Contact Information

Instructor:
Farzaneh Ghiasvand, Ph.D.

Office Location: YUH 244

Telephone: 408-924-3022

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Office Hours: MW 12:00 – 1:00 pm

Class Meetings & location: TR 7:30 am– 8:20 am
Located: SPX 107A

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.

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 Goals and Student Learning Objectives

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

• Knowledge of fundamental skills, technique, used in step training.
• Proficiency in execution of the skills covered.
• An understanding of the history, rules, strategies, current research, safety and etiquette associated with aerobic dance.
• An understanding of the mental and physical health benefits to be derived from step training.
• 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**

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.

**Required Text**


- Refer to the Textbook Order of Reading page on the last page of the syllabus.

**Course Notes**

- **Class protocol**: Students are expected to arrive on time and participate fully in all activities throughout the class period. Therefore recognizable and acceptable effort in class participation is a requirement.
- **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.**
- **Pre and post assessments are done at the beginning and end of the semester, to determine present level of fitness and progress made during the semester.**
- **The students are responsible for assigned readings from text and handout materials.**
- **Two Written exams and four quizzes cannot be made up.**
- **Two 882E answer sheets and #2 pencil are required for the exams.**
- **Drop requests will not be accepted after the SJSU drop deadline.**
- **Course grades will be posted on Canvas by the end of finals week.**
- **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.
Course Requirements and Grading Policy

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

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Equivalent Grade</th>
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</thead>
<tbody>
<tr>
<td>97% - 100%</td>
<td>A+</td>
</tr>
<tr>
<td>93% - 96%</td>
<td>A</td>
</tr>
<tr>
<td>90% - 92%</td>
<td>A-</td>
</tr>
<tr>
<td>87% - 89%</td>
<td>B+</td>
</tr>
<tr>
<td>83% - 86%</td>
<td>B</td>
</tr>
<tr>
<td>80% - 82%</td>
<td>B-</td>
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<tr>
<td>77% - 79%</td>
<td>C+</td>
</tr>
<tr>
<td>73% - 76%</td>
<td>C</td>
</tr>
<tr>
<td>70% - 72%</td>
<td>C-</td>
</tr>
<tr>
<td>67% - 69%</td>
<td>D+</td>
</tr>
<tr>
<td>63% - 66%</td>
<td>D</td>
</tr>
<tr>
<td>60% - 62%</td>
<td>D-</td>
</tr>
<tr>
<td>below 60%</td>
<td>F</td>
</tr>
</tbody>
</table>

Grading Plan

Tests and Assignments
- 4 Pop Quizzes on benefits of exercise (5 points each): 20 points
- Midterm Exam: 20 points
- Skill Test: 20 points
- Final Exam: 20 points
- Pre and Post Fitness Assessments: 18 points
- Photo for ID: 2 points

Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of forty-five hours over the length of the course. This would include
preparing for class, participating in course activities, and completing assignments/projects. Generally this will amount to 1 hour a week outside of class.

**University Policies**

**Dropping and Adding**

Students are responsible for understanding the policies and procedures about add/drop, grade forgiveness, etc. Refer to the current semester’s Catalog in the policies section at [http://info.sjsu.edu/static/catalog/policies.html](http://info.sjsu.edu/static/catalog/policies.html). Add/drop deadlines can be found on the current academic year calendars document at [http://www.sjsu.edu/provost/services/ academic_calendars/](http://www.sjsu.edu/provost/services/academic_calendars/). The late drop policy is available at [http://www.sjsu.edu/aars/policies/ latedrops/policy/](http://www.sjsu.edu/aars/policies/latedrops/policy). Students should be aware of the current deadlines and penalties for dropping classes.

Information about the latest changes and news is available at the Advising Hub at [http://www.sjsu.edu/advising/](http://www.sjsu.edu/advising/).

**Academic integrity**

Your commitment as a student to learning is evidenced by your enrollment at San Jose State University. The University’s Academic Integrity policy at [http://www.sjsu.edu/senate/S07-2.htm](http://www.sjsu.edu/senate/S07-2.htm) requires you to be honest in all your academic course work. Faculty members are required to report all infractions to the office of Student Conduct and Ethical Development. The Student Conduct and Ethical Development website at [http://www.sjsu.edu/studentconduct/](http://www.sjsu.edu/studentconduct/).

Instances of academic dishonesty will not be tolerated. Cheating on exams or plagiarism (presenting the work of another as your own, or the use of another person’s ideas without giving proper credit) will result in a failing grade and sanctions by the University. For this class, all assignments are to be completed by the individual student unless otherwise specified. If you would like to include your assignment or any material you have submitted, or plan to submit for another class, please note that SJSU’s Academic Integrity policy at [http://www.sjsu.edu/senate/S07-2.htm](http://www.sjsu.edu/senate/S07-2.htm) requires approval of instructors.

Note: Outings/assignments completed for another class cannot be counted for this course.

**Campus Policy in Compliance with the American Disabilities Act**

If you need course adaptations or accommodations because of a disability, or if you need to make special arrangements in case the building must be evacuated, please make an appointment with me as soon as possible, or see me during office hours. Presidential Directive 97-03 at [http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf](http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf) requires that students with disabilities requesting accommodations must register with the Accessible Education Center (AEC) at [http://www.sjsu.edu/aec/](http://www.sjsu.edu/aec/) to establish a record of their disability.
Accommodation to Students' Religious Holidays

San José State University shall provide accommodation on any graded class work or activities for students wishing to observe religious holidays when such observances require students to be absent from class. It is the responsibility of the student to inform the instructor, in writing, about such holidays before the add deadline at the start of each semester. If such holidays occur before the add deadline, the student must notify the instructor, in writing, at least three days before the date that he/she will be absent. It is the responsibility of the instructor to make every reasonable effort to honor the student request without penalty, and of the student to make up the work missed. See University Policy S14-7 at http://www.sjsu.edu/senate/docs/S14-7.pdf.

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

<table>
<thead>
<tr>
<th>Week</th>
<th>Course Content (important dates)</th>
</tr>
</thead>
</table>
| 1    | **TH:** 1/28 Introduction and Syllabus  
      | **T:** 2/2  Step Training and floor exercises |
| 2    | **TH:** 2/4 Step Training and floor exercises with emphasis on push ups.  
      | **T:** 2/9  Step Aerobics, core conditioning |
| 3    | **TH:** 2/11 Pre-Fitness Assessment  
      | **T:** 2/16 10 min. lecture (starting out sect. I), and Step Training |
| 4    | **TH:** 2/18 Step Training and HIIT (high intensity interval training), and core conditioning.  
      | **T:** 2/23 Step Training and HIIT (high intensity interval training), and core conditioning. |
| 5    | **TH:** 2/25 Step Training, HIIT and floor exercises  
      | **T:** 3/1  Step Training, and strengthening exercises |
| 6    | **TH:** 3/3 10 min. lecture (Starting out sect. I), and Step Training  
      | **T:** 3/8  Step Training and strengthening exercises. |
| 7    | **TH:** 3/10 Step Training, HIIT  
      | **T:** 3/15  Step Training, Core Strengthening |
| 8    | **TH:** 3/17 Step Training, Core strengthening  
      | **T:** 3/22 10 min. lecture (Special Focus, Sect.II, Step Training |
| 9    | **TH:** 3/24 Step Training, HIIT, core strengthening  
      | **T:** 3/29  Spring Recess |
| 10   | **TH:** 3/31 Spring Recess  
<pre><code>  | **T:** 4/5 10 min. lecture (Training Tips and Injury Sect. III), Step Training |
</code></pre>
<p>| 11   | <strong>TH:</strong> 4/7 Midterm Exam, NO Workout |</p>
<table>
<thead>
<tr>
<th>Week</th>
<th>Course Content (important dates)</th>
</tr>
</thead>
<tbody>
<tr>
<td>12</td>
<td><strong>T: 4/12</strong> Step Training, lunges and squats, and core conditioning</td>
</tr>
<tr>
<td></td>
<td><strong>TH: 4/14</strong> Step Training, and HIIT</td>
</tr>
<tr>
<td></td>
<td><strong>T: 4/19</strong> Step Training, squats, Lunge</td>
</tr>
<tr>
<td>13</td>
<td><strong>TH: 4/21</strong> Step Training, Whole body strengthening, Push ups, Crunches</td>
</tr>
<tr>
<td></td>
<td><strong>W: 4/26</strong> 10 min. lecture (Contemporary Health Issues),</td>
</tr>
<tr>
<td>14</td>
<td><strong>TH 4/28</strong> Skill Test</td>
</tr>
<tr>
<td></td>
<td><strong>T: 5/3</strong> Step Training, HIIT, and core conditioning</td>
</tr>
<tr>
<td>15</td>
<td><strong>TH: 5/5</strong> Skill Test</td>
</tr>
<tr>
<td></td>
<td><strong>T: 5/10</strong> Post-Fitness Assessment, Skill Test</td>
</tr>
<tr>
<td>16</td>
<td><strong>TH: 5/12</strong> Final Exam (last Day of Classes), Skill Test</td>
</tr>
</tbody>
</table>

**Step Training KIN 34**

**Textbook Order of Reading**

I. Stepping up……………………………………pp. 72-74
   Stepping Safety………………………………pp. 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
   H. Nutrient Timing: A Cutting Edge Training Tip………………p. 47
      Profile Guide: p.10

III. Special Focus:
    Weight Management……………………………………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 Injury ……………………………………… p. 39
   B. Common Aerobic Injuries ……………………………pp. 40-41
   C. Guide To A Better Back ………………………………pp. 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 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