Contact Information

<table>
<thead>
<tr>
<th>Instructor</th>
<th>Richard Montgomery</th>
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<tbody>
<tr>
<td>Office Location</td>
<td>SPX 301</td>
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<tr>
<td>Telephone</td>
<td>NA</td>
</tr>
<tr>
<td>Email</td>
<td><a href="mailto:richard.montgomery@sjsu.edu">richard.montgomery@sjsu.edu</a></td>
</tr>
<tr>
<td>Office Hours</td>
<td>M-W 10:30-12:30 or By Appt.</td>
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<tr>
<td>Class Meeting Days/Time</td>
<td>M-W 7:30-8:30 AM or 8:30-9:30 AM</td>
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Course Description

This course is designed to teach beginning 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.

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.

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,

1. Be able to demonstrate improved skill performance in weight training.

2. Be able to demonstrate an understanding of (a) current fitness research, (b) the guidelines for developing a fit and healthy body through proper conditioning, proper nutrition and weigh control, (c) proper and safe exercise techniques.

3. Be able to demonstrate an understanding of the physiological and psychological benefits from physical activities and the reduced risk of certain diseases and health issues.

4. Demonstrate a positive change in the components such as, cardiovascular endurance, muscular strength, muscular 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
- Demonstrate a positive change in personal fitness as it relates to components such as cardiovascular endurance, muscular strength and endurance, flexibility, body composition, balance, coordination, and agility.

**Text/Readings**

Text - None required. Cognitive material comes from a variety of sources provided in class. Students are expected to keep lecture notes, utilize handouts and may be asked to reference some outside reading sources.

**Course Notes**

1. Assignments received or completed late will receive a deduction of 2 points for each day late.
2. Quizzes must be taken in class at the time given and cannot be made up.
3. Quizzes are not pre announced and may be given at any time during the class period.
4. This is an activity class and by its nature you can only benefit and experience change by physical participation in the activity. For whatever reason, should you be unable to participate in class to the degree that your final grade will be unacceptable, you must drop the class or take an incomplete. Please see me for instructions.
5. One quiz may be made up at the end of the semester if the make up results in the difference in a grade.
6. All students must be dressed properly (see KIN policy) in order to participate in activity.
7. A quiz will only be recorded if activity for that class period is also completed.
8. Cell phones should not be used during class time. Personal music can be utilized in lieu of the music played during activity.

**Course Requirements and Grading Policy -**

**Grading Plan**

- Activity Quiz- 15 pts (3@5pts)
- Quizzes - 60 pts (10@6 pts)
- Fieldwork assignment - 10 pts
- Final Evaluation- 15 pts
Grading Scale used to determine letter grade for each component above.

93-100 = A  
92-90 = A-  
88-89 = B+  
87-83 = B  
82-80 = B-  
78-79 = C+  
77-73 = C  
72-69 = C-  
68-67 = D+  
63-67 = D  
60-62 = D-  
Below 60 = F

Assignments/Projects: Will be discussed in class on the day the prompt is handed out (see course calendar).

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](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/](http://www.sjsu.edu/provost/services/academic_calendars/). The late drop policy is available at [http://www.sjsu.edu/aars/policies/latedrops/policy/](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/](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](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/](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](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](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)](http://www.sjsu.edu/aec/) to establish a record of their disability.

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

Jan 27 - First day of instruction  
Mar 24-28 - Spring Recess  
Mar 31 - Holiday  
April 21 – Outside assignment instruction sheet handed out  
April 28 – Outside assignment due  
May 5 - Take home final handed out  
May 12 – Last day of class and take home final due