

## COURSE OUTLINE

Dr. Dick Montgomery

Fall 2009

Intermediate Weight Training - KIN 35B

Course Description - This course is designed to teach the intermediate concepts of weight training for fitness. Its goal is to provide the participant with knowledge about the principles involved with physical conditioning and improving the health related components of fitness through a variety of resistance 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 Objectives - Upon successful completion of the course the student should be able to:

- a. Use a variety of resistance equipment and training techniques.
- b. Have an improved level of overall strength and fitness.
- c. Write a personal weight training program commensurate with intermediate knowledge.
- d. Understand how principles of resistance training can be applied in a diverse society (women, men, older populations, disabled, etc.)
- e. Understand the relationship between the body and resistance type of exercise.
- f. Understand and apply the therapeutic aspects of resistance training to lifetime wellness.

Course content: Nutrition, cardiovascular endurance, muscular endurance, muscular strength, flexibility, body composition, aging, anatomy and physiology, lifetime wellness.

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.

Office - YUH 206, Office Hours - M-W 7:30-8:30 AM or by appt.

Ph. – 924-3054 or e-mail - [dmont4249@aol.com](mailto:dmont4249@aol.com) (prefer)

### Evaluation

### Grading Scale

Activity Quizzes (3@5 pts) - 15 pts

100-90 = A

Final Evaluation- 15 pts

89-80 = B

Quizzes - 60 pts (10@6 pts)

79-70 = C

Fieldwork assignment - 10 pts

69-50 = D

Below 50 = F

## COURSE POLICIES

- 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.**
- 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.**

Your own commitment to learning, as evidenced by your enrollment at San Jose State University, and the University's Academic Integrity Policy 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. See [http://sa.sjsu.edu/student\\_conduct](http://sa.sjsu.edu/student_conduct)

If you need course adaptations or accommodations because of a disability, or if you have emergency medical information to share, or if you need to make special arrangements please contact me.

Academic integrity is essential to the mission of SJSU. As such, students are expected to perform their own work (except when collaboration is expressly permitted by the course instructor) without the use of any outside resources. When practiced, academic integrity ensures that all students are fairly graded. Violations to the academic integrity policy undermine the educational process and will not be tolerated. They also demonstrate a lack of respect for oneself, fellow students, the course instructor, and can ruin the university's reputation and the value of the degree it offers. Violators of the academic policy will be subject to failing this course and being reported to the Office of Judicial Affairs for disciplinary action which could result in suspension or expulsion from SJSU. You should refer to University Policy regarding Academic Integrity, Dishonesty and Plagiarism if you need further clarification.