

**San José State University
Kinesiology Department
KIN 35A, Beginning Weightlifting, Section 07,
Spring 2013**

Instructor:	Michael Nicolini
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Office Hours:	By Appointment Only
Class Days/Time:	Tues/Thur 9:30 am – 10:20 am
Classroom:	SPX 218

Course Description

This course is designed to teach basic, or beginning concepts of weight training for physical fitness. The goal of this course is to provide participants with the knowledge and principles of strength training and physical conditioning for improving one's overall fitness and well-being through resistance exercises.

Course Goals and Student Learning Objectives

(Insert goals and objectives here. Objectives must be measurable, specific, and time related. Sequential numeration of GE/SJSU studies learning outcomes followed by course learning outcomes.)

GE/SJSU Studies Learning Outcomes (LO), if applicable

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

- Use a variety of resistance exercise equipment and training techniques
- Improve levels of overall strength and fitness
- Write and manage a personal weight-training program designed to meet the goals/needs of the participant

Course Content Learning Outcomes

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

- Understand how principles of resistance training can be applied and modified in diverse populations
- Understand the relationship between health, physical activity, and resistance types of exercise

Required Texts/Readings

Material Requirements

1 Spiral Notebook

Classroom Protocol

- Active participation in all class activities including: lectures, discussions, quizzes, performance evaluations, and journals
- **Quizzes are unannounced, and will take place at the end of the class period**
- Attending class in a timely manner
- Loose fitting clothes and sport shoes for ease of movement and safety. No jeans or other street clothes/shoes in the weight room
- Cooperation and mature behavior are expected in class
- A warm-up period will be required before any physical activity and participation in the class
- No food and drink are allowed in the weight room except WATER
- The last class meeting will be the last day of the class before the “DEAD DAY” for the semester. All tests and exams will be conducted before the Dead Day. This class and all activity classes will not follow the university testing schedule

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/. 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

Performance Evaluations

20 points (2 @ 10 points each)

- Evaluated by subjective and objective observation

- **No make-up for missed performance evaluations**
- Quizzes** 50 points (10 @ 5 points each)
- Based on any class content, lectures, handouts, etc
 - **No make-up for missed quizzes**
- Workout Journal** 10 points
- Kept throughout the entire semester
 - Due the last class meeting
- Final Exam** 20 points

Criteria

- 100 – 97, A+
- 96 – 93, A
- 92 – 90, A-
- 89 – 87, B+
- 86 – 83, B
- 82 – 80, B-
- 79 – 77, C+
- 76 – 73, C
- 72 – 70, C-
- 69 – 67, D+
- 66 – 63, D
- 62 – 60, D-
- < 60, F

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.

Course Number / Title, Semester, Course Schedule

List the agenda for the semester including when and where the final exam will be held. Indicate the schedule is subject to change with fair notice and how the notice will be made available.

Table 1 Course Schedule

Week	Date	Topics, Readings, Assignments, Deadlines
1	1/24	Introduction, Syllabus, Greensheet
2	1/29, 1/31	Active Warm up, Types of Exercise
3	2/5, 2/7	Exercise Movements
4	2/12, 2/14	Exercise Movements
5	2/19, 2/21	Program Design
6	2/26, 2/28	Program Design
7	3/5, 3/7	Order of Exercise
8	3/12, 3/14	Performance Evaluations
9	3/19, 3/21	Training for Muscular Endurance, Training for Muscular Speed
10	3/26, 3/28	NO CLASS – SPRING BREAK
11	4/2, 4/4	Training for Muscular Hypertrophy
12	4/9, 4/11	Training for Muscular Power
13	4/16, 4/18	Training for Muscular Strength
14	4/23, 4/25	Nutrition
15	4/30, 5/2	Performance Evaluations

Week	Date	Topics, Readings, Assignments, Deadlines
16	5/7	Review
Final Exam	5/9	Thursday 5/9/2013, 9:30 am