

**San José State University**  
**Kinesiology Department**  
**KIN 37 – Fitness Walking, Section 02, Fall 2018**

**Course and Contact Information**

Instructor:	Michelle Ruban, M.A.
Office Location:	SPX 234
Email:	Michelle.ruban@sjsu.edu
Office Hours:	By appointment only
Class Days/Time:	Tuesday & Thursday 1:30pm-2:20pm
Classroom:	SPX Foyer

**Canvas and MYSJSU Messaging**

*Course materials such as syllabus, handouts, notes, assignment instructions, etc. can be found on [Canvas Learning Management System course login website](http://sjsu.instructure.com) at <http://sjsu.instructure.com>. You are responsible for regularly checking with the messaging system through Canvas and/or [MySJSU](http://my.sjsu.edu) at <http://my.sjsu.edu> to learn of any updates.*

**Course Description**

*The purpose of this class is to assist the student in the improvement of his/her cardiovascular system through fitness walking. The course will also help students learn about safety when walking. Students will be able to research their own routes within during class time. Distances/duration and/or routes will vary day to day. This course also seeks to increase the student's knowledge of training methods and given exercise tops so that they may develop their own programs and increase their time and distance.*

**Course Learning Outcomes Goals (CLO)**

*Following activities and assigned reading, students will be able to demonstrate through class activities/assignments, skills tests, and written exam*

- Knowledge of fundamental skills and technique related to fitness walking.*
- Proficiency in execution of the skills taught.*
- An understanding of safety and etiquette associated with walking in public.*
- An understanding of the mental and physical health benefits to be derived from walking.*
- An appropriate level of proficiency in personal health as it relates to components such as cardiovascular endurance, muscular strength, flexibility, body composition, balance, coordination, agility, and mental health and clarity.*

## Activity Program Learning Outcomes (APLO)

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

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

## Required Texts/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.

## Other technology requirements / equipment / material

Map My Run App/Pedometer and a notebook.

## Course Requirements and Assignments

- If you have pre-existing medical or physical problems you should consult your physician before participating in this class and alert the instructor to any required limitations.
- Intellectual property: Course materials developed by the instructor (e.g., exam/quiz items, videos, lecture notes/handouts) are the instructor's intellectual property and cannot be shared or uploaded in any form publicly without the instructor's approval.
- Students are expected to keep a fitness journal during the semester as one way of meeting and assessing APLO 3. More information about the fitness journal and how journal checks will be graded can be found on Canvas.
- Students are expected to complete three physical assessments during the semester (baseline, midterm, and final) as one way of meeting and assessing APLO 1. Grading rubrics for the assessments can be found on Canvas.
- Physical assessments, journal checks, and the final exam cannot be made up (serious and compelling reasons considered – proof/evidence may be required).
- Drop requests will not be accepted after the SJSU drop deadline.
- Course grades will be posted before the University's official deadline. No incomplete grades will be provided.
- Outings/assignments for another class cannot be counted for this course.

“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, including but not limited to internships, labs, and clinical practica. Other course structures will have equivalent workload expectations as described in the syllabus.”

## Final Examination or Evaluation

The final exam will be on Canvas. It will be available on Canvas during the entire week of finals to be completed at your convenience. More details will be provided towards the end of the semester.

## Grading Information

20%	Participation - assessed through observation of skills and engagement in class activities (APLO 1)	20 points
15%	Baseline Assessment (APLO 1)	15 points
20%	Midterm Assessment (APLO 1)	20 points
20%	Final Assessment (APLO 1)	20 points
15%	Journal Checks -3 total (APLO 3)	15 points (5 pts each)
10%	Written Final Exam on Canvas (APLO 2 & 3)	10 points
<b>100%</b>		<b>100 points</b>

## Determination of Grades

*Grading Scale used to determine Final Course Grade.*

<i>Percentage</i>	<i>Equivalent Grade</i>
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

## Classroom Protocol

- *Class protocol: Students are expected to arrive on time and participate fully in all activities throughout the class period. Regular active participation is essential to acquiring the course objectives.*
- *Utilize cell phones only for the purposes of the class.*
- *Interactions with classmates and the instructor are expected to be respectful at all times.*
- *Proper athletic attire is must be worn at all times (shorts, t-shirts/tank tops, leggings, athletic shoes). Students will not be allowed to participate if these instructions are not followed.*
- *Students cannot bring friends to class.*
- *Please bring water/water bottle to class and a sweat towel.*
- *Report any accidents/injuries to the instructor immediately.*
- *Recording class/Use of social media: Instruction may not be recorded. If classmates ask you to record their performance for later review make sure it is done before or after class rather than during class. Do not post or otherwise share the recording. Use of social media during class time will be closely monitored and strongly prohibited.*

## University Policies

### 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 in the [policies section](http://info.sjsu.edu/static/catalog/policies.html) at <http://info.sjsu.edu/static/catalog/policies.html>. Add/drop deadlines can be found on the current [academic year calendars](http://www.sjsu.edu/provost/services/academic_calendars/) document at [http://www.sjsu.edu/provost/services/academic\\_calendars/](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/>.

### 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) 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](http://www.sjsu.edu/studentconduct/) website 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](http://www.sjsu.edu/senate/S07-2.htm) at <http://www.sjsu.edu/senate/S07-2.htm> requires approval of instructors.

**Note: Assignments completed for another class cannot be counted for this course.**

### 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](http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf) requires that students with disabilities requesting accommodations must register with the [Accessible Education Center](http://www.sjsu.edu/aec/) (AEC) at <http://www.sjsu.edu/aec/> to establish a record of their disability.

### Accommodation to Students' Religious Holidays

San José State University shall provide accommodation on any graded class work or activities for students wishing to observe religious holidays when such observances require students to be absent from class. It is the responsibility of the student to inform the instructor, in writing, about such holidays **before the add deadline** at the start of each semester. If such holidays occur before the add deadline, the student must notify the instructor, in writing, at least three days before the date that he/she will be absent. It is the responsibility of the instructor to make every reasonable effort to honor the student request without penalty, and of the student to make up the work missed. See University Policy S14-7 at <http://www.sjsu.edu/senate/docs/S14-7.pdf>.

## KIN 37 – Fitness Walking, Fall 2018 Course Schedule

\*\*\*subject to change with fair notice by announcement in class and/or email

Week	Dates	Course Content (Workouts, Assessments, Assignments, Exams, etc.)
1	8/21 Tu 8/23 Th	Introduction to class content, policies, procedures (SPX 107B). <a href="#">Walking &amp; Running Biomechanics Handout</a> . Daily warm-up protocol. Possible short walk. <a href="#">Warm-up and Cool Down Handout</a> .
2	8/28 Tu 8/30 Th	<b>BASELINE ASSESSMENT (meet at south campus track)</b> . <a href="#">Rating of Perceived Exertion Handout</a> . 15 seconds walk, 45 seconds recovery. <a href="#">Fitness Journal Instructions Handout</a> .
3	9/4 Tu 9/6 Th	15 seconds walk, 45 seconds recovery. 20 seconds walk, 40 seconds recovery. <a href="#">Heart Rate Handout</a> .
4	9/11 Tu 9/13 Th	25 seconds walk, 35 seconds recovery. 30 seconds walk, 30 seconds recovery. <a href="#">Nutrition Guidelines Handout</a> .
5	9/18 Tu 9/20 Th	35 seconds walk, 25 seconds recovery. 40 seconds walk, 20 seconds recovery. <a href="#">Walking &amp; Running Injuries Handout</a> .
6	9/25 Tu 9/27 Th	45 seconds walk, 20 seconds recovery. <b>Journal Check #1</b> . 50 seconds walk, 20 seconds recovery.
7	10/2 Tu 10/4 Th	55 seconds walk, 25 seconds recovery. 60 seconds walk, 25 seconds recovery.
8	10/9 Tu 10/11 Th	Fartlek training. <b>MIDTERM ASSESSMENT (meet at south campus track)</b> .
9	10/16 Tu 10/18 Th	65 seconds walk, 20 seconds recovery. <a href="#">AHA Benefits of PA and ACSM Guidelines for PA Handout</a> . 70 seconds walk, 20 seconds recovery.
10	10/23 Tu 10/25 Th	75 seconds walk, 20 seconds recovery. 80 seconds walk, 20 seconds recovery.
11	10/30 Tu 11/1 Th	85 seconds walk, 20 seconds recovery. <b>Journal Check #2</b> . Team Relays.

12	11/6 Tu 11/8 Th	90 seconds walk, 30 seconds recovery. <a href="#">Health &amp; Skill Related Components of Fitness Handout.</a> 90 seconds walk. 20 seconds recovery.
13	11/13 Tu 11/15 Th	Partner Relays. Tabata Training.
14	11/20 Tu 11/22 Th	<i>KIN 37 Sect. 2 Turkey Trot 3k-5k (1.9-3.1 miles) – self selected race pace.</i> <b>No Class -- Thanksgiving!!</b> <a href="#">Please read The New Science of Exercise Handout.</a>
15	11/27 Tu 11/29 Th	3 minutes continuous walk, rest as needed. <a href="#">Discuss New Science of Exercise Handout.</a> 5 minutes continuous walk, rest as needed.
16	12/4 Tu 12/6 Th	<b>FINAL ASSESSMENT (meet at south campus track).</b> <b>Journal Check #3.</b> Review for Written Final Exam. Final walk around campus.
17	12/12 Wed through 12/18 Tues	<b>FINAL EXAM on Canvas</b> <b>available during entire finals week</b>