

COURSE OUTLINE

Dr. Dick Montgomery
Spring 2012
Beginning Weight Training - KIN 35A

Course Description - This course is designed to teach the beginning concepts of weight training for fitness. Its goal is to provide the participant with knowledge about the principles involved with physical conditioning and improving the health related components of fitness through a variety of resistance exercises.

Prerequisites - It is recommended that participants have a complete medical examination. While rigorous physical exercise has many benefits, it may also present hazards for certain groups of individuals. Individuals who choose not to have a medical examination should be aware of the risks and hazards and understand that participation in this class is at your own risk.

STUDENT LEARNING OBJECTIVES

Upon successful completion of course requirements, students shall:

1. Be able to demonstrate improved skill performance in weight training.
2. Be able to demonstrate an understanding of (a) current fitness research, (b) the guidelines for developing a fit and healthy body through proper conditioning, proper nutrition and weight control, (c) proper and safe exercise technique.
3. Be able to demonstrate an understanding of the physiological and psychological benefits from physical activities and the reduced risk of certain diseases and health issues.
4. Demonstrate a positive change in the components such as, cardiovascular endurance, muscular strength, muscular endurance, flexibility and body composition.

Specific Course Objectives - Upon successful completion of the course the student should be able to:

- a. Use a variety of resistance equipment and training techniques.
- b. Demonstrate an improved level of overall strength and fitness.
- c. Write a personal weight training program commensurate with beginning knowledge.
- d. Understand how principles of resistance training can be applied in a diverse society (women, men, older populations, disabled, etc.).
- e. Articulate the relationship between health, physical activity and resistance type exercise.

Course content: Nutrition, cardiovascular endurance, muscular endurance, muscular strength, flexibility, body composition, aging, health, anatomy and physiology.

Text - None 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.

Office - SPX 206

Office Hours – 8:30-9:30 and 11:30-12:30 M-W, or by appt.

Ph. – 924-3054 or e-mail – richard.montgomery@sjsu.edu

Evaluation

Grading Scale

Activity Quiz- 15 pts (3@5pts)

100-90 = A

Final Evaluation- 15 pts

89-80 = B

Quizzes - 60 pts (10@6 pts)

79-70 = C

Fieldwork assignment - 10 pts

69-60 = D

Below 60 = F

Class Policies

- 1. Assignments received or completed late will receive a deduction of 2 points for each day late.**
- 2. Quizzes must be taken in class at the time given and cannot be made up.**
- 3. Quizzes are not pre announced and may be given at any time during the class period.**
- 4. This is an activity class and by its nature you can only benefit and experience change by physical participation in the activity. For whatever reason, should you be unable to participate in class to the degree that your final grade will be unacceptable, you must drop the class or take an incomplete. Please see me for instructions.**
- 5. One quiz may be made up at the end of the semester if the make up results in the difference in a grade.**
- 6. All students must be dressed properly (see KIN policy) in order to participate in activity.**
- 7. A quiz will only be recorded if activity for that class period is also completed.**
- 8. Cell phones should not be utilized during class time. Personal music can be utilized in lieu of the music played during activity.**

Course Schedule

January 25 – First day of class

March 26-30 – Campus closed (Spring Recess)

April 23 – Outside assignment handed out

May 2 – Outside Assignment due

May 4 – Take home final handed out

May 14 – Last day of class (FINAL DUE)

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 Policies](http://info.sjsu.edu/static/catalog/policies.html) section at <http://info.sjsu.edu/static/catalog/policies.html>. Add/drop deadlines can be found on the [current academic calendar](http://www.sjsu.edu/academic_programs/calendars/academic_calendar/) web page located at http://www.sjsu.edu/academic_programs/calendars/academic_calendar/. 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/>.

University Policies

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), located 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 website](http://www.sa.sjsu.edu/judicial_affairs/index.html) is available at http://www.sa.sjsu.edu/judicial_affairs/index.html.

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 Policy S07-2 requires approval of instructors.

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 requires that students with disabilities requesting accommodations must register with the [Disability Resource Center](http://www.drc.sjsu.edu/) (DRC) at <http://www.drc.sjsu.edu/> to establish a record of their disability.

Student Technology Resources

Computer labs for student use are available in the Academic Success Center located on the 1st floor of Clark Hall and on the 2nd floor of the Student Union. Additional computer labs may be available in your department/college. Computers are also available in the Martin Luther King Library.

A wide variety of audio-visual equipment is available for student checkout from Media Services located in IRC 112. These items include digital and VHS camcorders, VHS and Beta video players, 16 mm, slide, overhead, DVD, CD, and audiotape players, sound systems, wireless microphones, projection screens and monitors.

Learning Assistance Resource Center

The Learning Assistance Resource Center (LARC) is located in Room 600 in the Student Services Center. It is designed to assist students in the development of their full academic potential and to motivate them to become self-directed learners. The center provides support services, such as skills assessment, individual or group tutorials, subject advising, learning assistance, summer academic preparation and basic skills development. The [LARC website](http://www.sjsu.edu/larc/) is located at <http://www.sjsu.edu/larc/>.

SJSU Writing Center

The SJSU Writing Center is located in Room 126 in Clark Hall. It is staffed by professional instructors and upper-division or graduate-level writing specialists from each of the seven SJSU colleges. Our writing specialists have met a rigorous GPA requirement, and they are well trained to assist all students at all levels within all disciplines to become better writers. The [Writing Center website](http://www.sjsu.edu/writingcenter/about/staff/) is located at <http://www.sjsu.edu/writingcenter/about/staff/>.

Peer Mentor Center

The Peer Mentor Center is located on the 1st floor of Clark Hall in the Academic Success Center. The Peer Mentor Center is staffed with Peer Mentors who excel in helping students manage university life, tackling problems that range from academic challenges to interpersonal struggles. On the road to graduation, Peer Mentors are navigators, offering “roadside assistance” to peers who feel a bit lost or simply need help mapping out the locations of campus resources. Peer Mentor services are free and available on a drop –in basis, no reservation required. The [Peer Mentor Center website](http://www.sjsu.edu/muse/peermentor/) is located at <http://www.sjsu.edu/muse/peermentor/>