

San José State University
Kinesiology
Fall 2015, KIN 34-01, Step Training

Instructor: Krislyn Li

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Office Hours: By appointment

Class Meetings & Location: MW 11:30AM – 12:20PM at the Event Center
(BRING TOWER CARD EVERY DAY)

Course Description

Step training is a low-impact aerobic conditioning activity designed to enhance cardiorespiratory endurance and muscular strength and endurance.

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.

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 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, used in aerobic dance.
- Proficiency in execution of the skills covered.
- An understanding of the history, rules, strategies, current research, safety and etiquette associated with aerobic dance.
- An understanding of the mental and physical health benefits to be derived from aerobic dance.
- 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.

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

Text - None required. Cognitive material comes from a variety of sources provided in class and on canvas. Students are expected to keep lecture notes, utilize handouts and may be asked to reference some outside reading sources.

Course Notes

- **Students are required to show their valid student ID card entering the Event Center. No Exceptions!!**
- **Class protocol: Students are expected to arrive on time and participate fully in all activities throughout the class period. Therefore recognizable and acceptable effort in class participation is a requirement.**
- **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.**
- **Pre and post assessments are done at the beginning and end of the semester, to determine present level of fitness and progress made during the semester.**
- **The students are responsible for assigned readings from handout materials.**
- **One Final Exam:** written exam cannot be made up.
- **One 882E answer sheet and #2 pencil are required for the exam.**
- Drop requests will not be accepted after the SJSU drop deadline.
- **Intellectual property: 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.**

Course Requirements and Grading Policy

Grading Scale used to determine letter grade for each component above.

Percentage	Equivalent Grade
97% - 100%	A+
93% - 96%	A
90% - 92%	A-

Percentage	Equivalent Grade
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

Grading Plan

Tests:

- 10% Quiz on benefits of exercise
- 10% Pre and Post Fitness Assessments
- 15% Fieldwork Assignment
- 15% Final Exam
- 50% Skills Assessments (11 assessments worth 5 points each, lowest score will be dropped)

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 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/. 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: Outings/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 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>.

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

Week	Course Content (important dates)
1	8/24 Introduction and Syllabus 8/26 Pre Fitness Assessment

Week	Course Content (important dates)
2	8/31 Warm ups / Cool Downs 9/2 Physical Activity and Benefits
3	9/7 NO CLASS (LABOR DAY) 9/9 Physical Activity and Benefits
4	9/14 Heart Rate and Factors 9/16 Metabolic Syndrome
5	9/21 Quiz on Benefits of Exercise 9/23 Health and Skill Related Components
6	9/28 FITT Principles 9/30 SMART Goals
7	10/5 Discuss fieldwork assignment 10/7 Weight Management
8	10/12 Emphasis on lunges and squats 10/14 Emphasis on push ups and core
9	10/19 Importance of Body Composition 10/21 Common Aerobic Injuries
10	10/26 Stress Management 10/28 Exercise and Brain Function
11	11/2 Flexibility and Mobility 11/4 Sprint and Endurance Training
12	11/9 Strength Training for Aerobic Endurance 11/11 Nutrition and Timing
13	11/16 Balance and Coordination 11/18 Exercise into Old Age
14	11/23 Common Exercise Myths 11/25 Fieldwork assignment due
15	11/30 Current Research 12/2 Concepts Review
16	12/7 Post-Fitness Assessment 12/10 Final Exam at 9:45AM