

San José State University

Department of Kinesiology Beginning Weight Training Spring 2013

Instructor Stan Butler Ed. D.
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Office hours (MW 10-11) (TR 9:30-11) or by appointment
Class days/time Sec 03 MW 1:30a to 2:20p
Sec 04 MW 2:30p to 3:20p
Sec 09 TR 3:30p to 4:20p
Classroom SPXC 218

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 edition (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](http://info.sjsu.edu/static/catalog/policies.html) section at <http://info.sjsu.edu/static/catalog/policies.html> for add/drop deadlines, policies, procedures, and specific registration information. The [late drop policy](http://www.sjsu.edu/aars/policies/latedrops/policy) is available at <http://www.sjsu.edu/aars/policies/latedrops/policy>.

Grading

Skill Test	Points
Curls 12 Reps (males 45%) (Females 30%) of body weight	10
Bench press 12 Reps (males 90%) (females 60%) of body weight	10
Sit-ups 50 Reps in 60 seconds (males 25 lbs) (females 10 lbs)	10
Leg press 12 Reps (males 200%) (females 175%) of body weight	10
Pull ups males 12 Reps Females 1 minute flexed arm hang	10
1 Rep max midterm Females @ 50% of weight Males @ 100% of weight.	5
Standing military press 12 Reps (Females 30% Males 45%)	10
Midterm lift performance	10
Daily class participation	15
Final written exam	10
Total Points	100

Assignment of Grades

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		

University Policies

Academic Integrity

The University's [Academic Integrity Policy](http://sa.sjsu.edu/judicial_affairs/faculty_and_staff/academic_integrity/index.html) 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](http://www.sa.sjsu.edu/judicial_affairs/index.html) 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](http://tutorials.sjlibrary.org/tutorial) 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 [Disability Resource Center](http://www.drc.sjsu.edu/) (DRC) at <http://www.drc.sjsu.edu/> to establish a record of their disability. The DRC is located in ADM 110 (408-924-6000 [voice] or 408-924-5990 [TDD]).