

San José State University

Kinesiology

Spring 2015, **KIN 35A Beginning Weight Training**

Contact Information

Instructor	Matt Haack
Office Location	SSC 518-14(4)
Telephone	xxxxxxx
Email	Matthew.haack@sjsu.edu
Office Hours	1:30pm-2:30pm T/Th (make an appointment)
Class Meeting Days/Time	2:30pm-3:20pm T/Th and 2:30pm-3:20pm M/W

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 my.sjsu.edu username and password.

Course Goals and Student Learning Objectives

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

After the completion of the class, the student shall be able to:

1. Demonstrate the acquisition and application of knowledge of resistance training
2. Demonstrate an understanding of gym etiquette, exercise technique, effective programming, and safety
3. Demonstrate an understanding of the benefits of weight training as it relates to physical and mental health
4. Demonstrate a positive change in personal fitness as it relates to components such as cardiovascular endurance, muscular strength and endurance, flexibility and body composition

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.**

## Course Notes

### Class protocol:

1. Be on time and properly attired to lift. This is a participation class, so come with the expectation that you will get sweaty.
2. Bring Water! No Gatorade, Energy Drinks (including coffee) allowed in class
3. Typical class time will be broken up in the following way:
  - a. 10 minutes – Lecture/Quiz
  - b. 40 minutes – Work out
4. Please bring note pad and pen. Composition notebooks work best in the gym. They are durable and have plenty of pages. **All tests and quizzes will be derived from Lecture Notes**
5. Please stow all cell phones in your backpack or bag. Distractions like ringing phones can create safety issues. Respect your fellow trainees please.
6. If you are uncertain about a movement or exercise please ask for assistance. No question is foolish, preventable injuries are.
7. Written Exams cannot be made up.
8. Drop requests will not be accepted after the SJSU drop deadline.
9. Everyone is entitled to Two (2) sick days. If less than three (2) sick days are used it will be applied as extra credit to your final grade
  - a. Notification must be given before the class period via email, or if you're on campus, in person
9. Department policy: no head-phones during class
10. Please see me about alternative participation for days that you are feeling under the weather, sore, ill, etc.
11. Working out on your own time will not count toward this course, although I encourage everyone to workout consistently.
12. If over ten minutes late to class credit will not be given that day, although you are welcome to workout.
13. Recording of class is not permissible. There are a lot of resources on the internet for honing technique.

## Course Requirements and Grading Policy

### Grading Plan

#### 1. Evaluation

- a. Workout Log - 40 pts
- b. Participation Quizzes 10 pts - based on notes
- c. Midterm 15 pts
- d. Demonstration of Movement – 20 pts
- e. Final Exam 15 pts
- f. **Total 100 pts**

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

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

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**Tests:** Tests will be conducted on Canvas. Questions will be from the notes. Tests are posted for 3 days and are therefore not available for make up.

### Assignments/Projects:

1. Workout Log – Presented to me at the end of class in the format discussed at the beginning of the semester
2. Participation Quizzes – Questions will come from lecture notes only and will be one question each
3. Midterm – Questions will come from lecture notes only and may/or may not have already been included in the quizzes
4. Demonstration of Movement – Show proficiency in 4 basic movements
5. Squat, Push Up, Pull Up, and Good Morning
2. Final Exam– Questions will come from notes derived from the second half of the class and may include an in class assignment. We will discuss particulars before the final.

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](http://info.sjsu.edu/static/catalog/policies.html) at <http://info.sjsu.edu/static/catalog/policies.html>. Add/drop deadlines can be found on the current [academic year calendars](http://www.sjsu.edu/provost/services/academic_calendars/) document at [http://www.sjsu.edu/provost/services/academic\\_calendars/](http://www.sjsu.edu/provost/services/academic_calendars/). 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/>.

### 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) 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](http://www.sjsu.edu/studentconduct/) 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](http://www.sjsu.edu/senate/S07-2.htm) 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](http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf) at [http://www.sjsu.edu/president/docs/directives/PD\\_1997-03.pdf](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](http://www.sjsu.edu/aec/) (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)

Week	Course Content (Assignments, Exams/Quizzes, ...)
1	Introduction, Syllabus Fundamental Movements
2	The Warm Up Quiz
3	Compound Movements Isolation Movements
4	Quiz Free Weight Exercises
5	Quiz Machine Exercises
6	Quiz Mobility/Stretching
7	Quiz Recovery/Sleep
8	Midterm Workout Day
9	Programming Basics Quiz
10	Programming Cont. Quiz
11	Volume & Intensity Quiz
12	Cardio Quiz
13	Sustainability/Longevity Quiz
14	Health and Activity Activity and the Brain
15	Q&A + Workout Q&A + Workout
16	Review for Final Final