San José State University
CHHS/Kinesiology

KIN35A, Beginning Weight Training, Sect 3, Spring 2019

Course and Contact Information
Instructor: Alev Dietrich
Office Location: SPXC107A
Telephone: 408-924-3010
Email: alev.tugergun@sjsu.edu
Office Hours: Tuesday & Thursday 2:00-3:00pm and by appointment
Class Days/Time: Monday & Wednesday 12:30-13:20pm
Classroom: Event Center Aerobics Room

Course Format
Course materials such as syllabus, handouts, notes, assignment instructions, etc. can be found on my faculty web page at http://www.sjsu.edu/people/firstname.lastname and/or 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 at http://my.sjsu.edu (or other communication system as indicated by the instructor) to learn of any updates.

Course Description
Weight training is an activity class designed to develop muscle strength, power and/or endurance by working the muscles against fixed or moveable resistance. The course will cover basic theories and concepts involved with weight training, and students will apply this knowledge to their personal training programs.

NOTE: This is a structured class designed for the BEGINNING weight training student. Students with prior weight training experience may find this class very fundamental.

Course Goals
Upon successful completion of the course requirements, the students will:
1. work out regularly using resistance exercises.
2. demonstrate safe and correct lifting techniques.
3. improve muscle strength/endurance and flexibility.
4. demonstrate knowledge of: basic terminology, guidelines, principles and benefits of weight training, muscle structure and function, appropriate exercises for each major muscle group.
5. use a variety of resistance equipment and training techniques.
6. apply training principles to design personal training programs.
Course Learning Outcomes (CLO) (Required)

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

- Demonstrate knowledge on weight training concepts, muscle structure and function, appropriate exercises for developing specific muscle/muscle groups, program design considerations for a specific training goal, variety in resistance training systems and general knowledge on nutrition and supplementation
- Apply this knowledge on executing a safe and effective weight training program by conforming with safety rules (use of equipment and weight room, proper form and alignment, spotting)

Required Textbook


Course Requirements and Assignments

1. **Regular attendance** and **active participation** are REQUIRED to meet the course objectives.
   a. BE on time – class starts promptly at 35 min after the hr. You may lose points for being late to class and this may lower your grade, and you may even fail.
   b. If a serious illness or an accident occurs that requires an extended absence, the student should obtain a medical statement and withdraw from the class.
   c. It is the **student’s responsibility** to check with the instructor regarding content missed when absent.

2. Recognizable and acceptable effort in class participation, self-discipline
   a. Lack of activity during class time (sitting/excessive talking, etc.) will result in loss of points.
   b. Lack of recognizable effort will also result in loss of points.
   c. Demonstrate knowledge of muscle terminology and function on written exams.

3. Appropriate workout attire and footwear that are neat and clean (no open-toed shoes, no street clothes, no denim, no bare feet).

4. Completion of workout logs (Leave cards with the instructor at the end of the class)

5. Completion of pre- and post-semester physical tests.

6. Completion of the mid-term and the final exam.

7. Assigned readings and assignments. Bring your textbook during lectures.

Final Examination or Evaluation

| 1. Daily active (and appropriately dressed) participation (3pts/day). This will be determined by arriving class on time and completing a daily workout log. Return cards to instructor daily | 60% |
| 2. Midterm **Wednesday, Oct 13** | 10% |
| 3. Final exam (comprehensive) **Wednesday, Dec 8** | 15% |
| 4. Assignment | 5% * |
| 5. Pre/Post Tests (5% each) | 10% |

* Assignments received or completed late will not receive full credit.

For the midterm and the final, bring a T&E 200 answer sheet and a #2 pencil.

Grading Scale

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

- Recording class: Instruction may not be recorded.
- **WATER** is HIGHLY RECOMMENDED in plastic containers. **NO FOOD** is permitted. It is recommended that you bring a **TOWEL** to class.
- E-mailing the instructor is PREFERRED and BEST method of communication. Please feel free to e-mail me any time, I will try to respond as quickly as possible.
- Cell phones must be **turned off and put away** for the duration of the class.
- 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.
- The photo is for help in identifying and getting to know you. NOT for physical scrutiny!
- Report any accidents to the instructor immediately.
- You can miss TWO days and not be penalized. You can MAKE-UP a third or fourth day of non-participation (except pre/post tests and written exams) by attending another section of cardiovascular fitness activity (such as another section of aerobics, step aerobics, cardio kickboxing, etc.) within the KIN department. You can NOT get extra credit (make-ups) for 5 or more “non-participation” days. If you are unclear on this policy, contact me for clarification.
- Students with a history of physical problems or who have been inactive for a long period of time are urged to have a comprehensive physical examination or receive medical clearance before beginning a vigorous exercise program. Aerobics is an ACTIVITY class that requires vigorous physical effort. Individuals who choose not to have a medical examination should be aware of the risks and understand that participation in this class is at their own risk.
- If you require course adaptations or accommodations due to special needs, or you have medical information the instructor should know, please notify the instructor as soon as possible, either in person, by phone, or by e-mail.
- It is the ultimate responsibility of the student to formally drop a class. You should not rely on the instructor to drop you from a class for non-attendance.

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’ at [http://www.sjsu.edu/gup/syllabusinfo](http://www.sjsu.edu/gup/syllabusinfo)