

Kinesiology Department
Fall 2013 KIN 34, Step Training

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Office Hours	TR: 12:30 - 1:30
Classroom	SPX 44B

I. **COURSE DESCRIPTION**

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

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)**

Upon successful completion of the course students will:

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 of a 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)**

Students shall be able to:

- A. Demonstrate improved performance in the components of fitness.
- B. Demonstrate 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 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 TEXT**

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

V. **COURSE CONTENT**

- A. Motor (physical) component:
 1. Proper and safe warm-up techniques
 2. Vigorous bench stepping designed to develop cardiorespiratory fitness
 3. Proper and safe cool-down
 4. Resistance training using body weight (i.e., push ups, planks, crunches)
 5. Proper and safe flexibility exercises
- B. Cognitive (knowledge) Component:
 1. Basic terminology
 2. Components of fitness
 3. Rules for cardiorespiratory fitness
 4. Safety guidelines on any aerobic exercise intensity
 5. Benefits of this stepping activity
 6. Step training tips and guidelines to total fitness as covered in course outline

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 text and handout materials.
- D. Written exams.
- G. Two T&E 0200 answer sheets and #2 pencil.
- H. Bring folder and text to class once every two weeks.
- I. Students are **required to show their valid student ID card** when entering and reporting to a class scheduled in the Event Center. **No Exceptions!!**
- J. Students 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. Photo of self for ID on check in card.

VII. **METHOD OF EVALUATION**

- A. Daily active class participation, acceptable effort and skill performance.....60%

- B. Midterm exam.....15%
- C. Final exam.....15%
- D. Pre and post fitness assessment.....5%
- E. Folder, Text, and Photo for ID.....5%

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

- 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 – 69% D-
- < 60% F

VIII. 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 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.

STEP TRAINING - KIN 34
Textbook Order of Study

- I. Stepping Up.....pp. 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
	*Profile Guide: pp. 1, 4, 15, 16	
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
A.	Nutrient Timing: A Cutting Edge Training Tip.....p.	47
	Profile Guide: p.10	
III.	Special Focus:	
	Weight Management...LECTURE DAY.....pp.	128-
	135	
	The Physiology of Working Out.....pp.	61-62
	*Profile Guide: pp. 24, 25 and 33	
IV.	Training Tips and Injury	
A.	In Case of Injuryp.	39
B.	Common Aerobic Injuriespp.	40-41
C.	Guide To A Better Backpp.	42-
	45	
V.	Contemporary Health Issues	
A.	The Balance Eating Plan pp.	120-127
B.	Stress Maintenance pp.	140-141
C.	Technostress pp.	141
D.	Avoiding Burnout pp.	142-
	143	
E.	Exercise Improves Brain Function p.	147
F.	Sleep p.	148
VI.	Fitness Facts and Fiction	
A.	Questions and Answerspp.	151-167
B.	Famous Exercise Mythspp.	168-171
C.	Fitness Trivia Quizpp.	172-173
D.	Health Trivia Quizpp.	174-175