

## **COURSE OUTLINE**

Dr. Dick Montgomery - Advanced Weight Training - KIN 35C

**Course Description** - This course is designed to teach the advanced 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 and cardio 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** (based on APLO's). Upon successful completion of the course requirements a student should:

1. Be able to demonstrate improved skill performance in weight training.
2. Be able to demonstrate an advanced understanding of (a) current fitness research, (b) the guidelines for developing a fit and healthy body through proper conditioning, proper nutrition and weigh control, (c) proper and safe exercise techniques.
3. Be able to demonstrate an understanding of the physiological and psychological benefits from physical activities and the reduced risk of certain diseases and health issues.
4. Demonstrate a positive change in the components such as, cardiovascular endurance, muscular strength, muscular endurance, flexibility and body composition.

**Course Contents:**

1. Use a variety of resistance equipment and training techniques.
2. Demonstrate an improved level of overall strength and fitness.
3. Write a personal weight training program commensurate with advanced weight training knowledge.
4. Understand how principles of resistance training can be applied in a diverse society (women, men, older populations, disabled, etc.).

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 - SPX 301

Office Hours –10:30-12:00 AM or by appt.

Ph. – 924-3015 or e-mail – [richard.montgomery@sjsu.edu](mailto:richard.montgomery@sjsu.edu) (prefer)

Evaluation

Grading Scale

Activity Quiz- 15 pts (3@5pts)

100-90 = A

Final Evaluation- 15 pts

89-80 = B

Quizzes - 60 pts (10@6 pts)

79-70 = C

Fieldwork assignment - 10 pts

69-60 = D

Below 60 = F

## Class 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. 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 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.**
- 8. Cell phones should not used during class time. Personal music can be utilized in lieu of the music played during activity.**

## Course Schedule

Jan 23 - First day of instruction

March 25-29 – Spring Recess

April 1 – Holiday, Cesar Chavez

April 3 – Outside assignment instruction sheet handed out

April 15 – Outside assignment due

May 1 - Take home final handed out

May 13 – Last day of class and take home final due

## **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 calendar](http://www.sjsu.edu/academic_programs/calendars/academic_calendar/) web page located at [http://www.sjsu.edu/academic\\_programs/calendars/academic\\_calendar/](http://www.sjsu.edu/academic_programs/calendars/academic_calendar/). 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/>.

## **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](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.sa.sjsu.edu/judicial_affairs/index.html) is available 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 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 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 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.

### **Student Technology Resources**

Computer labs for student use are available in the Academic Success Center located on the 1<sup>st</sup> floor of Clark Hall and on the 2<sup>nd</sup> floor of the Student Union. Additional computer labs may be available in your department/college. Computers are also available in the Martin Luther King Library.

A wide variety of audio-visual equipment is available for student checkout from Media Services located in IRC 112. These items include digital and VHS camcorders, VHS and Beta video players, 16 mm, slide, overhead, DVD, CD, and audiotape players, sound systems, wireless microphones, projection screens and monitors.

