

San José State University
Department of Kinesiology
Kin 35B, Intermediate Weight Training, Fall 2013

Instructor:	Matt Haack
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Office Hours:	2:30PM-3:25PM TuTh
Class Days/Time:	TU TH 1:30-2:20 PM
Classroom:	Spartan Complex 218
Prerequisites:	Beginning Level Weight Training or Equivalent

Course Description

This course is designed for individuals with prior training experience and involves higher level exercises. Students will be exposed to a wide variety of machine as well as free weight exercises and will then design a program based on individual needs.

Course Goals and Student Learning Objectives

After the completion of the class, the student shall be able to:

1. Demonstrate the acquisition and application of the four major lifts: the squat, overhead press, deadlift, and bench press, as well as a variety of supplemental exercise to complement the above mentioned major ones
2. Demonstrate an understanding of gym etiquette, exercise technique, effective programming, and safety
3. Demonstrate an understanding of the benefits of weight training as it relates to physical and mental health
4. Demonstrate a positive change in personal fitness as it relates to components such as cardiovascular endurance, muscular strength and endurance, flexibility and body composition

Classroom Protocol

1. Be on time and properly attired to lift. This is a participation class, so come with the expectation that you will get sweaty.
2. Typical class time will be broken up in the following way:
 - a. 0-10 minutes – Lecture/Q&A
 - b. 10 minutes – Warm up
 - c. 30-40 minutes - Workout
3. Please bring note pad and pen. Composition notebooks work best in the gym. They are durable and have plenty of pages. **All tests and quizzes will be derived from Lecture Notes.** Don't make it harder on yourself trying to remember new concepts, be prepared to **write it down**.
4. Evaluation
 - a. Participation 50% - Daily Training Logs (no make up credit allowed)
 - b. Tests (2 total) 20% each = 40%
 - c. Final Assignment 10%
5. Please stow all cell phones in your backpack or bag. Distractions like ringing phones can create safety issues. Respect your fellow trainees please.
6. Lastly, if you are uncertain about a movement or exercise please ask for assistance. No question is foolish, preventable injuries are.

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](http://info.sjsu.edu/static/catalog/policies.html) 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](http://www.sjsu.edu/provost/services/academic_calendars/) at http://www.sjsu.edu/provost/services/academic_calendars/. The [Late Drop Policy](http://www.sjsu.edu/aars/policies/latedrops/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](http://www.sjsu.edu/advising/) at <http://www.sjsu.edu/advising/>.

Assignments and Grading Policy

1. Participation – you'll be required to log your workout and turn it in at the end of class. No make up credit will be given
2. Tests – Questions will come from lecture notes only
3. Final Assignment – Assignment will be based on accumulated knowledge gained over entire course and may or may not refer to in class notes. Due on the last day of class

University Policies

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 S07-2](http://www.sjsu.edu/senate/S07-2.htm), 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](http://www.sjsu.edu/studentconduct/) 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.

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](http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf) 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](http://www.drc.sjsu.edu/) (DRC) at <http://www.drc.sjsu.edu/> to establish a record of their disability.

Course Schedule

Week	Date	Topics, Readings, Assignments, Deadlines
1	8/22	Introduction, Syllabus
2	8/27 8/29	The Warm Up, Spotting, and Etiquette Assessments
3	9/3 9/5	The Squat The Squat
4	9/10 9/12	The Bench Press The Bench Press
5	9/17 9/19	Test The Deadlift
6	9/24 9/26	The Deadlift The Overhead Press
7	10/1 10/3	The Overhead Press Test
8	10/8 10/10	Linear Progression
9	10/15 10/17	
10	10/22 10/24	The Importance of a Strong Back
11	10/29 10/31	
12	11/5 11/7	The Importance of a Strong Core
13	11/12 11/14	
14	11/19 11/21	The Importance of Body Maintenance
15	11/26 11/28	Final Assignment Handout Thanksgiving Holiday
16	12/3 12/5	FINAL ASSIGNMENT DUE
Final Exam	xxxxxxxxx	Venue and Time

