

## San José State University

### Department of Kinesiology Beginning Weight Training Spring 2015

**Instructor** Dr. Stan Butler

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**Office hours** (T 2-3P) (W 4-5P) (R 2-3P) also electronically or by appointment

**Class days/time** (Sec 04, 7:30-8::20 TR) (Sec 05, 8:30-9::20 TR)

**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 8<sup>th</sup> 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 50%) (Females 35%) of body weight	10
Bench press 12 Reps (males 95%) (females 70%) 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 185%) of body weight	10
Pull ups males 12 Reps Females 1 minute flexed arm hang	10
1 Rep max midterm Females @ 75% of weight Males @ 110% of weight.	10
Standing military press 12 Reps (Females 35% Males 55%)	10
Midterm lift performance	10
Daily class participation	10
<b>Final written exam</b>	10
<b>Total Points</b>	100
<b>POSSIBLE IMPROVEMENT PTS.</b>	(7 X CR)

## 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		

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

<b>WEEK</b>	<b>ACTIVITIES</b>
<b>ONE Jan 22</b>	Course introduction, student adds, green sheet review, facility location, and university policies
<b>TWO JAN 27 &amp; 29</b>	Warm up, design and application of workout strategies
<b>THREE FEB 3 &amp; 5</b>	Warm up, design and application of workout strategies
<b>FOUR FEB 10 &amp; 12</b>	Nutrition, weight training and weight loss
<b>FIVE FEB 17 &amp; 19</b>	Lift workout and techniques for abdominal development
<b>SIX FEB 24 &amp; 26</b>	Lift workout and techniques for the back and neck
<b>SEVEN MARCH 3 &amp; 5</b>	Start midterm assessment
<b>EIGHT MARCH 10 &amp; 12</b>	Midterm assessment cont.
<b>NINE MARCH 17 &amp; 19</b>	Midterm assessment cont.
<b>MARCH 23-27</b>	<b>SPRING BREAK CAMPUS CLOSED</b>
<b>TEN MARCH 31 &amp; APRIL 2</b>	Establishing improvement and final goals based on midterm performance
<b>ELEVEN APRIL 14 &amp; 16</b>	lift techniques for arm exercises
<b>TWELVE APRIL 21 &amp; 23</b>	Lift workout and techniques for leg development
<b>THIRTEEN APRIL 28&amp;30</b>	Final lift assessment cont.
<b>FOURTEEN MAY 5 &amp; 7</b>	Final lift assessment cont.
<b>FIFTEEN MAY 12</b>	Final written exam

## **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](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](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 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]).