San José State University
Kinesiology
Fall 2016, KIN 35C, Advanced Weight Training

Contact Information
Instructor: Dr. Richard Montgomery
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Email: richard.montgomery@sjsu.edu (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
Advanced weight training utilizes a variety of weight training equipment, exercises, techniques and lectures to produce a training effect resulting in increased muscle strength and endurance, flexibility, and cardio respiratory efficiency. As it is combined with intermediate weight training, advanced students are expected to provide leadership, act as positive role models and demonstrate levels of achievement beyond the intermediate level. Prerequisite: KIN 035B or equivalent experience.

Course Goals and Student Learning Objectives
Following activities and assigned reading, students will be able to demonstrate through class activities/assignments, skills tests, and written exams:

- Improving muscular strength of major muscle groups
- Etiquette in a fitness center
• Developing intermediate level muscle/core strength
• Improving cardiovascular efficiency
• Improving efficiency of training
• Use of various types of weight training and cardiovascular equipment
• Intermediate/advanced exercise physiology relating to strength and conditioning
• Developing a realistic exercise management plan
• Health benefits of physical activity
• Physical activity and the process of aging
• Differences in popular types of training disciplines

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 be 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.

Course Requirements, Assignments, and Grading:

Evaluation
Skill evaluation/assessment – 10@6 points
Activity assignment – 3@ 5 points
Outside Assignment - 10 points
Final – 15 points

Grading Scale used to determine final course grade.

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**Course Calendar (subject to change with fair notice by announcement in class and/or email)**

August 24 – First Day of Class  
September 6 – Holiday, Labor Day  
November 21 – Outside Assignment handed out in Class  
November 23 – Thanksgiving Break  
November 30 - Outside Assignment Due  
December 5 – Final handed out in class  
December 12 – Final Due/Last day of class

**University Policies**

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

[http://www.sjsu.edu/gup/syllabusinfo/](http://www.sjsu.edu/gup/syllabusinfo/)