

**San José State University**  
**Kinesiology**  
**Spring 2015, KIN 35 Beginning Weight Training**

**Contact Information**

Instructor: Chris May
Office Location: SSC 400-16
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Office Hours: by appointment
Class Meetings
Section 8 Tuesday & Thursday 9:30am-10:20am
Section 9 Tuesday & Thursday 10:30am-11:20am
Section 10 Tuesday & Thursday 12:30pm-1:20pm
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.**

**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, and techniques related to beginning weight training.**
- **Proficiency in execution of the skills covered.**
- **An understanding of the history, rules, strategies, current research, safety and etiquette associated with beginning weight training.**

- **An understanding of the mental and physical health benefits to be derived from beginning weight 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.**

### **Text/Readings**

Course information will be discussed/distributed in class and or/emailed to the student.

### **Course Notes**

- **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.**
- **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.**
- **Appropriate weight training clothes and shoes are required.**
- **No food, gum, tobacco, or liquid allowed in weight room, with exception of water.**

## Course Requirements and Grading Policy -

### Grading Plan

**10% Quiz Benefits of Physical activity related to cognitive & physical domains**

**30% Skill Development (group discussion, demonstration, activity)**

**30% Strength Training Exercises Practicum**

**15% Midterm**

**15% Final Exam**

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

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

### Tests:

Multiple choice, and/or short answer

T/Th classes In class final exam December 9th, 2014, 10%  
M/W classes In class final exam December 10th, 2014 10%

### **Assignments:**

- **Strength Training Exercises Practicum:** students demonstrate a wide range of strength training exercises based on strength training equipment.

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](http://info.sjsu.edu/static/catalog/policies.html) at <http://info.sjsu.edu/static/catalog/policies.html>. Add/drop deadlines can be found on the current [academic year calendars](http://www.sjsu.edu/provost/services/academic_calendars/) document at [http://www.sjsu.edu/provost/services/academic\\_calendars/](http://www.sjsu.edu/provost/services/academic_calendars/). The [late drop policy](http://www.sjsu.edu/aars/policies/latedrops/policy/) is available at <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](http://www.sjsu.edu/advising/) at <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](http://www.sjsu.edu/senate/S07-2.htm) at <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](http://www.sjsu.edu/studentconduct/) website at <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](http://www.sjsu.edu/senate/S07-2.htm) at <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/> 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)**

<b>Week</b>	<b>Course Content (Assignments, Exams/Quizzes, ...)</b>
1	Intro to KIN 35A Course Policies and Procedures, Why Strength Train ?
2	Safety and Weight Training
3	Benefits of Strength Development
4	Key Components of Health Related Fitness
5	Principles of Strength Training
6	Upper Body Strength Training Exercises
7	Lower Body Strength Training Exercises
8	Midterm

9	Types of Contractions
10	Muscle Physiology
11	Body Composition
12	Nutrition
13	Periodization
14	Contraindicated Strength Training Exercises
15	Signs and Symptoms of Overtraining
16	Final Exam Tuesday May, 12 <sup>th</sup> 2015 during regular class time.