNING OBJECTIVES – (APLO)**

The student shall:

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 benefits of a specific activity as it relates to physical and mental health.
4. Demonstrate a positive change in personal fitness as it relates to components such as cardiovascular endurance, muscular strength and endurance, flexibility and body composition (where applicable to the specific activity).

III **STUDENT LEARNING OBJECTIVES – (SLO)**

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

IV. **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

V. **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 one class make up is 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.
- N. Photo of self for ID on check in card.

**VI. METHOD OF EVALUATION (per cent and points)**

- 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%

**VII REQUIRED TEXT**

**Kravitz, Len. Anybody's Guide to Total Fitness. Kendall Hunt Publishing Co. Tenth Edition. (2012).**

**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.	72-74
	Stepping Safety.....	p.	75
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. Metabolic Syndrome.....	p.	8
	<b>*Profile Guide: pp 1, 4, 15, 16</b>		
	E. The S.P.O.R.T. Principle.....	p.	21
	F. The Formula For Aerobic Fitness.....	p.	22
	G. Personalized Target Zone.....	pp	23, 24
	H. Nutrient Timing: A Cutting Edge Training Tip.....	p	47
	<b>*Profile Guide: p. 10</b>		
III.	Special Focus: Weight Management.....LECTURE DAY .....	pp.	120-125
	The Physiology of Working Out.....	pp	61-62
	<b>*Profile Guide: pp. 24, 25, and 33</b>		
IV.	Training Tips		
	A. In Case of Injury.....	p.	39
	B. Common Aerobic Injuries.....	pp	40-41
	C. Cold, Flu, and Allergies.....	pp	42-45

V.	Contemporary Health Issues	
	A. The Balanced Eating Plan.....	pp. 121-127
	B. Stress Maintenance.....	pp. 140-141
	C. Technostress.....	p. 141
	D. Avoiding Burnout.....	pp. 142-143

VI.	Fitness Facts and Fiction	
	A. Questions and Answers.....	pp. 151-167
	B. Famous Exercise Myths.....	pp. 168-171
	C. Fitness Trivia Quiz.....	pp. 172-173
	D. Health Trivia Quiz.....	pp. 174-175

**REQUIRED TEXT**

Kravitz, Len. Anybody's Guide to Total Fitness. Kendall Hunt Publishing Co. Tenth Edition. (2012).