

**San José State University**  
**School/Department**  
**KIN 1, Adapted Physical Activities, Spring, 2021**

**Course and Contact Information**

Instructor:	Salvador Delgado
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Office Hours:	Monday/Wednesday 1:00 - 2:00pm
Class Days/Time:	TBA
Classroom:	Online

**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.

**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 your sjsu.edu email or Canvas inbox to learn of any updates.

**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 with disabilities.

**Course Goals**

**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 readings, 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. (2016). *Get fit, stay fit*. FA Davis. ISBN-13: 978-0-8036-4464-9

This is the newer 7<sup>th</sup> edition. Quizzes and assignments are based off of the 7<sup>th</sup> edition, you may use the 6<sup>th</sup> edition but are responsible for any differences in content.

### **Other technology requirements / equipment / material**

All course content and graded assignments are available on Canvas. It is your responsibility to check the Canvas course at least once a week. All assignments, quizzes and exams will be administered through Canvas.

## **Course Requirements and Assignments**

### **Daily Participation**

Students are expected to perform physical fitness activities and log it for participation. Students are not permitted to participate while under the influence of drugs or alcohol.

### **Workout Log**

Students are responsible for creating and maintain a daily fitness log to track and evaluate their progress. The log will be turned in by the end of the day that class is assigned.

### **Assessments**

There will be multiple fitness assessments throughout the semester to determine appropriate fitness plans and evaluate progress. Assessments are not worth points but must be completed to pass the course. 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.

### **Quizzes**

There will be weekly online quizzes through Canvas. They will consist of fill in the blank, multiple choice, matching and true/false type questions. 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.

## Tests

There will be a midterm check to see how you are progressing on the goal set at the beginning of the semester. More information will be provided in class and on Canvas during the semester and will cover all the information covered up until that point.

## Final Examination

Faculty members are required to have a culminating activity for their courses, which can include a final examination, a final research paper or project, a final creative work or performance, a final portfolio of work, or other appropriate assignment.

There will be a written final. The final will cover material presented over the entire semester. More information will be provided in class and on Canvas.

## 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 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.

## Grading Information

- Mid-term check = 30 points & final reflection = 35 points = 65 points
- Quizzes (10 points each x10) = 100 points
- Participation/ Workout log (5 points per day x27 days) = 135 points
- Assessments (no points awarded but must be completed to pass)

## Determination of Grades

- 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 based on the tens place, .49 rounds down to the next whole number and .5 rounds up.
- Extra credit options, if available will be announced in class only. No additional or individual extra credit options will be made available.
- It is each students 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.
- Late assignments will NOT be accepted unless prior arrangements have been made with the professor

<i>Grade</i>	<i>Points</i>	<i>Percentage</i>
<i>A plus</i>	<i>291 to 300</i>	<i>97 to 100%</i>
<i>A</i>	<i>279 to 290</i>	<i>93 to 96%</i>
<i>A minus</i>	<i>270 to 278</i>	<i>90 to 92%</i>
<i>B plus</i>	<i>261 to 269</i>	<i>87 to 89 %</i>
<i>B</i>	<i>249 to 260</i>	<i>83 to 86%</i>
<i>B minus</i>	<i>240 to 248</i>	<i>80 to 82%</i>
<i>C plus</i>	<i>231 to 239</i>	<i>77 to 79%</i>
<i>C</i>	<i>219 to 230</i>	<i>73 to 76%</i>

<i>Grade</i>	<i>Points</i>	<i>Percentage</i>
<i>C minus</i>	<i>210 to 218</i>	<i>70 to 72%</i>
<i>D plus</i>	<i>201 to 209</i>	<i>67 to 69%</i>
<i>D</i>	<i>189 to 200</i>	<i>63 to 66%</i>
<i>D minus</i>	<i>180 to 188</i>	<i>60 to 62%</i>

### **Classroom Protocol**

- Use of cell phones for personal music is permitted with headphones only during individual workout time. Calls, texting, photography (personal or group) and posting not permitted in 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, quizzes and assessments 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 (<http://www.sjsu.edu/senate/docs/S16-9.pdf>), relevant information to all courses, such as academic integrity, accommodations, dropping and adding, consent for recording of class, etc. is available on Office of Graduate and Undergraduate Programs' [Syllabus Information web page](#) at <http://www.sjsu.edu/gup/syllabusinfo/>” Make sure to review these university policies and resources with students.

## KIN 1 / Adapted Physical Activities, Fall 2020, 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
1	1/27	Welcome, syllabus, assignments and grading
2	2/2	Meet Individual with students
2	2/4	Meet Individual with students
3	2/9	Workout log <i>Reading: Ch. 1 – Getting Fit: Why Should You Care?</i>
3	2/11	Workout log <b>Quiz 1 – Due Friday by midnight</b>
4	2/16	Workout log <i>Reading: Ch. 2 – Creating a Healthy Lifestyle</i>
4	2/18	Workout log <b>Quiz2 – Due Friday by midnight</b>
5	2/23	Workout log <i>Reading: Ch. 3 – Starting Your Own Fitness Program</i>
5	2/25	Workout log <b>Quiz 3 – Due Friday by midnight</b>
6	3/2	Workout log <i>Reading: Ch. 4 – Developing Cardiorespiratory Fitness</i>
6	3/4	Workout log <b>Quiz 4 – Due Friday by midnight</b>
7	3/9	Workout log <i>Reading: Ch. 5 – Improving Muscular Strength, Endurance, and Power</i>
7	3/11	Workout log <b>Quiz 5 – Due Friday by midnight</b>
8	3/16	Workout log <i>Midterm – available on Canvas</i>
8	3/18	Workout log
9	3/23	Workout log
9	3/25	Workout log
		Spring Break 3/29 – 4/2
10	4/6	Workout log <i>Reading: Ch. 6 – Increasing Flexibility Through Stretching</i>

<b>Week</b>	<b>Date</b>	<b>Topics, Readings, Assignments, Deadlines</b>
10	4/8	Workout log <b>Quiz 6 – Due Friday by midnight</b> Midterm Progress/Program Evaluation
11	4/13	Workout log <i>Reading: Ch. 7 – Eating Right to Fuel the Body</i>
11	4/15	Workout log <b>Quiz 7 – Due Friday by midnight</b>
12	4/20	Workout log <i>Reading: Ch. 8 – Developing and Maintaining a Healthy Body Image Through Diet and Exercise</i>
12	4/22	Workout log <b>Quiz 8 – Due Friday by midnight</b>
13	4/27	Workout log <i>Reading: Ch. 9 – Practicing Safe Fitness</i>
13	4/29	Workout log <b>Quiz 9 – Due Friday by midnight</b>
14	5/4	Workout log <i>Reading: Ch. 10 – Becoming a Wise Consumer</i>
14	5/6	Workout log <b>Quiz 10 – Due Friday by midnight</b>
15	5/11	Workout log
16	5/13	Workout log – Last Day of Instruction
17	5/17	Start of Finals Week