

# San José State University

## Kinesiology

### Fall 2018, KIN 35B, Intermediate Weight Training

#### Contact Information

Instructor:	Dr. Richard Montgomery
Office Location:	SPX 173A
Telephone:	NA
Email:	<a href="mailto:richard.montgomery@sjsu.edu">richard.montgomery@sjsu.edu</a> (Preferred)
Office Hours:	7:00-7:30 MW or by appointment
Class Meetings & Location	YUH 126
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 Description

Intermediate weight training is designed for individuals with prior resistance training and experience. It involves complex level exercises and utilizes a variety of techniques to produce a training effect resulting in increased muscle strength and endurance, flexibility, and cardio respiratory efficiency. Prerequisite: KIN 035A or equivalent experience.

#### Course Content (skills)

- Improving strength of major muscle groups
- Developing accessory muscle/core strength
- Improving cardio vascular efficiency while weight training for strength
- Improving efficiency of training utilizing intense compound exercises

#### Course Content (concepts/knowledge)

- Use of various types of exercise programs that target specific goals
- Intermediate exercise physiology relating to strength and conditioning

Developing an improved exercise management plan  
Health benefits of physical activity  
Physical activity and the process of aging  
Differences in popular types of training disciplines  
Supplements and diet for managing exercise objectives

### **Activity Program Learning Outcomes**

After completion of the physical activity graduation requirement, students shall be able to:

- Demonstrate proficiency in the execution of the motor/sport skills appropriate to the specific activities completed.
- Identify and/or explain the applicable history, rules, strategies, current research, safety, and etiquette related to the specific activities completed.
- Identify and/or explain the benefits of physical activity as related to physical and mental health.

### **Text/Readings**

No text is 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. Reading materials will be distributed in class and/or emailed to the student.

### **Course Notes**

1. Assignments received or completed late will receive a deduction of 2 points for each day late.
2. A skill assessment must be taken in class at the time given and cannot be made up.
3. A skill assessment is not pre announced and is given promptly at the beginning of 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. For whatever reason, should you be unable to participate in class to the degree that your final grade will be unacceptable, you must drop the class or take an incomplete. Please see me for instructions.**
5. One skill assessment or activity assignment 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 skill assessment will only be recorded if activity for that class period is also completed.**
8. Cell phones should not used during class time except for playing personal music that can be utilized in lieu of the music played during activity.
9. In order to receive an A+ grade you cannot include a make-up quiz.

**10. Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of 45 hours over the length of the course (normally three hours per unit per week) for instruction, preparation/studying, or course related activities.**

**Course Requirements, Assignments, and Grading:**

**Evaluation**

Skill evaluation/assessment – 10@6 points

Activity assignment – 3@ 5 points

Outside Assignment - 10 points

Final Assignment – 15 points

**Grading Scale used to determine final course grade.**

<b>Percentage</b>	<b>Equivalent Grade</b>
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)**

August 22 – First Day of Class

Sept. 3 – Holiday (Veterans Day)

Nov 14 – Outside Assignment handed out in class

Nov. 21 – Non Instructional Day

Nov 28 – Outside Assignment due

Dec. 5 - Final Assignment handed out in class

Dec. 10 - Last day of class

Final Assignment due on regular scheduled final day/time (see details on Final Assignment hand out)

**University Policies**

Information pertaining to university programs and policies designed to facilitate student success are found here:

<http://www.sjsu.edu/gup/syllabusinfo/>