

**San José State University**  
**Department of Kinesiology**  
**KIN 35A Beginning Weight Training, Section 09, Spring 2012**

<b>Instructor:</b>	Matthew Bejar, Teaching Associate
<b>Office Location:</b>	YUH 206
<b>Email:</b>	matthew.bejar@sjsu.edu
<b>Office Hours:</b>	Monday and Tuesday 1:30-2:30pm or by appointment
<b>Class Days/Time:</b>	Monday and Wednesday 2:30-3:20pm
<b>Classroom:</b>	YUH 202A

**MySJSU Messaging**

In order to ensure that you receive all pertinent email communication, you must have a current and accurate email address in the MySJSU system. Please check to make sure your email is updated in MYSJSU. Also, copies of course materials such as the green sheet (syllabus), major assignment handouts, etc. may be found on Desire2Learn (D2L). If you do not have a D2L account, you will need to set one up. For more information on setting up your account go to <http://www.sjsu.edu/ecampus/students>.

**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.

**Student Learning Outcomes**

Upon successful completion of this course, students will be able to:

1. Perform resistance exercises appropriate for specific muscle groups, demonstrate the ability to effectively use machines and free weights in a weight training program, and demonstrate correct exercise and spotting techniques.
2. Demonstrate an understanding of weight lifting benefits, terminology, biomechanical principles underlying resistance training, spotting techniques, potential errors in training, proper nutrition, and etiquette.
3. Design and implement a weight training program.

4. Demonstrate a positive change in personal fitness as it relates to cardiorespiratory fitness, muscular strength, muscular endurance, body composition, and flexibility through moderate to vigorous physical activity.

### **Course Content**

1. Physical Component:
  - a. Proper and safe warm up and stretching techniques
  - b. Proper and safe lifting techniques using machines and free weights
  - c. Understanding and application of weight room safety guidelines
  - d. Exercises/lifts for all major muscle groups
  - e. Execute a weight lifting program on a regular basis
2. Knowledge Component:
  - a. Benefits and effects of weight training
  - b. Basic terminology
  - c. Training principles
  - d. Structure of weight training program
  - e. Basic anatomy of major muscles
  - f. Development of the various parts of the body (chest, arms, etc.)
  - g. Nutrition and Body Composition
  - h. Ergogenic Aids

### **Required Texts/Readings**

#### Textbook

Fahey, Thomas. (2009). Basic Weight Training for Men and Women (7th Ed.). New York: McGraw-Hill. (ISBN: 0073376582)

#### Other Readings

Other assigned readings will be posted on D2L.

### **Classroom Protocol**

1. Workouts will take place EVERY CLASS, except the first and last days of class. Recognizable and acceptable effort in class participation is a necessary requirement.
  - a. Weight training is an activity class requiring moderate to vigorous physical effort. While rigorous physical exercise has many benefits, it also presents potential hazards for certain groups of individuals. These include PERSONS OF ANY AGE who (i) are sedentary, (ii) have a known heart or blood vessel disease, including high blood pressure, (iii) have a high risk of heart disease (major risk factors include smoking, diabetes mellitus, high cholesterol, heredity, and high blood pressure). In addition, risk is greater for persons in the above categories who are 40 years of age or older.
  - b. It is recommended that individuals in the above categories make the instructor aware of such conditions AND consult a physician to have a complete medical

examination, including an exercise electrocardiogram (stress EKG), prior to participation in classes involving vigorous activity.

- c. Do not exercise at an intensity or duration that is more than that which you can currently tolerate! Participation in activity courses is at the student's own risk. The necessary physiological condition and fitness, and health insurance needs for the class are the responsibility of the student.
2. Workout cards will be kept the entire semester, documenting each session (i.e. type of exercise, amount of weight or intensity, number of reps, number of sets, etc.)
3. The following behaviors will not be tolerated: excessive tardiness, attempting to leave class early, frequent use of cell phone, horseplay, and other inappropriate behavior.
4. Appropriate workout clothes and shoes for weight training must be worn to class.
5. No food and drink are allowed in the gym except water. Absolutely NO glass containers are allowed.
6. Do not bang or drop weights.
7. Re-rack all dumbbells and free weights in their proper positions. Free weights cannot be left on the weight room floor unattended.
8. Please treat fellow workout participants and equipment with respect.
9. Use your towel and wipe down each piece of equipment as you finish using it.
10. Students should report all injuries and illnesses to the instructor immediately.
11. The instructor reserves the right to deduct participation points and/or dismiss students from class who violate classroom protocol.
12. Students are responsible for abiding by all other class and gym policies outlined on [http://www.sjsu.edu/kinesiology/programs/activity\\_program/policies/](http://www.sjsu.edu/kinesiology/programs/activity_program/policies/)

### **Dropping and Adding**

February 6 is the last day to drop this course without a "W" being assigned. According to University policy, dropping this course after Feb. 6 is permissible only for serious and compelling reasons, and requires written documentation. Lack of attendance or unsatisfactory performance in course work is not a serious and compelling reason. The last day to add the course is February 13; however, students who receive add codes should use them as soon as possible.

### **Assignments and Grading Policy**

1. **Participation** will account for 50% of the total grade. For every class, students will document all cardiorespiratory and resistance training exercises on workout cards, including the type of exercise, amount of weight or intensity, number of repetitions, and number of sets for each exercise. These can be picked up upon arriving to class and will be collected at the END of class. DO NOT ask to leave early unless there is a compelling reason to do so! Likewise, excessive tardiness will not be tolerated. Participation points can and will be deducted for frequent violation of classroom protocol (see above). Two missed classes are allowed until one's grade is negatively affected. If one incurs a short-term illness or injury, a doctor's note is required in order to be excused! If the instructor

approves, students may attend the other section of this class taught by the same instructor to make up for missed classes. Lastly, if students are caught turning in another individual's workout card, the instructor reserves the right to give a failing grade for the course and report the student to the office of Student Conduct and Ethical Development. (see Academic Integrity Statement)

2. **Pre- and Post-Assessments** will account for 10% of the total grade. In the second full week of class, students will be required to perform five assessments in order to determine current level of fitness. Two of these assessments must measure muscular strength (e.g. 1-RM bench press, 1-RM leg press) with one pertaining to upper body and one pertaining to lower body. Additionally, two assessments must measure muscular endurance (e.g. push-ups to fatigue, 1-min sit-ups, plank/bridge to fatigue). The fifth test can be the student's choice. It may be another muscular strength or muscular endurance test, OR the student can perform an assessment related to one of the other three components of fitness, including cardiorespiratory fitness (e.g. 1.5 mile run), body composition (e.g. body fat percentage calculated by BIA), or flexibility (e.g. sit-and-reach test). Lastly, students will write a brief paragraph outlining their goals and what they hope to get out of this class. Pre-Assessments will account for 5% of the overall grade.

In the last full week of class, students will perform the same five assessments to determine improvement in fitness over the semester. Additionally, they will write a brief paragraph detailing whether or not they reached their goals, what they learned or got out of the class, and if (and how) they plan to maintain or surpass their current level of fitness. Post-Assessments will account for 5% of the overall grade. Due to concerns of fairness, "sand bagging" pre-tests, and other possible issues with skill tests, students WILL NOT be graded on attaining certain standards or improving by a certain amount. Full credit will be given simply for completing each of the assessments and providing brief goal statements on time.

3. A **group presentation** will account for 10% of the total grade. In groups of three to four, students will design and demonstrate a workout based on a certain goal (preferably consistent with the students' own goals) OR the demands of a particular sport. Students will demonstrate examples of multiple exercises consistent with the topics of their presentations. Everyone in the group is expected to participate in the presentation! Other information, such as nutritional aspects or warm-up routines, is not required; however, this may be included if it helps articulate how one can meet these specific goals or the demands of the sport. Presentations should be approximately **8-10 minutes!** While these are group presentations, grades will be assigned individually. Presentation topics will be due **March 7**. Presentation dates are indicated on the course schedule. These will be allocated on a first come-first serve basis.
4. Three non-comprehensive **quizzes** will each account for 5% of the total grade with the lowest score being dropped. These will consist of information presented in class, information from the textbook, and readings posted on D2L. Quizzes will typically contain approximately ten items, which may be multiple choice, true/false, fill in the blank, matching, or short answer. There are no make-ups for missing quizzes, except in serious and compelling cases!

5. A comprehensive **final exam** will account for 20% of the total grade and will be administered on the FINAL DAY OF CLASS: **May 14**. This will consist of approximately 35 objective items and a take-home essay. The prompt for the essay will be given one to two weeks before the exam, and responses will be submitted in the Dropbox on D2L by the exam date and time. The objective (i.e. multiple choice, true/false, matching) portion will be completed in class. Students are required to bring a T&E 200 answer sheet for this portion of the exam. There are no make-ups for missing the final exam, except in serious and compelling cases!

### Grading Breakdown

1. Participation	50%
2. Pre- and Post-Assessments (5% each)	10%
3. Presentation	10%
4. Quizzes (3 at 5% each; lowest score dropped)	10%
5. Final Exam	20%

Grading: A = 90%-- 100%      B = 80%-- 89%      C = 70%-- 79%  
D = 60%-- 69%      F = 59% or lower

### 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.sjsu.edu/studentconduct/) is available 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 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 (Optional)

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 (Optional)

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 inspire them to become independent learners. The Center's tutors are trained and nationally certified by the College Reading and Learning Association (CRLA). They provide content-based tutoring in many lower division courses (some upper division) as well as writing and study skills assistance. Small group, individual, and drop-in tutoring are available. Please visit [the LARC website](http://www.sjsu.edu/larc/) for more information at <http://www.sjsu.edu/larc/>.

### SJSU Writing Center (Optional)

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 (Optional)

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/>

### Student Success Center (Optional)

All CASA students and students who would like to be in CASA are invited to stop by the Center for general education advising, help with changing majors, academic policy related questions, reinstatement and probation questions, meeting with peer advisors, and/or attending various regularly scheduled presentations and workshops. Looking for academic advice or maybe just some tips about how to navigate your way around SJSU? Check out the CASA Student Success Center, located in MH 533! It’s also a great place to study, and you can check out laptops/iPads.” The [CASA Success Center website](http://www.sjsu.edu/casa/ssc/) is located at <http://www.sjsu.edu/casa/ssc/>

## Tentative Course Schedule

Week	Date	Topics, Readings, Assignments, Deadlines
1	1/25	Green Sheet
2	1/30 2/1	The basics/Starting out (Ch. 5: p. 44-55, 62-68) Safety and Guidelines (Ch. 3: p. 25-30) Benefits of Weight Training (Ch. 2: p. 4-9) Components of Fitness (Ch. 4: p. 33-36) ACSM Recommendations for Resistance Training
3	2/6 2/8	<b>Pre-Assessments</b> Finish Pre-Assessments/Workout
4	2/13 2/15	Developing the Chest and Shoulders (Ch. 9) Developing the Abdominal Muscles (Ch. 8)
5	2/20 2/22	Developing the Arms (Ch. 10) Developing the Lower Body (Ch. 6)
6	2/27 2/29	Developing the Back (Ch. 7) <b>Quiz #1</b>
7	3/5 3/7	Types of weight training exercises: (Ch. 4: p. 41-43) strength and power isometric vs. dynamic concentric vs. eccentric Set-Repetition Methods <b>Presentation Topics due/Workout</b>
8	3/12 3/14	Physiology: Principles of training (Ch. 4: p. 37-41 + notes) hypertrophy vs. hyperplasia slow-twitch vs. fast-twitch muscle fibers neural and hypertrophy adaptations <i>Presentation(s)</i>
9	3/19 3/21	Musculoskeletal Terminology: (Ch. 2: p. 13-14, 19) agonist, antagonist, synergist, prime mover movement of Joints tendons and ligaments Muscle Anatomy (Appendix 1: p. 217-218) <i>Presentation(s)</i>
10	3/26-3/30	<b>SPRING BREAK</b>
11	4/2 4/4	Periodization (Ch. 5: 59-60 + notes) <b>Quiz #2</b>

Week	Date	Topics, Readings, Assignments, Deadlines
12	4/9 4/11	Nutrition: (Ch. 12: p. 187-193) Types of Nutrients USDA and DHHS Guidelines <i>Presentation(s)</i>
13	4/16 4/18	Body Composition (notes) Gaining Weight/Losing Weight (Ch. 12: p. 193-197) <i>Presentation(s)</i>
14	4/23 4/25	Eating Disorders (Ch. 12: 197-199 + notes) <i>Presentation(s)</i>
15	4/30 5/2	<b>Quiz #3</b> Ergogenic Aids—legal drugs/supplements (Ch. 13) Ergogenic Aids—illegal drugs/supplements (Ch. 13)
16	5/7 5/9	<b>Post-Assessments</b> Finish Post-Assessments/Workout
17	5/14	<b>FINAL EXAM</b> in YUH 202A at 2:30-3:20pm