

San José State University
Kinesiology
Fall 2018, KIN 35A-07 Beginning Weight Training

Contact Information

Instructor: James Fonda

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Office Hours: Monday
12:00 pm – 2:00 pm

Class Meetings &
location: YUH 126

Prerequisites: None

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

Web Resource

Course materials may be found on the e-campus [Canvas learning management system](http://www.sjsu.edu/at/ec/canvas/) at <http://www.sjsu.edu/at/ec/canvas/>. You are responsible for regularly checking the Canvas discussion board and email for information and messages. Login using your mysjsu username and password.

Course Goals and Student Learning Objectives

Following activities and assigned reading, students will be able to demonstrate through class activities/assignments, skills tests, and written exams,

- Knowledge of fundamental skills, techniques for beginning weight training.
- Proficiency in execution of beginning weight training 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/Technology

- Other readings will be posted on Canvas
- Map My Run App (Under Armor)

Course Notes

- Class protocol: Students are expected to be on time and ready to go when class starts. Interactions with classmates and the instructor are expected to be respectful at all times. Students must be off their phones for safety reasons unless given permission from the professor. Students should check with Canvas periodically for announcements and other readings. Students must communicate with the professor in a timely manner of absences or other issues that will force critical days.
- Recording class: Instruction may not be recorded.
- 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.
- If you have pre-existing medical or physical problems, you should consult your physician before participating in this class and alert the instructor to any required limitations.
- Report any accidents to the instructor immediately.
- Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of 45 hours over the length of the course (normally three hours per unit per week) for instruction, preparation/studying, or course related activities.
- Course grades will be posted on Canvas by the end of finals week.
- Drop requests will not be accepted after the SJSU drop deadline.

Course Requirements, Assignments, and Grading -

Tests:

- Skills Test 1: Squats
- Skills Test 2: Bench Press

Assignments/Projects:

- Journal 1 (Halfway of the Semester): A written diary of your runs both in class and outside of class
- Journal 2 (Full Semester): A written diary of your runs both in class and outside of class

Grading

- Your grading method: Point totals.
- Grades will be determined by doing tasks on time, participation, accuracy and improvement.
- No extra credit.
- Penalty for late or missed work is -5 points for every day late.

Grading Plan

- 30% Skills Test 1
- 30% Skills Test 2
- 20% Workout Program 1
- 20% Workout Program 2

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+

Percentage	Equivalent Grade
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/>

Course Calendar (subject to change with fair notice by announcement in class and/or email)

Week	Course Content (Assignments, Exams/Quizzes, ...)
1	Welcome Syllabus Review, Questionnaire, Q/A
2	Going over the rules of the gym, review of the equipment, stretching, nutrition, turn in your questionnaire. Going over a fitness plan/ Review of 2 basic exercises for your skill tests of weight training. Review of Fitness Plan/ Workout 1
3	Holiday/ Workout 1
4	Workout 2, Workout 3
5	Workout 4, Workout 5
6	Workout 6, Workout 7
7	Workout 8, Workout 9
8	Workout 10 (Skills Test 1), Workout 11 (Skills Test 1)

Week	Course Content (Assignments, Exams/Quizzes, ...)
9	Workout 12 (Skills Test 1), Workout 13 (Work out Plan Due)
10	Workout 14, Workout 15
11	Workout 16, Workout 17
12	Workout 18, Workout 19
13	Workout 20, Workout 21
14	Workout 22, Workout 23 (Skills Test 2)
15	Workout 24 (Skills Test 2), Workout 25 (Skills Test 2)
16	FINAL DUE Journal 2 turned in on Canvas due the final schedule