San José State University
Kinesiology
Fall 2013, KIN 35a, Sections 3 & 6, Beginning Weight Training

<table>
<thead>
<tr>
<th>Instructor</th>
<th>Ryan Scott, B.S., CSCS, MES</th>
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<tbody>
<tr>
<td>Office Location</td>
<td>SPX 301</td>
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<tr>
<td>Telephone</td>
<td>408-924-3015</td>
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<tr>
<td>Email</td>
<td><a href="mailto:ryan.t.scott@sjsu.edu">ryan.t.scott@sjsu.edu</a> (please use when possible instead of phone)</td>
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<tr>
<td>Office Hours</td>
<td>By Appointment Only</td>
</tr>
<tr>
<td>Class Meetings</td>
<td>SPXC 218</td>
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<tr>
<td></td>
<td>Section 3 – Mondays and Wednesdays – 2:30p – 3:20p</td>
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<td></td>
<td>Section 6 – Mondays and Wednesdays – 7:30a – 8:20a</td>
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Course Description
This course is designed to teach the basic concepts of weight training for muscular strength and endurance. Its goal is to provide the students with knowledge about the principles involved with weight training and improving the health related components of fitness through a variety of exercises.

Possible Prerequisites
It is recommended that participants in this class 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.

How This Course Fits Into Your Curriculum:
Every student must complete two different physical education activity courses to meet the SJSU graduation requirement. Regardless of where your studies are focused – to gain an undergraduate degree is to receive a broad, inclusive, and well-rounded education. My goal is that by the end of the semester – you leave this course able to find your way around a weight room, understand ways that weightlifting and exercise fit into your life, and leave on a course of strength and fitness for the rest of your life.

Course Objectives
Based on the SJSU Kinesiology Department’s “Activity Program Learning Outcomes” (APLO), upon successful completion of the course requirements a student should:
1. Be able to demonstrate improved skill performance in weight training.
2. Be able to demonstrate a basic 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.
Course Contents

1. Use a variety of resistance equipment and training techniques. Participate.
2. Demonstrate an improved level of overall strength and fitness - demonstrate knowledge of safe technique for main Resistance Training exercises.
3. Maintain a personal weight training log throughout the semester demonstrating a firm understanding of beginning weight training principles.
4. Understand how the principles of resistance training can be applied in a diverse society (women, men, older populations, disabled, etc.).
5. Text - None required – but handouts and postings are mandatory to read and study.
6. There is a mid-term research paper.
6. Students are expected to keep lecture notes, utilize handouts and may be asked to reference some outside reading sources.

Classroom Protocol – What I Expect From You:

1. Participation in all class activities including: lectures, discussions, quizzes, performance evaluations, and journals.
2. **Quizzes are unannounced – non-attendance will hurt your grade**
3. Be on time to class.
4. TURN OFF CELL PHONE – and put away for the duration of the class time.
5. Be Respectful of all others using the weightroom. Cooperation and mature behavior are expected in class.
6. You may only use the weightroom during class hours.
7. Be prepared to lift weights! Loose fitting clothes and sport shoes for ease of movement and safety. **No jeans or other street clothes/shoes** in the weight room.
8. The class will generally be organized as: a lecture/quiz, followed by a warm-up, followed by lifting time.
9. **No food and drink are allowed in the weight room at all EXCEPT WATER.**
10. **Bring your workout log/folder to EVERY class session – NO EXCUSES.**
11. Quizzes cannot be made up.
12. Drop requests will not be accepted after the SJSU drop deadline.

Course Requirements and Grading Policy

<table>
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<tr>
<th>Evaluation</th>
<th>Grading Scale</th>
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<tr>
<td>Performance Eval – 16 pts (2p/semr@8pts)</td>
<td>100-90 = A</td>
</tr>
<tr>
<td>Final Exam – 15 pts</td>
<td>89-80 = B</td>
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<tr>
<td>Witten Quizzes – 36 pts (6@6pts)</td>
<td>79-70 = C</td>
</tr>
<tr>
<td>Weightlifting Research Project (paper) – 10 pts</td>
<td>69-60 = D</td>
</tr>
<tr>
<td>Workout Log – 23pts</td>
<td>Below 60 = F</td>
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Course Schedule Overview
(This schedule is subject to change with fair notice by me through advance announcement in class and/or email – READ YOUR EMAIL SEVERAL TIMES PER DAY)

- Week 1 (8/21-8/28) - Orientation, Semester Overview, Safety Discussion
  - Purpose of log, materials, clothing, pre-post workout regiment
- Week 2 (9/2-9/4) - No Class Monday 9/2 – Observance of Labor Day
  - Principles of Resistance Training – Specificity, Needs Analysis
- Week 3 (9/9-9/11) - Principles of Warm-up, Stretching, Exercise Types
- Week 4 (9/16-9/18) - Principles of Aerobic vs Anaerobic Training, ACSM Guidelines
  - Powerlifting vs Oly Lifting vs Sport Specific
- Week 5 (9/23-9/25) - Program Design Considerations
  - Periodization – How to get organized!
- Week 6 (9/30-10/2) - Injury Prevention
  - Specific Population needs/Guidelines, Goal Setting
- Week 7 (10/7-10/9) - Performance Evaluation 1
  - Workout log Check-in
- Week 8 (10/14-10/16) - Joys of Weightlifting
  - History of Russian Sport Science, NSCA-Univ of Nebraksa
- Week 9 (10/21-10/23) - Program Design Considerations
  - Speed, Endurance, Ballistic, What are Plyometrics?
- Week 10 (10/28-10/30) - Exercise Order
  - Hormonal Discussion/Considerations
- Week 11 (11/4-11/6) - Weightlifting Research Project Handed Out
- Week 12 (11/11-11/13) - No Class Monday 11/11 – Observance of Veterans Day
  - Weightlifting Research Paper Due
  - Nutrition, Sports, and Weightlifting
- Week 13 (11/18-11/20) - RT for Health & Wellness for Adults, Kids, Older, Disabilities
- Week 14 (11/25-11/27) - Performance Evaluation 2
- Week 15 (12/2-12/4) - In-Class Final Exam
- Week 16 (12/9-12/11) - Semester Performance Workout Logs Due
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 Policies section at http://info.sjsu.edu/static/catalog/policies.html. Add/drop deadlines can be found on the current academic year calendars document on the Academic Calendars webpage 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, 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 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 Integrity Policy S07-2 requires approval of instructors. Note: outings 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 Disability Resource Center (DRC) at http://www.drc.sjsu.edu/ to establish a record of their disability.