

San José State University
Kinesiology
Fall 2018, *KIN 35A, Beginning Weight Training*

Contact Information

Instructor: Cristina Carrillo M.A.

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Office Hours: M,W 12 – 1pm, by appointment

Class Meetings & location: YUH 126

Course Description

This course is designed to teach the basic concepts of weight training for muscular strength and endurance. Its goal is to provide students with knowledge about the principles involved in weight training and the health-related components of fitness through a variety of exercises.

Web Resource (Canvas)

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, technique, related to weight lifting.
- Proficiency in execution of weight lifting skills covered.
- An understanding of the history, rules, strategies, current research, safety and etiquette associated with weight lifting.
- An understanding of the mental and physical health benefits to be derived from weight lifting.

Activity Program Learning Outcomes

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

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

Text/Readings

No text is required. Cognitive material comes from a variety of sources provided in class. Students are expected to keep lecture notes, utilize handouts and may be asked to reference some outside reading sources. Reading materials will be distributed in class and/or emailed to the student.

Course Notes

- 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.
- **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.
- Proper athletic attire is required and must be worn at all times (shorts, t-shirts, leggings, athletic shoes).
- Please bring water/water bottle to class and a sweat towel.
- Report any accidents/injuries to the instructor immediately.
- **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.
- 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.
- Exams/quizzes/skills tests cannot be made up (serious and compelling reasons considered).
- Drop requests will not be accepted after the SJSU drop deadline.
- Course grades will be posted before the University's official deadline. No incomplete grades or extra credit will be provided.
- Outings/assignments completed for another class cannot be counted for this course.

Course Requirements, Assignments, and Grading -

Skills Test (cannot be made up except for serious and compelling reasons):

Skills Tests will cover proper technique during performance of the following exercises:

- Squat
- Lunge
- Deadlift
- Bench Press
- Shoulder Press
- Push-up
- Pull-up
- Sit-up
- Spotting another student during performance of the exercises listed above.
- **Skills tests will be graded on safe technique while performing the exercise (not the amount of weight lifted)

Written Exam/Quizzes (cannot be made up except for serious and compelling reasons):

- Written Exams and Quizzes will cover:
 - Weight training principles, terminology, etiquette, and program design
 - Proper techniques used during weight lifting exercises
 - Basic exercise physiology and anatomy relating to strength and conditioning
 - Mental and physical health benefits to be derived from weight training (lifetime fitness)
 - Injury prevention while weight training
 - Hydration and nutrition related to weight training

Grading

This course is out of 100 points. Make-up quizzes or exams will not be allowed, except for serious or compelling reasons which must be discussed with the instructor prior to the quiz/exam.

Grading Plan

20%	Participation – assessed through observation of skills and engagement in class activities (APLO 1)	20 points
20%	Skills Test 1 (APLO 1)	20 points
20%	Skills Test 2 (APLO 1)	20 points
15%	Quizzes (APLO 2 & 3) (3 quizzes at 5% each)	15 points
25%	Written Final Exam (APLO 2 & 3)	25 points
100%		100 points

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-
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)

Week	Dates	Course Content (Assignments, Exams/Quizzes, ...)
1	8/21 8/23,	Introduction to class content, policies, procedures. Terminology, etiquette, principles, technique
2	8/28, 8/30	Guidelines continued/YMCA Bench Press Test YMCA Bench Press Test
3	9/4, 9/6	Upper body compound exercises Upper body compound exercises continued
4	9/11, 9/13	Lower body compound exercises Lower body compound exercises continued
5	9/18, 9/20	Principles of weight training Quiz #1
6	9/25, 9/27	Isolation exercises. Isolation exercises continued.
7	10/2, 10/4	Abdominal/Core exercises. Abdominal/Core exercises continued.
8	10/9, 10/11	Program Design. Program Design continued.
9	10/16, 10/18	Quiz #2 Cardiovascular training
10	10/23, 10/25	Flexibility. Flexibility continued.
11	10/30, 11/1	Skills Test #1 Skills Test #1
12	11/6, 11/8	Nutrition. Nutrition continued.
13	11/13, 11/15	Quiz #3 Cardiovascular training continued.
14	11/20, 11/22	Physical and mental benefits of weight training (lifetime fitness). NO CLASS/Thanksgiving Holiday
15	11/27	YMCA Bench Press Re-test

Week	Dates	Course Content (Assignments, Exams/Quizzes, ...)
	11/29	YMCA Bench Press Re-test
16	12/4 12/6	Skills Test #2 Skills Test #2
	TBA	WRITTEN FINAL EXAM