

**San José State University**  
**Kinesiology**  
**Fall 2018, KIN 034, Section 1 Aerobics**

## **Contact Information**

**Instructor:** Farzaneh Ghasvand, PhD

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**Office Hours:** T/TR 10:30 am -  
11:15am

**Class Meetings & location:**  
MW, 2:30 – 3:20 pm, Event Center  
**Aerobic Room**, ID required.

**Link to new syllabi policy:** <http://www.sjsu.edu/senate/docs/S16-9.pdf>

## **Course Description**

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

## **Web Resource**

Course materials may be found on the e-campus [Canvas learning management system](http://www.sjsu.edu/at/ec/canvas/) 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 Goals and Student Learning Objectives**

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

- Knowledge of fundamental skills, techniques, coordination, and choreography related to step training.
- Proficiency in moving to music, improvement coordination and balance.
- An understanding of the history, rules, strategies, current research, safety and etiquette associated with step training movements.
- An understanding of the mental and physical health benefits to be derived from step training

movements.

- 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.

### **Activity Program Learning Outcomes (PLO)**

After completion of the physical activity graduation requirement, students shall be able to:

- Demonstrate proficiency in the execution of the motor/sport skills appropriate to the specific activities completed.
- Identify and/or explain the applicable history, rules, strategies, current research, safety, and etiquette related to the specific activities completed.
- Identify and/or explain the benefits of physical activity as related to physical and mental health.

### **Text/Readings**

Kravitz, Len. **Anybody's Guide to Total Fitness**. Kendall Hunt Publishing Co. 11th Edition (2016).

### **Course Notes**

- Class protocol: Students are expected to arrive on time and participate fully in all activities throughout the class period. Turn cell phone off and put away for the duration of the class. Interactions with classmates and the instructor are expected to be respectful at all times.
- Appropriate workout attire is required (for example, workout shoes, No Street Clothes) for this class.
- Recording class:: Instruction may not be recorded. If classmates ask you to record their performance for later review make sure it is done before or after class rather than during class. Do not post or otherwise share the recording.
- 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 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.
- Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of 45 hours over the length of the course (normally three hours per unit per week) for instruction, preparation/studying, or course related activities.
- Course grades will be posted on Canvas by the end of finals week.
- Drop requests will not be accepted after the SJSU drop deadline.
- Outings/assignments completed for another class cannot be counted for this course.
- The students are responsible for assigned readings from text and handout materials.
- Written Exam cannot be made up.

## Course Requirements, Assignments, and Grading

### Tests:

- Skill Test: A group assignment to perform a 2:30 -3:00 minutes of step training routine with an original choreography with music. A rubric is provided for the skill test on Canvas (Modules).
- Fitness Assessment: Test of cardiorespiratory endurance, muscular endurance, and flexibility at the beginning of the semester and at the end.
- Written Exams:
  - Midterm exam from the assigned reading from the textbook.
  - Final exam from assigned textbook (specified pages)
  - Active participation assessed by heart rate measurement during exercise at two different points during class.

### Active Participation:

- Assessed by measurement of heart rate, number of push-ups per minute, number of curl-ups per minute.

### Grading

- The grading method is point totals: 100 points
- Extra credit is **NOT** available.
- No Make-ups for the missing assignments and activities and exams.

### Grading Plan -

- 20 points: Skills Test
- 20 points: Pre and Post Fitness Assessment (each 10 pts)
- 40 points: Active Participation (based on heart rate at two different times, or other test such as push up/min or curl-ups/min)
- 20 points: Two written Exams

### 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-

Percentage	Equivalent Grade
77% - 79%	C+
73% - 76%	C
70% - 72%	C-
67% - 69%	D+
63% - 66%	D
60% - 62%	D-
below 60%	F

### University Policies

Information pertaining to university programs and policies designed to facilitate student success can be found here:

<http://www.sjsu.edu/gup/syllabusinfo/>

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

### Important Dates

Dates	Course Content (Assignments, Exams)
W 8/22	Introduction to the course, going over the syllabus.
M 9/3	Labor Day, No Class
M 9/10	Pre-Fitness Assessment: Step Test, Push-Ups, Curl-Ups Tests, Wall-Sit, Sit and Reach
M 10/15	Midterm Exam online
M 12/3	Post-Fitness Assessment, Catch Up, and Practice for Skill Test
W 12/5	Skill Test, and practice

Dates	Course Content (Assignments, Exams)
M 12/10	<b>Last day of classes: Skill Test</b>
12/14	<b>Final Exam Online</b>

