San José State University  
Kinesiology  
KIN 34, STEP TRAINING, SECTION 03, SPRING 2019

Course and Contact Information  
Instructor: BATT  
Office Location: Event Center Aerobics Room  
Telephone: N/A  
Email: angel.batt@sjsu.edu  
Office Hours: Tuesday/Thursday 4:20-5:10 or by appointment  
Class Days/Time: Tuesday/Thursday 3:30pm – 4:20pm  
Classroom: Event Center Aerobics Room

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

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

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

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

- Demonstrate increased knowledge in the history, rules, strategies, current research, safety, and etiquette related to the specific activities completed as measured by Beginning and End of the Semester Survey.
- Demonstrate improved cardiovascular health and increased fitness as measured by pre-and post-Fitness Assessment.

Text/Readings  
There is no assigned textbook for this course. There is assigned reading. Reading assignments can be found in Course Calendar below.
Course Requirements and Assignments.

- Fitness assessments and surveys are done at the beginning and end of the semester to determine present level of fitness and understanding of fitness principles and progress made during the semester.
- There will be weekly quizzes on the assigned reading and skills learned during class participation.
- There will be a Midterm Exam and a Final Exam.

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 30% of your grade.

Grading Information

<table>
<thead>
<tr>
<th>ITEM</th>
<th>Points</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weekly Quizzes 23 quizzes worth 1 point each (3 lowest quiz scores thrown out)</td>
<td>20</td>
<td>20%</td>
</tr>
<tr>
<td>Mid-Term</td>
<td>30</td>
<td>30%</td>
</tr>
<tr>
<td>Final</td>
<td>30</td>
<td>30%</td>
</tr>
<tr>
<td>Pre-Fitness Assessment</td>
<td>5</td>
<td>5%</td>
</tr>
<tr>
<td>Beginning of Semester Survey</td>
<td>5</td>
<td>5%</td>
</tr>
<tr>
<td>Post Fitness Assessment</td>
<td>5</td>
<td>5%</td>
</tr>
<tr>
<td>End of Semester Survey</td>
<td>5</td>
<td>5%</td>
</tr>
<tr>
<td>TOTAL</td>
<td>100</td>
<td>100%</td>
</tr>
</tbody>
</table>

Turn in Printed Photo ("selfie") (EXTRA CREDIT)  2 points

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>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>
</tbody>
</table>
Classroom Protocol

- Students are expected to arrive on time and participate fully 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.
- Quizzes, Mid-Term and Final Exam cannot be made up.
- Students will be allowed three non-participation days (or absences) during the semester.
  - To accommodate for the allowance of three non-participation days/absences, three lowest quiz scores will be thrown out.
- Students are responsible for assigned readings which are listed in 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, university-wide policy information relevant to all courses, such as academic integrity, accommodations, etc. will be available on Office of Graduate and Undergraduate Programs’ Syllabus Information web page at http://www.sjsu.edu/gup/syllabusinfo/
<table>
<thead>
<tr>
<th>WEEK</th>
<th>DAY</th>
<th>DATE</th>
<th>Topics</th>
<th>Readings due by Class Date</th>
<th>Quiz #</th>
<th>Quiz Topic</th>
<th>DUE BY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>TH</td>
<td>24</td>
<td>Jan</td>
<td>Introduction &amp; Syllabus</td>
<td>N/A</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>T</td>
<td>29</td>
<td>Jan</td>
<td>Beginning of Semester Survey (BSS) and Pre-Fitness Assessment (worth 5 points each)</td>
<td>N/A</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>TH</td>
<td>31</td>
<td>Jan</td>
<td>How to Measure Exercise Intensity + Personalized Target Zone</td>
<td>See FILE (on CANVAS) titled: Exercise Intensity, Measuring, Personalized Training Zone</td>
<td>1</td>
<td>Quiz on Course Syllabus</td>
</tr>
<tr>
<td></td>
<td>TH</td>
<td>14</td>
<td>Feb</td>
<td>Muscles Used in Lunges / Proper Lunge Technique</td>
<td>See FILE (on CANVAS) titled: Muscles used in Lunges / Proper Lunge Technique</td>
<td>5</td>
<td>Muscles Used in Lunges / Proper Lunge Technique</td>
</tr>
<tr>
<td></td>
<td>TH</td>
<td>21</td>
<td>Feb</td>
<td>High Intensity Interval Training</td>
<td><a href="https://www.acefitness.org/education-and-resources/lifestyle/blog/6752/high-intensity-interval-training">https://www.acefitness.org/education-and-resources/lifestyle/blog/6752/high-intensity-interval-training</a></td>
<td>7</td>
<td>Muscles of Legs / Squats</td>
</tr>
<tr>
<td>6</td>
<td>T</td>
<td>26</td>
<td>Feb</td>
<td>Three R’s to Workout Recovery</td>
<td><a href="https://www.acefitness.org/education-and-resources/professional/expert-articles/5800/3-r-s-of-workout-recovery-nutrition">https://www.acefitness.org/education-and-resources/professional/expert-articles/5800/3-r-s-of-workout-recovery-nutrition</a></td>
<td>8</td>
<td>High Intensity Interval Training</td>
</tr>
<tr>
<td>7</td>
<td>T</td>
<td>5</td>
<td>Mar</td>
<td>EPOC</td>
<td><a href="https://www.acefitness.org/education-and-resources/professional/expert-articles/5008/7-things-to-know-about-excess-post-exercise-oxygen-consumption-epoc">https://www.acefitness.org/education-and-resources/professional/expert-articles/5008/7-things-to-know-about-excess-post-exercise-oxygen-consumption-epoc</a></td>
<td>10</td>
<td>Pre-and Post-Workout</td>
</tr>
</tbody>
</table>
**Nutrition for HIIT**

**TH 7-Mar**  
Muscles of the Arms / Tricep Kickback

**8 T 12-Mar**  
Field Assignment Quiz #12. Watch this video and answer questions in Quiz #12:

https://www.youtube.com/watch?v=HSnL9IXbOY&t=53s

**TH 14-Mar**  
Muscles of the Arms / Tricep Kickback

**9 T 19-Mar**  
TABATA

- a) [https://www.acefitness.org/education-and-resources/professional/expert-articles/3791/everything-you-need-to-know-about-tabata-training](https://www.acefitness.org/education-and-resources/professional/expert-articles/3791/everything-you-need-to-know-about-tabata-training)

**TH 21-Mar**  
Circuit Training

**10 T 26-Mar**  
Interval Training

**TH 28-Mar**  
Muscles of the Core, Planks

**11 T 2-Apr**  
SLEEP BREAK

**TH 4-Apr**

**12 T 9-Apr**  
Stretching / Tight Muscles

**TH 12-Apr**  
Muscle Contractions

**13 T 16-Apr**  
Musculoskeletal Injuries

**TH 18-Apr**  
Diet and Nutrition / Nutrition Myths

**14 T 23-Apr**  
Muscle Imbalances

**TH 25-Apr**  
Fitness Myths & Misconceptions

**15 T 30-Apr**  
Workout Only

**TH 2-May**  
End of Semester Survey (5 points)

**16 T 7-May**  
W/O + Final Review
<table>
<thead>
<tr>
<th></th>
<th>9-May</th>
<th>Post-Fitness Assessment (5 POINTS)</th>
<th>Last Day of Class</th>
<th>Post Fitness Assessment</th>
<th>9-May</th>
</tr>
</thead>
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**FINAL EXAM: Thursday, May 16, 2:45pm - 5:00pm**