

San José State University
CASA/Department of Kinesiology
KIN 001-01, Adapted Physical Activity, Fall 2015

Instructor:	Mrs. Janet Clair
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Office Hours:	Tuesday 11:30 – 12:30; Wednesday 1:30 – 2:30 and by appointment.
Class Days/Time:	Tuesday and Thursday 10:30 – 11:20 AM
Classroom:	YUH 126

Course Description

Kinesiology 001 includes structured individualized physical activities to enhance physical/motor fitness and develop an active, health-oriented lifestyle for students unable to participate in the general activity program. The course is repeatable for credit. 1 unit.

Web Resource

Course materials may be found on the e-campus Canvas learning management system: <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 MySJSU username and password.

Course Goals and Student Learning Objectives

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

- Knowledge of fundamental skills, technique related to adapted physical activity.
- Proficiency in execution of the skills covered.
- An understanding of the history, rules, strategies, current research, safety and etiquette associated with adapted physical activity.
- An understanding of the mental and physical health benefits to be derived from adapted physical activity.

- An appropriate level of proficiency in personal fitness as it relates to components such as cardiovascular endurance, muscular strength and endurance, flexibility, body composition, balance, coordination, and agility.

An individualized physical activity program will be developed in partnership between the student and the instructor. Specified goals are to be met by the end of the semester. The student is expected to realize physical activity potential through participation in this course. It is anticipated that the student will commit to a personal physical activity program through self-discipline, time, effort, and determination.

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.

Required Texts/Readings

Textbook

Prentice, W. E. (2012). *Get fit, stay fit* (6th ed.). New York: McGraw-Hill. ISBN 978-0-07-352385-9. The text is available at the Spartan Bookstore.

Classroom Protocol

The course will begin at 5 minutes after the half hour and conclude at 10 minutes to the half hour. Active participation is expected of the student. Shower/locker room facilities are available if necessary, please consult the instructor. Attendance will be taken daily. Please find your daily exercise log and keep it with you during class to record your workout and other essential information. **Please wear “workout” clothes that allow you to move and sweat appropriately.** Good training shoes are a must. You may also bring a water bottle and towel. Alert the instructor of any medical problems, special medications, or accidents that might affect your involvement in the class.

Assignments and Grading Policy

Each assignment will be given a letter grade based on percentages on the assignment.

Percentage of the highest Score on an Exam	Grade
93 – 100%	A
90 – 92.99%	A-

87 – 89.99%	B+
83 – 86.99%	B
80 – 82.99%	B-
77 – 79.99%	C+
73 – 76.99%	C
70 – 72.99%	C-
67 – 69.99%	D+
63 – 66.99%	D
60 – 62.99%	D-
less than 59.99%	F

Evaluation

1. Skills Test 1	30%
2. Skills Test 2	30%
3. Pre/Post Fitness Test	5%
4. Fitness Labs (6)	15%
5. Exam 1	10%
6. Exam 2	10%

Assigned Labs

Each student is required to complete 6 lab assignments that are included in the text. Students are welcome to photocopy the assigned labs and then complete them. **(Late lab assignments will be graded down one grade for each day late.)**

2-1	7-1 (in class)
2-2	7-2
4-1 (in class)	7-3

Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of forty-five hours over the length of the course. This would include preparing for class, participating in course activities, and completing assignments/projects. Generally this will amount to 1 hour a week outside of class.

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 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 year calendars document on the [Academic Calendars webpage](http://www.sjsu.edu/provost/services/academic_calendars/) at 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), 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.sjsu.edu/studentconduct/) is available at <http://www.sjsu.edu/studentconduct/>.

Campus Policy in Compliance with the Americans with 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 Accessible Education Center (AEC) at <http://www.sjsu.edu/aec> to establish a record of their disability or 408-9245-6000 or 408 924-5990 (TTY).

Adapted Physical Activity, KIN 001-01, Fall 2015, Tentative Course Schedule

The schedule is subject to change subject with fair notice. Any changes will be announced in class and students will also be notified through MySJSU. Syllabus, study guides, grades, etc. posted on Canvas.

Table 1 Course Schedule

Week	Date	Topics, Readings, Assignments, Deadlines
1	T, 8/20	Introductions/Syllabus
2	T, 8/25	Chapter 1 Getting Fit: Why Should You Care?
	Th, 8/27	Begin Pre Fitness Assessment
3	T, 9/1	Chapter 2 Creating a Healthy Lifestyle
	Th, 9/3	Labs 2-1 & 2-2 Due
4	T, 9/8	Chapter 3 Starting Your Own Fitness Program
	Th, 9/10	Chapter 4 Developing Cardiorespiratory Fitness
5	T, 9/15	Lab 4-1 In Class – Bring text and calculator to class
	Th, 9/17	Chapter 5 Improving Muscular Strength, Endurance, & Power
6	T, 9/22	
	Th, 9/24	
7	T, 9/29	Exam 1 – Chapters 1-4; Labs 2-1, 2-2, 4-1
	Th, 10/1	Skills Test - 1

Week	Date	Topics, Readings, Assignments, Deadlines
8	T, 10/6	
	Th, 10/8	
9	T, 10/13	Chapter 6 Increasing Flexibility Through Stretching
	Th, 10/15	
10	T, 10/20	Chapter 6 Increasing Flexibility Through Stretching
	Th, 10/22	
11	T, 10/27	Chapter 7 Eating Right
	Th, 10/29	
12	T, 11/3	
	Th, 11/5	Lab 7-1 in class – bring text to class
13	T, 11/10	Labs 7-2 and 7-3 Due
	Th, 11/12	
14	T, 11/17	
	Th, 11/19	
15	T, 11/24	Begin Post Fitness Assessment/Skills Test
	Th, 11/26	Thanksgiving Day – Campus Closed – Enjoy!
16	T, 12/1	
	Th, 12/3	
17	T, 12/8	Last day of instruction and last class meeting. Exam 2. Chapters 5,6,7 Labs 7-1, 7-2, 7-3