San José State University
Department of Kinesiology Beginning Weight Training Spring 2014

Instructor  Dr. Stan Butler
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E-mail     sbutler@kin.sjsu.edu
Office hours (TR 1:45-2:45 p.m., F 10:45-11:45) or by appointment or email
Class days/time Sec 08 MW 1:30a to 2:20p
Classroom YUH 126

Course Description and Goals
This course is designed to introduce the beginning weight trainer to a variety of introductory level
weight training skills associated with a progression to elevated levels of weight training. The
course will be conducted primarily in a laboratory setting. Students will be engaged in the
performance of physical skills through lead-up demonstrations/discussions, evaluation of lift
performances, and functional demonstrations of weight lifting techniques.

Course-Specific Student Learning Outcomes: Upon completion of this
course, the students will:

a. Develop a working knowledge of sound safety practices in weight room facilities;
b. Demonstrate a performance mastery of the fundamental techniques and skills introduced in the class;
c. Demonstrate a mastery of written and/or oral information provided and solicited for evaluation
   purposes;
d. Acquire an appreciation for weight training as a lifetime leisure activity;
e. Be able to design a specific individualized weight training program.

RECOMMENDED TEXT: Basic Weight Training for Men and Women 8th
dition (Paperback) Thomas D. Fahey (Author)

Course Format: Learning experiences will include each of the following categories:
a. Basic safety practices and terminology;
b. Performance of seven specific strength test for evaluation purposes;
c. Demonstration of a variety of specific techniques and lifts;
d. Lecture/discussion of physiological, psychological and kinesiological principals of
   weight lifting;
e. Assigned readings from specific weight training resources.
Dropping and Adding

You are responsible for understanding the policies and procedures about add/drops, academic renewal, etc. Refer to the current semester’s catalog policies section at http://info.sjsu.edu/static/catalog/policies.html for add/drop deadlines, policies, procedures, and specific registration information. The late drop policy is available at http://www.sjsu.edu/aars/policies/latedrops/policy.

Grading

<table>
<thead>
<tr>
<th>Skill Test</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Curls 12 Reps (males 50%) (Females 35%) of body weight</td>
<td>10</td>
</tr>
<tr>
<td>Bench press 12 Reps (males 95%) (females 70%) of body weight</td>
<td>10</td>
</tr>
<tr>
<td>Sit-ups 50 Reps in 60 seconds (males 25 lbs) (females 10 lbs)</td>
<td>10</td>
</tr>
<tr>
<td>Leg press 12 Reps (males 200%) (females 185%) of body weight</td>
<td>10</td>
</tr>
<tr>
<td>Pull ups males 12 Reps</td>
<td>10</td>
</tr>
<tr>
<td>Females 1 minute flexed arm hang</td>
<td></td>
</tr>
<tr>
<td>1 Rep max midterm Females @ 75% of weight</td>
<td>10</td>
</tr>
<tr>
<td>Males @ 100% of weight</td>
<td></td>
</tr>
<tr>
<td>Standing military press 12 Reps (Females 35% Males 55%)</td>
<td>10</td>
</tr>
<tr>
<td>Midterm lift performance</td>
<td>10</td>
</tr>
<tr>
<td>Daily class participation</td>
<td>10</td>
</tr>
<tr>
<td><strong>Final written exam</strong></td>
<td>10</td>
</tr>
<tr>
<td><strong>Total Points</strong></td>
<td>100</td>
</tr>
<tr>
<td><strong>POSSIBLE IMPROVEMENT PTS.</strong> (7 X CR)</td>
<td></td>
</tr>
</tbody>
</table>

Assignment of Grades

<table>
<thead>
<tr>
<th>97-100% = A+</th>
<th>93-96% = A</th>
<th>90-92% = A-</th>
</tr>
</thead>
<tbody>
<tr>
<td>87-89% = B+</td>
<td>83-86% = B</td>
<td>80-82% = B-</td>
</tr>
<tr>
<td>77-79% = C+</td>
<td>73-76% = C</td>
<td>70-72% = C-</td>
</tr>
<tr>
<td>67-69% = D+</td>
<td>63-66% = D</td>
<td>60-62% = D-</td>
</tr>
<tr>
<td>Below 60% = F</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Course Calendar (subject to change with fair notice by announcement in class and/or email)

<table>
<thead>
<tr>
<th>WEEK</th>
<th>ACTIVITIES</th>
</tr>
</thead>
<tbody>
<tr>
<td>ONE</td>
<td>AUG 25 &amp; 27 Course introduction, student adds, green sheet review, facility location, and university policies</td>
</tr>
<tr>
<td>TWO</td>
<td>SEPT 1 CAMPUS CLOSE LABOR DAY</td>
</tr>
<tr>
<td></td>
<td>SEPT 3 Warm up requirements and techniques</td>
</tr>
<tr>
<td>THREE</td>
<td>SEPT 8 &amp;10 Review of assessment lifts and Introduction of lift requirements</td>
</tr>
<tr>
<td>FOUR</td>
<td>SEPT 15 &amp; 16 Proper lift techniques for selected exercises</td>
</tr>
<tr>
<td>FIVE</td>
<td>SEPT 22 &amp; 24 Developing the arms</td>
</tr>
<tr>
<td>SIX</td>
<td>SEPT 29 &amp; OCT 1 Nutrition, weight training and weight loss</td>
</tr>
<tr>
<td>SEVEN</td>
<td>OCT 6 &amp; 8 Developing the back and neck</td>
</tr>
<tr>
<td>EIGHT</td>
<td>OCT 13 &amp; 15 Midterm lift assessment</td>
</tr>
<tr>
<td>NINE</td>
<td>OCT 20 &amp;22 SPRING BREAK CAMPUS CLOSED</td>
</tr>
<tr>
<td>TEN</td>
<td>OCT 27 &amp; 29 Midterm lift assessment</td>
</tr>
<tr>
<td>ELEVEN</td>
<td>NOV 3 &amp; 5 Developing the abs</td>
</tr>
<tr>
<td>TWELVE</td>
<td>NOV 10 &amp; 12 Final lift assessment</td>
</tr>
<tr>
<td>THIRTEEN</td>
<td>NOV 17 &amp; 19 Final lift assessment</td>
</tr>
<tr>
<td>FOURTEEN</td>
<td>NOV 24 &amp; 26 Final lift assessment</td>
</tr>
<tr>
<td>FIFTEEN</td>
<td>DEC 1 &amp; 3 Final written exam</td>
</tr>
<tr>
<td>SIXTEEN</td>
<td>DEC 8 &amp; 10 Make up lift tests</td>
</tr>
</tbody>
</table>

University Policies

Academic Integrity

The University’s Academic Integrity Policy is available at http://sa.sjsu.edu/judicial_affairs/faculty_and_staff/academic_integrity/index.html. Your own commitment to learning, as evidenced by your enrollment at San José State University and the University’s integrity policy, require 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 located at http://www.sa.sjsu.edu/judicial_affairs/index.html.

Instances of academic dishonesty will not be tolerated. Cheating on exams or plagiarism (presenting the work of another as your own, or using another person’s ideas without giving proper credit) will result in a score of 0. For this class, all assignments are to be completed by the individual student unless otherwise specified. If you would like to include in your assignment any material you have submitted, or plan to submit for another class, please note that SJSU’s Academic Policy F06-1 requires approval of instructors. Information about plagiarism can be obtained at the MLK library web site at http://tutorials.sjlibrary.org/tutorial. (See the plagiarism tutorial for more information.)

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 Accessible Education Center at http://www.drc.sjsu.edu/ to establish a record of their disability. The Accessible Education Center is located in ADM 110 (408-924-6000 [voice] or 408-924-5990 [TDD]).