Course and Contact Information

Instructor(s): Angel Batt
Office Location: YUH 209
Telephone: NA
Email: angel.batt@sjsu.edu
Office Hours: Tuesday/Thursday 4:30-5:15 pm and/or by appointment
Class Days/Times: Tuesday/Thursday 10:30am - 11:20am
Classroom: SPX 107A

Course Description

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

Course Format

- In-person activity course that requires attendance and physical participation.
- Access to a computer or smart-phone required but not needed during class time.

Web Resource

Course materials such as syllabus, handouts, notes, assignments, instructions, etc. can be found on Canvas Learning Management System course login website at http://sjsu.instructure.com. You are responsible for regularly checking with the messaging system through MySJSU on Spartan App Portal to learn of any updates. For help with using Canvas see Canvas Student Resources page (http://www.sjsu.edu/ecampus/teaching-tools/canvas/student_resources)

Course Goals

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

1. Knowledge of fundamental skills, technique and execution of step training exercises.
2. Proficiency in execution of the skills covered.
3. 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.
4. An understanding of the history, rules, strategies, current research, safety and etiquette associated with step training, and cardiovascular and muscular endurance exercises.
5. An understanding of the mental and physical health benefits to be derived from step training and cardiovascular/aerobic exercise.

Course Learning Outcomes (CLO)

After successful completion of this course, students will be able to:

- Course Learning Outcome #1: Demonstrate a level of proficiency in the fundamental skills, technique and execution of step training choreography and exercises utilizing the step platform.
Course Learning Outcome #2: Demonstrate improved cardiovascular and muscular endurance.

Course Learning Outcome #3: Demonstrate increased knowledge in history, rules, strategies, current research, safety, and etiquette related to the step training and cardiovascular exercise.

Texts/Readings
No textbook required; reading assignments are web links that can be found in the Course Calendar below.

Course Requirements and Assignments
- Class participation/attendance is required in order to meet Course Learning Outcome #1, above, and represents 40% of the final course grade.

- Fitness assessments are required at the beginning and end of the semester in order to measure Course Learning Outcome #2, above, and represents 10% of the final course grade.

- Surveys will be administered at the beginning and end of the semester in order to measure Course Learning Outcome #3, above, and represents 10% of the final course grade.

- A “form” workshop will be held on the 2nd day of instruction; attendance is mandatory. The form workshop will teach students safe execution of exercises and movements to be performed throughout the semester and is related to Course Learning Outcome #3, above. The form workshop represents 5% of the final grade.

- Weekly reading is assigned to aid students in learning about the history, rules, strategies, current research, safety, and etiquette related to the step training and various forms of cardiovascular exercise and is related to Course Learning Outcome #3, above.

- One field assignment (home assignment) is assigned to supplement the learning gained from class participation/attendance, class discussions, and assigned readings and is worth 5% of the final course grade. The home assignment is related to Course Learning Outcome #3, above.

- There will be a mid-term administered in week eight (8) and is worth 15% of the final course grade.

- There will be a final exam administered according to the SJSU University Final Exam Schedule, Spring 2020 and is worth 15% of the final course grade.

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, including but not limited to internships, labs, and clinical practica. Other course structures will have equivalent workload expectations as described in the syllabus.

Final Examination or Evaluation
There will be a written final exam covering all readings and class discussion from the semester. The Final Exam is worth 15% of the total course grade.
## Grading Information

<table>
<thead>
<tr>
<th>ITEM</th>
<th>Points</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>ATTENDANCE: 20 days, each day worth 2 points</td>
<td>40</td>
<td>40%</td>
</tr>
<tr>
<td>Form Workshop, Jan 28th</td>
<td>5</td>
<td>5%</td>
</tr>
<tr>
<td>Mid-Term (on CANVAS)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Open: Monday, March 9\textsuperscript{th} - Tuesday, March 10\textsuperscript{th}, at 11:59 pm</td>
<td>15</td>
<td>15%</td>
</tr>
<tr>
<td>Home Assignment, March 12\textsuperscript{th}, on CANVAS</td>
<td>5</td>
<td>5%</td>
</tr>
<tr>
<td>Final Exam (on CANVAS)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Open: Sunday, May 10\textsuperscript{th} - Monday, May 18\textsuperscript{th}, 12:00 pm (noon)</td>
<td>15</td>
<td>15%</td>
</tr>
<tr>
<td>Pre Fitness Assessment - in class, February 11\textsuperscript{th}</td>
<td>5</td>
<td>5%</td>
</tr>
<tr>
<td>Beginning of Semester Survey - in class, January 24\textsuperscript{th}</td>
<td>5</td>
<td>5%</td>
</tr>
<tr>
<td>Post Fitness Assessment - in class, May 7\textsuperscript{th}</td>
<td>5</td>
<td>5%</td>
</tr>
<tr>
<td>End of Semester Survey - in class, May 5\textsuperscript{th}</td>
<td>5</td>
<td>5%</td>
</tr>
<tr>
<td>TOTAL</td>
<td>100</td>
<td>100%</td>
</tr>
<tr>
<td>EXTRA CREDIT: Submission of Photo (&quot;selfie&quot;)</td>
<td>2 points</td>
<td></td>
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</tbody>
</table>

## Grading Scale used to determine final course grade

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Equivalent Grade</th>
</tr>
</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>
</tr>
<tr>
<td>Grade Range</td>
<td>Grade</td>
</tr>
<tr>
<td>-------------</td>
<td>-------</td>
</tr>
<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>
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</tbody>
</table>

**Classroom Protocol:**

- Students are expected to arrive on time and participate cheerfully and enthusiastically in all activities throughout the class period.
- Cell phones must be turned off and put away for the duration of the class.
- Interactions with classmates and the instructor are expected to be respectful.
- Recording class: Instruction may not be recorded.
- 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 photographed, 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.
- Mid-Term and Final Exam cannot be made up.
- Two extra credit points can be earned by pasting/taping a photo of oneself onto your participation/attendance card by mid-semester (see Course Calendar, below, for the last day to turn in photo).
- There will be an opportunity to make-up up to three classes at the end of the semester (see Course Calendar below for “optional class” dates).
- Same-day make-ups are allowed (you can make-up your section by attending a comparable section, taught by the same instructor, the same day as your missed class. This does not count toward one of your three make-up classes).
- Students are responsible for assigned readings which are listed in the Course Calendar, below.
- Drop requests will not be accepted after the SJSU drop deadline.
- Outings/assignments completed for another class cannot be counted for this course.

**University Policies**

Per [University Policy S16-9](http://www.sjsu.edu/senate/docs/S16-9.pdf), relevant university policy concerning all courses, such as student responsibilities, academic integrity, accommodations, dropping and adding, consent for recording of class, etc. and available student services (e.g. learning assistance, counseling, and other resources) are listed on [Syllabus Information web page](http://www.sjsu.edu/gup/syllabusinfo), which is hosted by the Office of Undergraduate Education. Make sure to visit this page to review and be aware of these university policies and resources.
Additional Information

See [Frequently Asked Questions](#) for additional information.

**Course Calendar: Step Training, KIN 34-02, Spring 2020**

subject to change with fair notice by an announcement in class and/or email

**WEEK 1: Thursday, January 23rd**

**Beginning Of Semester Survey (5pts)**

1. Review Syllabus, Q&A
2. Fill Out Attendance Cards

**Read:**

2. [FAQ’s for this course](https://sites.google.com/sjsu.edu/faqs-abatt-spring-2020/home)
3. FILE (on CANVAS) titled: SMART, Fit Facts Reaching Your Goals The SMART Way

**WEEK 2: Tuesday, January 28th - Thursday, January 30th**

**Form Clinic (5pt) on Tuesday, January 28th**

**This Week Read:**

1. [Step Training Guidelines](https://www.acefitness.org/education-and-resources/lifestyle/blog/6718/step-training-guidelines)
2. [History of Step Training, Aerobics and Group Fitness](https://www.acefitness.org/certifiednewsarticle/2224/from-ancient-greece-to-zumba-50-events-people-and/)
3. File (on CANVAS) titled Lunges: Muscles Used, Proper Form and Mechanics

**Watch 2 Minute Video:**

4. [Knee Placement while Lunging/Squatting](https://www.youtube.com/watch?v=eRcvaxJ__rg)

**WEEK 3: Tuesday, February 4th - Thursday, February 6th**
This Week Read:

1.  **Warming Up Before Exercise**
   https://www.verywellfit.com/how-to-warm-up-before-exercise-3119266

2.  **5 Reasons Why You Shouldn’t Skip the Cool Down**
   https://www.acefitness.org/education-and-resources/lifestyle/blog/3683/five-reasons-you-shouldn-t-skip-your-cool-down-after-exercise

3.  **The RAMP Warmup**
   https://upstream.mj.unc.edu/2018/02/warming-up-before-your-workout-with-the-ramp-method/

**WEEK 4: Tuesday, February 11th** – Thursday, February 13th

PRE Physical Assessment (5pt.) on Tuesday, February 11th

**This Week Read:**

1.  **FILE on CANVAS Exercise Intensity, Measuring, Personalized Training Zone**

2.  **High-Intensity Interval Training**
   https://www.acefitness.org/education-and-resources/lifestyle/blog/6752/high-intensity-interval-training

3.  **8 Reasons Why HIIT Workouts are So Effective**
   https://www.acefitness.org/education-and-resources/lifestyle/blog/5073/8-reasons-hiit-workouts-are-so-effective

**WEEK 5: Tuesday, February 18th – Thursday, February 20th**

**This Week Read:**

1.  **Circuit Training Basics**
   https://www.acefitness.org/education-and-resources/lifestyle/blog/6750/circuit-training-basics

2.  **EPOC**
   https://www.acefitness.org/education-and-resources/professional/expert-articles/5008/7-things-to-know-about-excess-post-exercise-oxygen-consumption-epec

**WEEK 6: Tuesday, February 25th – Thursday, February 27th**
This Week Read:
1. [Pre and Post Workout Nutrition for HIIT](https://www.acefitness.org/education-and-resources/professional/expert-articles/5332/pre-and-post-workout-nutrition-for-high-intensity-interval-training)
2. [3 R’s to Workout Recovery](https://www.acefitness.org/education-and-resources/professional/expert-articles/5800/3-rs-of-workout-recovery-nutrition)

WEEK 7: Tuesday, March 3rd – Thursday, March 5th

- Last Week to Turn in “Selfie” for Extra Credit (2 points)
- Review for Midterm on Thursday, March 5th

This Week Read:
1. [Muscles of the Arms](https://www.healthline.com/human-body-maps/arm-muscles/male#1)
2. [Muscles of the Legs](https://www.healthline.com/human-body-maps/leg-muscles#1)

WEEK 8: Tuesday, March 10th – Thursday, March 12th

**Tuesday, March 10th – MID-TERM (15pt)**
- No class; take mid-term on CANVAS.
- Mid-term will be posted no later than the end of the day on Monday, March 9th and will close at 11:59 pm on Tuesday, March 10th.

**Thursday, March 12th - HOME ASSIGNMENT (5pt)**
- No class; home assignment (on CANVAS) in lieu of class.
- The home assignment is a video you’ll watch/do and corresponding questions that you’ll answer.
- Home Assignment will be posted on CANVAS under QUIZZES by end of the day on Wednesday, March 11th. It is worth 5 points (5% of your final grade) and is due by the end of the day on Thursday, March 12th.

WEEK 9: Tuesday, March 17th – Thursday, March 19th

This Week Read:
1. [TABATA Protocol](http://www.tabatatraining.com/tabata-protocol/)
2. [Everything You Need to Know About Tabata Training](#)
WEEK 10: Tuesday, March 24th – Thursday, March 26th

This Week Read:
1. Muscles of the Core / Planks
   https://plankpose.com/core-muscles/

WEEK 11: Tuesday, March 31st – Thursday, April 2nd

SPRING RECESS - CAMPUS CLOSED

WEEK 12: Tuesday, April 7th – Thursday, April 9th

This Week Read:
1. Muscles Contraction
   https://athleticquickness.com/muscle-contraction-types-part-1/

WEEK 13: Tuesday, April 14th – Thursday, April 16th

This Week Read:
1. Musculoskeletal Injuries

WEEK 14: Tuesday, April 21st – Thursday, April 23rd

This Week Read:
1. Mindfulness Exercises
   https://www.mayoclinic.org/healthy-lifestyle/consumer-health/in-depth/mindfulness-exercises/art-20046356

WEEK 15: Tuesday, April 28th – Thursday, April 30th

MAKE-UP WEEK - classes are “optional”
See FAQs for more details

WEEK 16: Tuesday, March 5th - Thursday, March 7th

1. Tuesday, March 5th - End of Semester Survey (5pt) and review for final
2. Thursday, March 7th - POST Physical Assessment (5pt)

**FINAL EXAM:**

OPENS: Sunday, May 10th / CLOSES: Monday, May 18th, at 12:00 pm (NOON)
Kin 34-02 / Step Training, Spring 2020, Course Schedule:
subject to change with fair notice by announcement in class and/or email