San José State University  
Kinesiology  
Spring 2016, KIN 35A, Beginning Weight Training

Contact Information

Instructor: James Fonda  
Office Location: SPX 170  
Telephone: 714 350 2852  
Email: James.Fonda@sjsu.edu  
Office Hours: T/Th 1pm- 2pm  
Class Meetings & location Event Center and South Campus

Course Description
The purpose of this class is an introduction to weight training. This course also seeks to increase the student’s knowledge of training methods including safety tips so that they may develop their own programs.

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.

Web Resource
Course materials may be found on the e-campus Canvas learning management system 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. I will post all reading assignments here and you are required to respond in Discussions. Check regularly.

Course Goals and Student Learning Objectives
Following activities and assigned reading, students will be able to demonstrate through class activities/assignments, skill tests, and written exams.

Course Content (skills)
Improving muscular strength of major muscle groups  
Basic etiquette in a fitness center
Developing accessory muscle/core strength  
Improving cardiovascular efficiency  

**Course Content (concepts/knowledge)**  
Use of various types of weight training and cardiovascular equipment  
Basic exercise physiology relating to strength and conditioning  
Developing a realistic exercise management plan  
Health benefits of physical activity  
Physical activity and the process of aging  

**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 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**  
Other readings will be posted on Canvas.  

**Course Notes**  

- Class protocol: You are expected to arrive to class on time. Lockers in SPX are available for day use. Please leave all belongings there prior to class and be ready to workout promptly. Be dressed appropriately and ready for activity.  
- During class: you are permitted to use your phone for music. At this time, you must still keep your music low enough to hear/ have a conversation in case you are approached by someone. Texting, talking on your phone is NOT allowed and will NOT be tolerated. 5 Points will be deducted from your final grade for any time you are caught texting or talking during class time.  
- 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.  
- Notify the professor about any injury or sickness as soon as possible.  
- Written Exam cannot be made up.  
- Drop requests will not be accepted after the SJSU drop deadline.
Course Requirements and Grading Policy

*This course does require you to read and submit written assignments as well as your skills for weight lifting.

60% (60 points) of your grade will be based on your skills and efficiency in those running skills, this includes effort, improvement in base testing time, improvement in distance, and improvement in form. To do this successfully, a third workout day on your own time will help. Weight training only 2 days a week is the bare minimum to see any quite

The rest of your grade is based on the following assignments:

*Weight Training journal (20 points) You must keep a training journal, in Word or excel format, and must record the following each time you work out. This will be checked at mid-term in the semester and at the end. Do not wait until the night before to write everything!
*Program (20 points) readings and discussions during classes

No extra credit will be given.

Grading Scale used to determine letter grade for each component above.

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Equivalent Grade</th>
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</thead>
<tbody>
<tr>
<td>97% - 100%</td>
<td>A+</td>
</tr>
<tr>
<td>93% - 96%</td>
<td>A</td>
</tr>
<tr>
<td>90% - 92%</td>
<td>A-</td>
</tr>
<tr>
<td>87% - 89%</td>
<td>B+</td>
</tr>
<tr>
<td>83% - 86%</td>
<td>B</td>
</tr>
<tr>
<td>80% - 82%</td>
<td>B-</td>
</tr>
<tr>
<td>77% - 79%</td>
<td>C+</td>
</tr>
<tr>
<td>73% - 76%</td>
<td>C</td>
</tr>
<tr>
<td>70% - 72%</td>
<td>C-</td>
</tr>
<tr>
<td>67% - 69%</td>
<td>D+</td>
</tr>
<tr>
<td>63% - 66%</td>
<td>D</td>
</tr>
<tr>
<td>60% - 62%</td>
<td>D-</td>
</tr>
<tr>
<td>below 60%</td>
<td>F</td>
</tr>
</tbody>
</table>

Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of forty-five hours over the length of the course. This would include
preparing for class, participating in course activities, and completing assignments/projects. Generally, this will amount to 1 hour a week outside of class.

University Policies
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 in the policies section at http://info.sjsu.edu/static/catalog/policies.html. Add/drop deadlines can be found on the current academic year calendars document at http://www.sjsu.edu/provost/services/academic_calendars/. The late drop 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 at http://www.sjsu.edu/advising/.

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 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 at http://www.sjsu.edu/studentconduct/.

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 Integrity policy at http://www.sjsu.edu/senate/S07-2.htm requires approval of instructors.

Note: Outings/assignments completed for another class cannot be counted for this course.

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 at http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf requires that students with disabilities requesting accommodations must register with the Accessible Education Center (AEC) at http://www.sjsu.edu/aec/ to establish a record of their disability.
Accommodation to Students' Religious Holidays

San José State University shall provide accommodation on any graded class work or activities for students wishing to observe religious holidays when such observances require students to be absent from class. It is the responsibility of the student to inform the instructor, in writing, about such holidays before the add deadline at the start of each semester. If such holidays occur before the add deadline, the student must notify the instructor, in writing, at least three days before the date that he/she will be absent. It is the responsibility of the instructor to make every reasonable effort to honor the student request without penalty, and of the student to make up the work missed. See University Policy S14-7 at http://www.sjsu.edu/senate/docs/S14-7.pdf.

Course Calendar (subject to change with fair notice by announcement in class and/or email). Please note that when we meet run around campus. We will meet at on top of the stairs on the Event Center.

<table>
<thead>
<tr>
<th>Week</th>
<th>Course Content (Assignments, Exams/Quizzes, ...)</th>
</tr>
</thead>
</table>
| 1    | Course syllabi review and introduction to course  
      We will not meet: Out of class assignment |
| 2    | Review of assignment                             
      Stretching, Nutrition and Developing a Program |
| 3    | Gym Safety                                       
      Work Out 1                                   |
| 4    | Programs Due/ Work Out 2                         
      Work Out 3                                   |
| 5    | Work Out 4                                       
      Work Out 5                                   |
| 6    | Work Out 6                                       
      Class cancel                                 |
| 7    | Work Out 7                                       
      Work Out 8                                   |
| 8    | Skills Test 1                                    
      Workout Log Due/ Work Out 9                  |
| 9    | Work Out 10                                      
      Work Out 11                                  |
| 10   | **SPRING BREAK**                                 |
| 11   | Introduction Cross fit                           
      Work out 12                                  |
<table>
<thead>
<tr>
<th>Week</th>
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</tr>
</thead>
</table>
| 12   | Work Out 13  
      | Work Out 14  |
| 13   | Work Out 15  
      | Work Out 16  |
| 14   | Work Out 17  
      | Work Out 18  |
| 15   | Work Out 19  
      | Skills Test 2 |
| 16   | Final Exam and Work Out Journal due           |