

**San José State University**  
**Dept. of Kinesiology**  
**035A-6 Beginner's Weight Training, Course #, Fall 2018**

**Course and Contact Information**

Instructor:	Damar Bobb
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Email:	Damarbobb@gmail.com
Office Hours:	M/W 12 pm – 12:30 pm
Class Days/Time:	M/W 12:30 pm -1:20 pm
Classroom:	YUH 126
Prerequisites:	There are no academic prerequisites, however a physical examination is highly recommended so that unbeknownst health problems are not exacerbated by physical activity if they exist

**Course Description**

Beginning weight training utilizes a variety of weight training equipment, exercises, techniques and lectures to produce a training effect resulting in increased muscle strength and endurance, flexibility, and cardio respiratory efficiency.

**Course Goals**

- Following the assigned activities and readings, students will be able to demonstrate through class activities/assignments, skills tests, and written exam an understanding of the fundamentals of weight training.
- Show students the physical and mental benefits of exercise through weight training.
- Learn to use various types of weight training and cardiovascular equipment in a safe manner.
- Improvement in muscular strength of major muscle groups.
- Development of accessory muscle/core strength.
- Improvement in cardiovascular efficiency.
- Use tracking of workouts using cards to gauge the improvement of overall physical fitness.
- Learn the basics of etiquette in a fitness center, including safety and spotting techniques.
- Learn the basics of exercise physiology relating to the beginning stages of weight training
- Develop a realistic and achievable workout plan that will lead to the reaching of personal goals.
- Gain an understanding of mental & physical benefits derived from weight training.

**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 benefits of physical activity as related to physical and mental health.

## **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.
- Students are expected to arrive on time and participate fully in all activities throughout the class period. 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.
- Report any accidents or dysfunctional equipment to the instructor immediately.
- It is solely the student's responsibility to drop the class. Drop requests will not be accepted after the SJSU drop deadline
- All students must be dressed properly (see KIN policy) in order to participate in activity.

## **Required Texts/Readings (Required)**

### **Textbook**

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 outside reading sources. Reading materials will be distributed in class and/or emailed to the students.

## **Grading Information (Required)**

20% Participation\*  
10% workout cards  
10 % quizzes  
20% Pre-assessment test  
20% Post Assessment test  
20% Written Final

## **Determination of Grades**

- Participation will be graded via unannounced pop-quizzes, group activities/assignments, and select class discussions.
- Completed workout cards must be handed back at the end of each class filled out correctly. Incorrectly or incompletely filled out workout cards will be a deduction of points.
- Pre and Post assessments cannot be made up, unless student has made prior arrangement beforehand for an admissible reason or experienced an emergency of some fashion.

- **Workout Cards:** Students are required to fill out their workout cards each class to track their workouts and progression of strength.
- **Tests:** A pre-assessment will be done to as a baseline in the beginning of the semester, and post-assessment will be done at the end of the semester to gauge improvement.
- **Written Quizzes:** There will be two non-cumulative quizzes made from the lectures and any additional information from assigned readings or handouts.
- **Final Examination or Evaluation:** There will be one (objective) written final that will include content from lecture and any assigned readings or handouts.

### Grading Scale

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/>

## 035A-6 Beginner’s Weight Training, Fall 2018

### Course Schedule

Week	Date	Topics/Content
1	8/22,	Course Overview
2	8/27, 8/29	Safety/spotting, Upper-body Mobility/Warm-ups and compound movements
3	9/3, 9/5	No class (Labor Day), Upper-body Compound Movements

<b>Week</b>	<b>Date</b>	<b>Topics/Content</b>
4	9/10, 9/12	Upper-body Compound Movements, Pre-assessment Test
5	9/17, 9/19	Pre-assessment test, Lower-body Mobility/Warm-ups
6	9/24, 9/26	Lower-body Compound Movements, Quiz # 1
7	10/1, 10/3	Lower-body Compound Movements
8	10/8, 10/10	Lower-body Compound Movements
9	10/15, 10/17	Program Design
10	10/22, 10/24	Accessory/Isolation Exercises
11	10/29, 10/31	Mobility/Flexibility, Quiz # 2
12	11/5, 11/7	Cardiovascular Endurance
13	11/12, 11/14	No Class (Veteran's Day), Benefits of Physical Activity
14	11/19, 11/21	Benefits of Physical Activity, Nutrition
15	12/3, 12/5	Post- assessment test
16	12/10	Final Review/Make-ups
Final	TBD	In-Class: Written Final