

San José State University

**Department of Kinesiology KIN 35B) Intermediate Weight Training
Training Spring 2013, Kinesiology 35B Section 2**

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 04 TR 4:30P to 5:20p
Classroom SPXC 218

RECOMMENDED TEXT: **Basic Weight Training for Men and Women 8th edition (Paperback) Thomas D. Fahey (Author)**

COURSE DESCRIPTION:

This course is designed to introduce the advanced beginner to intermediate weight trainer to a variety of intermediate level to advanced level weight training skills associated with the 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 OBJECTIVES: 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. Demonstrate through consistent practice behavior an appreciation for weight training as a lifetime leisure activity;
- e. Be able to design their own specific individualized weight training program.

COURSE CONTENT: The course includes learning experiences from the following categories:

- a. Basic safety practices and terminology;
- b. Performance of seven specific strength tests for evaluation purposes;
- c. Demonstration of a variety of specific proper training techniques and lifts;
- d. Lecture/discussion of kinesiological principals of weight training;
- e. Assigned readings from specific weight training texts and/or literature.

COURSE REQUIREMENTS:

- a. Perform for evaluation seven strength test items:
 - 1. 10% curls 15 reps (males 55% / females 40%) of body weight;
 - 2. 10% bench press 15 reps (males 105% / females 70%) of body weight;
 - 3. 10% sit-ups 60 reps 75 seconds (males with 25 lbs. / females with 10 lbs.);
 - 4. 10% Leg press 15 reps (males 220% / females 200%) of body weight.
 - 5. 10% Pull ups (males 15) (females 1 min 10 sec flexed arm hang)
 - 6. 10% 1 rep max (1RM). weight lifted in relation to body weight and in gender category **MIDTERM GOALS** (Females 55%) (Males 120%)
 - 7. 10% clean military press 15 reps (males 50% females 35%)
- b. Completion of one written examination
- c. Daily class participation
- d. Appropriate clothing and shoes must be worn at all times

EVALUATION:

a.	Strength tests (functional ability)	63%
b.	Daily participation	10%
c.	Improvement over midterm performance.	07%
d.	Midterm assessment	10
e.	Written exam	10%
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TOTAL POINTS POSSIBLE						100%

GRADING SCALE:

97-100%=	A+	77-79%	=	C+
93-96%=	A	73-76%	=	C
90-92%=	A-	70-72%	=	C-
87-89%=	B+	67-69%	=	D+
83-86%=	B	63-66%	=	D
80-82%=	B-	60-62%	=	D-
		< 60%	=	F

Diverse-ability Resource Center (DRC) and diverse ability accommodations:

Students needing accommodations must register with SJSU's DRC and together with the student's input, they will determine needs and develop appropriate accommodations necessary to provide the student with the best opportunity for success. Following identification of appropriate accommodations, it is the responsibility of the students to discuss with their instructor during the first week of instructions, what accommodations would be appropriate. The student should also have a discussion during the first week of class with the instructor if special arrangements are required in case the building must be evacuated. You can learn more about the DRC at

<http://www.drc.sjsu.edu>

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