

**San José State University**  
**Department of Kinesiology**  
**KIN 001, Adapted Physical Activities, Fall 2017**

**Course and Contact Information**

<b>Instructor:</b>	Erin Siebert, PhD
<b>Office Location:</b>	SPXE 173D
<b>Telephone:</b>	408-924-3054
<b>Email:</b>	Erin.Siebert@sjsu.edu
<b>Office Hours:</b>	Wednesdays 1-2 pm Thursdays 11am -12 pm
<b>Class Days/Time:</b>	Tuesday/Thursday 9:30-10:20 am
<b>Classroom:</b>	YUH 126

**Course Format**

**Activity Course**

This is an activity course that requires in class physical activity participation. In addition to in class participation, students will complete assignments online using Canvas. Internet connectivity and a computer are needed to complete assignments.

**Web Resource**

Course materials may be found on the e-campus [Canvas learning management system](http://www.sjsu.edu/at/ec/canvas/) at <http://www.sjsu.edu/at/ec/canvas/>. You are responsible for regularly checking the Canvas discussion board and email for information and messages. Login using your My SJSU username and password.

**Course Description**

This course is for students unable to participate in the regular physical activity program due to a verifiable injury, health condition, or physical limitations. This course provides structured individualized physical activities to enhance physical/motor fitness and develops an active, health-oriented lifestyle for students

**Course Goals and Student Learning Objectives**

**Activity Program Learning Outcomes**

Upon successful completion of the physical activity graduation requirement, students will 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.

## **Course Learning Outcomes (CLO)**

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

1. Knowledge of fundamental skills and techniques related to general physical activity.
2. Proficiency in execution of the general physical activity skills covered.
3. An understanding of the history, rules, strategies, current research, safety and etiquette associated with general physical activity.
4. An understanding of the mental and physical health benefits to be derived from general physical activity.
5. An appropriate level of proficiency in personal fitness as it relates to components such as cardiovascular endurance, muscular strength, muscular endurance and flexibility.

## **Required Texts/Readings**

### **Textbook**

Prentice, W. E. (2012). *Get fit, stay fit*. FA Davis.

Please try to get the 6<sup>th</sup> edition. It is older and should be much cheaper.

Additional readings will be added to Canvas as necessary.

## **Course Requirements and Assignments**

### **Daily Participation and Log:**

Active participation in group discussions, one-on-one discussions as well as physical participation in individualized fitness plans. Students are expected to arrive on time and participate fully in all activities throughout the class period. For each 15-minute block that a student misses class, they will lose 1 participation point. Each class is worth 3 participation points. Student may miss 2 classes before it negatively affects the grade. Daily fitness logs will be kept to track and evaluate individual student progress.

### **Tests, Quizzes and Assessments:**

There will be one written midterm. It will consist of fill in, multiple choice, matching and true/false questions. The midterm will cover all the information covered up until that point.

There will be weekly online quizzes through Canvas. They will be due at the end of each week and will relate to the readings and in class lessons of that week. There are no make-ups for these quizzes so plan accordingly.

There will two fitness assessments during this semester. One, pre-assessment, will be in the beginning while the other, post assessment, will be at the end. Due to the varied individual student needs and the nature of this activity class, the fitness assessments will vary for each student based on their individual fitness and motor development needs

### **Assignments/Projects:**

There will be a final reflection due at the end of the semester. More information will be provided on Canvas during the semester.

### **Final Examination or Evaluation:**

There will be a written final. It will consist of fill in, multiple choice, matching and true/false questions. The final will cover material presented over the entire semester.

### **University's Credit Hour Requirement**

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 3 hours per unit per week with 1 of the hours used for lecture) for instruction or preparation/studying or course related activities including but not limited to internships, labs, clinical practica. Other course structures will have equivalent workload expectations as described in the syllabus. For this course, this will include preparing for class, participating in course activities, and completing assignments/projects.

### **Grading Information**

#### Grading Plan

- 60% Daily Participation Log
- 15% Weekly Online Quizzes
- 5% Written Midterm
- 10% Pre and Post Assessments
- 5% Student Reflection
- 5% Written Exam

#### **Determination of Grades**

A+ = 100-97%	A = 96-93%	A- = 92-90%
B+ = 89-87%	B = 86-83%	B- = 82-80%
C+ = 79-77%	C = 76-73%	C- = 72-70%
D+ = 69-67%	D = 66-63%	D- = 62-60%
F = 59-0% Unsatisfactory		

- At SJSU all grades are earned as either a base letter grade (i.e. B) or with a plus (i.e. B+) or minus (i.e. B-). To earn a plus on a letter grade the students will need to earn above the 7th percent in that grade category (i.e. 67%, 77%, etc.). To earn a minus on the letter grade the students will need to earn at or below the 2nd percent in that grade category (i.e. 62%, 72%, etc.).
- Final total grades will be rounded, .49 rounds down to the next whole number and .5 rounds up.
- Extra credit options, if available will be announced in class only.
- It is each student's responsibility to know when each assignment is due, due dates are listed on the schedule and on Canvas. Each assignment is due by 11:59pm of the due date unless otherwise stated.
- NO late assignments will be accepted unless prior arrangements have been made with the professor.

### **Classroom Protocol**

- Turn cell phone off and put away for the duration of the class.
- Interactions with classmates and the instructor are expected to be respectful at all times.
- 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 unless otherwise approved by the instructor.

- Course materials developed by the instructor (e.g., exam/quiz items, videos, lecture notes), are the instructor's intellectual property and cannot be shared or uploaded in any form publicly without the instructor's approval.
- 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.
- Report any accidents to the instructor immediately.
- Written exams and skills test cannot be made up except under extreme circumstances.
- Drop requests will not be accepted after the drop deadline.

### **University Policies**

Per University Policy S16-9, university-wide policy information relevant to all courses, such as academic integrity, accommodations, etc. will be available on Office of Graduate and Undergraduate Programs' [Syllabus Information web page](http://www.sjsu.edu/gup/syllabusinfo/) at <http://www.sjsu.edu/gup/syllabusinfo/>"

## KIN 001 / Adapted Physical Activities, Fall 2017, Course Schedule

This is a tentative schedule and may change as needed. No additional coursework or assignments will be given. Students will be notified of any changes at least one week in advance in-class and/or via Canvas.

Normal text represents the topics for that class, *italicized text* represents when a reading is assigned, **bolded text** represents when an assignment is due.

### Course Schedule

Week	Date	Topics, Readings, Assignments, Deadlines
0	8/24	Welcome/Intro/Class requirements
1	8/29	Individual needs
1	8/31	Equipment walk through
2	9/5	Equipment walk through
2	9/7	Flexibility <i>Reading: Ch 1 &amp; 9</i>
3	9/12	Individual programs <b>Pre-assessment</b>
3	9/14	Individual programs <i>Reading: Ch 2 &amp; 6</i>
4	9/19	Cardiovascular Exercise
4	9/21	Cardiovascular Exercise <i>Reading Ch. 3 &amp; 8</i> <b>Quiz #1</b>
5	9/26	Workout
5	9/28	Workout <i>Reading: Ch. 5</i> <b>Quiz #2</b>
6	10/3	Workout
6	10/5	Workout <i>Reading: Ch. 4</i> <b>Quiz #3</b>
7	10/10	Workout
7	10/12	Workout <i>Reading: Ch. 7</i> <b>Quiz #4</b>
8	10/17	<b>Midterm</b>
8	10/19	<b>Re-evaluation of fitness plans</b>
9	10/24	Workout

<b>Week</b>	<b>Date</b>	<b>Topics, Readings, Assignments, Deadlines</b>
9	10/26	Workout
10	10/31	Workout
10	11/2	Workout <b>Quiz #5 (mix of all chapters)</b>
11	11/7	Workout
11	11/9	Workout
12	11/14	Workout
12	11/16	NO CLASS – Out of town for NAPE conference
13	11/21	Variety of exercise
13	11/23	NO CLASS - HOLIDAY
14	11/28	Workout
14	11/30	Workout
15	12/5	Workout
15	12/7	<b>FINAL – held last day of class</b>
Final Exam		For all activity classes, you will not have an outside final. Your final will be held on the last day of class.