

Department of Kinesiology
 San Jose State University
 Instructor: Carol Sullivan
 Office: SPX 60 – Ph: 924-3022

KIN 35A – BEGINNING WEIGHT TRAINING

I. COURSE DESCRIPTION

Weight training is a challenging form of progressive resistance in which weights of different sizes are added to or taken from the total load or resistance.

II. COURSE OBJECTIVE

Upon successful completion of course requirements students will:

- A. Demonstrate an increase in muscular strength and endurance.
- B. Demonstrate correct techniques in the various lifts.
- C. Demonstrate proper use of machines and free weights.
- D. Demonstrate knowledge of:
 - 1. Basic terminology, guidelines and principles of weight training
 - 2. An understanding of the various programs
 - 3. The benefits of weight training
 - 4. The muscles involved in the various lifts or exercises
 - 5. All listed materials assigned
 - 6. Appropriate guidelines and techniques for older adult and the physically challenged.

III. COURSE CONTENT

- A. Motor (physical) Component:
 - 1. Proper and safe warm up and stretching techniques
 - 2. Proper and safe lifting techniques, machines and free weights
 - 3. Understanding and apply weight room safety guidelines
 - 4. Exercises/lifts for all major muscle groups
 - 5. Execute a weight lifting program on a regular basis
- B. Cognitive (knowledge) Component:
 - 1. Basic terminology
 - 2. Benefits and effects of weight training
 - 3. Basic principles of weight training
 - 4. Structure of weight training program
 - 5. Development of the various parts of the body (chest, arms, etc.)

IV. COURSE REQUIREMENTS & INFORMATION

- A. Pre ad post assessment to be given at the beginning and end of the semester
- B. Active class participation is essential to fulfill the course objective
- C. Recognizable and acceptable effort in class participation
- D. Assigned readings from text and handout material
- E. Written exams
- F. Pocket folder
- G. Two T&E 0200 answer sheets and #2 pencil
- H. Bring folder and text to class once every two weeks or when requested
- I. Students in my classes (Sullivan’s) are permitted two unexcused class participations (emergency, illness, etc.) per semester.
- J. Only one class make up is permitted

V. EVALUATION

- A. Daily active class participation points-----60%
- B. Pre and post tests-----10%
- C. Mid-term exam-----15%
- D. Final exam-----15%

VI. REQUIRED TEXT

Fahey, Thomas. Basic Weight Training for Men and Women. McGraw-Hill. Seventh Edition.

University recommended statement on Academic Integrity

ACADEMIC INTEGRITY (from Office of Judicial Affairs). “Your own commitment to learning, as evidenced by your enrollment at San Jose State University, and the University’s Academic Integrity Policy requires you to be honest in all your academic course work. Faculty are required to report all infractions to the office of Judicial Affairs.” The policy on academic integrity can be found at <http://www2.sjsu.edu/senate/504-12.hmt>

University recommended statement on Persons with Disabilities

AMERICANS WITH DISABILITIES ACT COMPLIANCE. “If you need course adaptations or accommodations because of a disability, or if you need special arrangements in case the building must be evacuated, please make an appointment with The Disability Resource Center (924-6000, located in Adm.110) as soon as possible. Presidential Directive 97-03 requires that students with disabilities register with DRC to establish a record of their disability.”

KIN 35A – Beg. Weight Training

TEXTBOOK ORDER OF STUDY

I. Terminology

II. Basic Weight Training	Chapter 1	pp. 1-9
III. Weight Training and Your Body	Chapter 2	pp. 11-17
IV. Weight Training Guideline	Chapter 3	pp. 25-33
V. Getting Started: The Basics	Chapter 5	pp. 44-48
VI. How Weight Training Improve Your Body	Chapter 4	pp. 37-42

VII. Suggested Added Reading

A. Developing the following:

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|------------------------|-----------|
| 1. Chest and Shoulders | pp. 125 + |
| 2. Arms | pp. 145 + |
| 3. Back and Neck | pp. 95 + |
| 4. Abdominal Muscles | pp. 112 + |
| 5. Lower Body | pp. 72 + |

Required Text

Fahey, Thomas – Basic Weight Training for Men and Women. McGraw Hill Publishing, Seventh Edition. (2009)