

**San José State University**  
**Department of Kinesiology**  
**KIN 35A – BEGINNING WEIGHT TRAINING**  
**Fall 2009**

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<b>Office Hours:</b>	Tuesday and Thursday, 10:30-11:30 or by appointment
<b>Class Days/Time:</b>	Monday and Wednesday 13:30-14:20 PM
<b>Classroom:</b>	YUH 202A

### **Blackboard**

Copies of the course materials such as the syllabus, major assignment handouts, etc. may be found on blackboard

<http://sjsu6.blackboard.com/webct/urw/lc5116001.tp0/logout.doweбct?insId=5116001&insName=San%20Jose%20State%20University&glcid=URN:X-WEBCT-VISTA-V1:309ffb7a-7f00-0001-0177-f4ea54da58ad>

### **Course Description**

Students will be exposed to introductory principles of weight training and core strength development in addition to designing training programs.

### **Course Goals and Student Learning Objectives**

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

### *Student Learning Objectives*

- 1 Students will learn to improve and maintain muscular strength, muscular endurance and flexibility.
- 2 Students will begin to understand the importance of a lifelong training program.
- 3 Students will learn how to develop basic individual fitness programs.
- 4 Students will gain motivation to continue and or develop a strength training program.
- 5 Students will learn basic strength and core training information.

### *General Course Content*

1. Safety in weight training
2. Weight training benefits
3. Introduction different types of programs (circuit, pyramid etc.)
4. Individualized program recommendations
5. Warming-up/down
6. Development of the various parts of the body (chest, arms, etc.)
7. Myths associated with weight training
8. Types of weight training

### **Classroom Protocol**

1. Class will begin at 25 minutes to the hour.
2. Class will end at 12-15 minutes after the hour. You are expected to stay the ENTIRE class time.
3. Comfortable, appropriate, weight training clothing and shoes are required. No jeans or open toed shoes.
4. Make-up test and late papers will be allowed only when serious and compelling reasons exist.
2. Incompletes will only be assigned for serious and compelling reasons.
6. Failure to attend class and participate will result in a lower grade.

### **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/](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/>.

### **Assignments and Grading Policy**

#### **Course Requirements**

Participation	40%
Exercise Log	30%
Partner led warm up/Muscle Group	10%
Final Exam	20%

\*no make-ups; early finals may be scheduled by appt.\*

\*\* Since this is an activity class, the final exam will be on the last day of class.\*\*

**Goals Statement: 1 page minimum, typed double spaced**

Students will chose fitness goals appropriate to weight training and determine how they will achieve these goals through the semester.

**Exercise Log (30 points)**

Along with showing up regularly to class, students will keep a daily exercise log listing date, exercise, reps, sets, etc. Log sheets will be provided or student may develop an excel spreadsheet if they prefer.

**Partner Warm Up (10 points)**

Partners will be responsible for a 15 minute warm up and instruction on a variety of exercises targeted for a specific muscle group, to be selected in Week 1.

**Final (20 points)**

There will be 1 final, given on the last day of instruction.

**\*All assignments are expected to be turned in on time. Late assignments will be accepted, but with a point penalty.**

**Dates of Note**

**Final Exam:** During our final regular scheduled class time.

September 7<sup>th</sup>-No class (Labor Day)

October 12<sup>th</sup>- No class (Furlough Day)

November 11<sup>th</sup>-No Class (Veterans Day)

November 25<sup>th</sup>-No Class (Furlough day)

November 26<sup>th</sup>-27<sup>th</sup>-No Class (Thanksgiving)

December 7<sup>th</sup>-Final Exam (in class)

**Important Websites**

1. Where to download green-sheets for your classes:

<http://www.sjsu.edu/kinesiology/GreenSheet/>

2. Where to download the policy sheet

[http://www.sjsu.edu/kinesiology/programs/activity\\_program/policies/class/](http://www.sjsu.edu/kinesiology/programs/activity_program/policies/class/)

3. Where to find interesting facts on benefits of physical activities

[http://www.sjsu.edu/kinesiology/programs/activity\\_program/index.htm](http://www.sjsu.edu/kinesiology/programs/activity_program/index.htm)

## **University Policies**

### **Academic integrity**

Students should know that the University's [Academic Integrity Policy](http://sa.sjsu.edu/judicial_affairs/faculty_and_staff/academic_integrity/index.html) is available at [http://sa.sjsu.edu/judicial\\_affairs/faculty\\_and\\_staff/academic\\_integrity/index.html](http://sa.sjsu.edu/judicial_affairs/faculty_and_staff/academic_integrity/index.html). Your own commitment to learning, as evidenced by your enrollment at San Jose State University and the University's integrity policy, require 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](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 in your assignment any material you have submitted, or plan to submit for another class, please note that SJSU's Academic Policy F06-1 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 1<sup>st</sup> floor of Clark Hall and on the 2<sup>nd</sup> 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 1<sup>st</sup> 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/>