

San José State University
CHHS/Kinesiology

KIN31, Body Sculpting, Spring 2021

Course and Contact Information

Instructor:	Alev Dietrich
Email:	alev.dietrich@sjsu.edu
Office Hours:	by appointment
Class Days/Time:	Asynchronous (50 min twice a week)
Classroom:	online

Course Format

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

Course Description

Body Sculpting is designed to increase muscular endurance and improve muscle tone by performing a high number of repetitions using light to moderate amount of resistance taught in a group setting with music. This class also includes cardio, HIIT and circuit training workouts. Equipment includes: hand weights, tubing and mats. Other benefits obtained from this class may be increased flexibility, cardio-respiratory endurance, balance, and core stability.

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, students shall:

1. Be able to demonstrate improved skill performance in muscle and cardio-interval movement combinations and other muscle conditioning activities.
2. Be able to demonstrate an understanding of current fitness research, the guidelines for developing a fit and healthy body through proper conditioning, proper nutrition, and weight control.
3. Be able to demonstrate an understanding of the physiological and psychological benefits from physical activities and the reduced risk of certain diseases and health issues.
4. Demonstrate a positive change in the components of fitness such as cardiovascular endurance, muscular strength, muscular endurance, flexibility, and 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
- Demonstrate a positive change in personal fitness as it relates to components such as cardiovascular endurance, muscular strength and endurance, flexibility, body composition, balance, coordination, and agility.

Text/Readings

- Kravitz, Len, Anybody's Guide to Total Fitness, Kendall Hunt Publishing Co.10th ed. and up
- Lecture Handout & Muscles and Exercises Body Sculpting document created by the instructor (on CANVAS)

Course Contents

1. Proper and safe warm-up, workout, and cool-down techniques.
2. Correct resistance training techniques and modifications
3. Assigned readings from text and outside assignments
4. Pre and post fitness assessments
5. Quizzes and final exam

Class Protocol

- A. **ACTIVE** participation in the form of **performing the assigned workouts** and **submitting the accompanying assignments** on CANVAS is **REQUIRED** to meet the course objectives (**60%** of your overall grade including pre- and post-fitness tests).
1. Students are expected to participate fully in all physical activities on their own and listen to the lectures (Check the Course Schedule section at the end of this syllabus for those specific dates.)
 2. Appropriate ***shoes and clothing*** are required for class activity. Bare feet, socks only, sandals, "heels", slippers are not recommended during activity.
 3. Hand weights (a set of light and a set of heavy), resistance bands/tubing, and a mat are highly recommended. Students may substitute these with water bottles, a heavy ball, watermelon, laundry soap containers, can of food, thick towel/carpet, and etc.
 - The weekly assignments will be available in the morning of Monday and has to be submitted by **midnight on Friday (11:59pm)**. **If you fail to submit the assignment on time, you will get a ZERO! NO MAKE-UP and NO LATE WORK** submissions (except for pre- and post-tests with penalty for late submission) for weekly assignments with **NO EXCEPTIONS!!**
 4. Outings/assignments completed for another class cannot be counted for this course.
 5. Only under EXTENUATING circumstances will a doctor's note be accepted by the instructor for missed assignments. (i.e., severe illness, injury, operation, etc.)

- B. Pre- and post-test fitness assessments will be performed (**15%** of your overall grade).
1. Pre-test will assess the fitness level of the student in the beginning of the semester with standardized fitness tests.
 2. Post-test will assess the fitness level of the student at the end of the semester with the same standardized fitness tests used in the pre-test to acknowledge an improvement gained through the course.
 3. The scores will be posted as an assignment; the grade will **NOT** depend on the scores.
 4. The submission for pre- and post-test results should be done by the specified due date; however, if submitted late, 10% of the points available will be deducted per calendar day the assignment is late.
- C. A typical week (Module on Canvas) is comprised of a quiz (on the previous week's lecture topic), a lecture (cognitive component), a workout (physical activity component), and its assignment submission.
- D. Assignments will be some form of documentation of the workout of the week along with student's reflections. You **WILL NOT** need to record your video performing the workout. However, you will have to perform the assigned video to its entirety to be able to do the assignment. It is recommended that you keep a notebook near you to jot down the details of your workout as you perform it so that you can then recall easily to be able to do your assignment.
- E. Assignments will be **graded** based on quality and accuracy and will not be just checked as 'completed'. **REVIEW** the instructions carefully to get the full credit for the assignment you upload on Canvas.
- F. Lectures and workouts are pre-recorded. Lectures will mainly focus on two areas:
1. A specific topic related to fitness and exercise from the textbook and handouts.
 2. The theory and knowledge relevant to the week's workout (i.e., the lower body exercises are covered in a given week, that week's lecture will discuss the theoretical concepts of the lower body muscle actions and exercises associated with them).
- G. It is **IMPORTANT** that students **MUST** listen to the lectures **BEFORE** attempting the workouts!!!
- H. The links to the videos, files, and assignments can be found in the Modules. As an additional reference, the videos are also posted on [the instructor's YouTube channel \(ALEVFIT\)](#)
- I. Other topics:
1. Students are responsible for completing assigned readings from textbook and lecture notes and downloading, reading, and understanding this syllabus and CANVAS course contents.
 2. Using the CANVAS discussion board for general Q&As and emailing the instructor (after checking the discussion board) are the methods of communication. You are responsible for knowing when exams are posted and due. It is the instructor's policy **NOT** to re-open tests once they are closed. Pay attention to your CANVAS notifications and scheduled quizzes/exams.
 3. 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 photographed, shared, or uploaded in any form publicly without the instructor's approval.
 4. Students with a history of physical problems or who have been inactive for a long period of time are urged to have a comprehensive physical examination or receive medical clearance before beginning a vigorous exercise program. Body Sculpting is an **ACTIVITY** class that requires

vigorous physical effort. Individuals who choose not to have a medical examination should be aware of the risks and understand that participation in this class is at their own risk.

5. If you require course adaptations or accommodations due to special needs, or you have medical information the instructor should know, please notify the instructor as soon as possible by e-mail.
6. Report any accidents to the instructor immediately.
7. Please alert the instructor of any medical problems, medications, or accidents that might affect your involvement in class.
8. If a serious illness or an accident occurs that requires an extended absence, the student should obtain a medical statement and withdraw from the class.
9. It is the ultimate responsibility of the student to formally drop a class. You should not rely on the instructor to drop you from a class for non-attendance. Drop requests will not be accepted after the SJSU drop deadline.

TESTS:

1. WEEKLY QUIZZES (20 % of your overall grade)
 - Weekly quizzes will test the **previous week's material covered in the lecture.**
 - Weekly quizzes will be **open on CANVAS on Monday mornings until the midnight by Sunday (11:59pm) of the week.** There will be only one attempt available to take the quiz. Take it when you are ready.
 - There is **NO MAKE UP** for the missed quizzes.
2. FINAL EXAM (20 % of your overall grade)
 - The Final will be **comprehensive** covering all material covered in lectures.
 - The final will be available all day on the day it is scheduled; but there will be only one attempt to take it at your convenience.

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.

Grading Policy

1. Active participation	45	45%
2. Pre/Post Tests	15	15%
3. Quizzes * 10 (2 points each)	20	20%
4. Final exam	20	20%

TOTAL 100 pts 100%

Grading Information

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

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 at "<http://info.sjsu.edu/static/catalog/policies.html>" policies section at "<http://info.sjsu.edu/static/catalog/policies.html>". Add/drop deadlines can be found on the current "http://www.sjsu.edu/provost/services/academic_calendars/" academic year calendars document at "http://www.sjsu.edu/provost/services/academic_calendars/". "<http://www.sjsu.edu/aars/policies/latedrops/policy/>" late drop 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 "<http://www.sjsu.edu/aars/policies/latedrops/policy/>" Advising Hub 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 "<http://www.sjsu.edu/senate/S07-2.htm>" Academic Integrity policy 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 "<http://www.sjsu.edu/studentconduct/>" Student Conduct and Ethical Development 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 "<http://www.sjsu.edu/senate/S07-2.htm>" Academic Integrity policy at "<http://www.sjsu.edu/senate/S07-2.htm>" requires approval of instructors.

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. "http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf" Presidential Directive 97-03 at "http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf" requires that students with disabilities requesting accommodations must register with the "<http://www.sjsu.edu/aec/>" Accessible Education Center (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> ([Links to an external site.](#))[Links to an external site.](#)

PROPOSED COURSE SCHEDULE

The schedule is subject to change with fair notice posted on Canvas and announced in class.

Weeks	Session #	Topics, Lecture	Meeting/Assignment
Week 0	2	Introduction to course content, policies and procedures; Review Syllabus and Canvas (Zoom Meeting 1/28 4pm)	<ul style="list-style-type: none"> Zoom Meeting 1/28 4pm
Week 1 2/1-2/5	1	Workout 1: Dynamic Warm-Up Training Workshop	<ul style="list-style-type: none"> Workout 1 Assignment
	2		
Week 2 2/8-2/12	1	Lecture 1 <ul style="list-style-type: none"> Components of fitness (pp 7-8) Basic muscle anatomy (Muscles and Exercises handout) & Super Sets (p 30) The essence of dynamic warm-up 	<ul style="list-style-type: none"> PRE-TEST assignment
	2	Pre- test activity	
Week 3 2/15-2/19	1	Lecture 2 <ul style="list-style-type: none"> Benefits of resistance training (p 4) Lower Body anatomy and training (thighs and hips: Squat, lunge, lateral lunge, reverse lunge, curtsy lunge, deadlift, hip thrust, bridge) 	<ul style="list-style-type: none"> QUIZ 1 Workout 2 Assignment
	2	Workout 2: Lower body training workshop	
Week 4 2/22-2/26	1	Lecture 3 <ul style="list-style-type: none"> 10 rules of strength training (p 31) Core anatomy and training 	<ul style="list-style-type: none"> QUIZ 2 Workout 3 Assignment
	2	Workout 3: Core training workshop	
Week 5 3/1-3/5	1	Lecture 4 <ul style="list-style-type: none"> Tips for exercise success (pp 5-6) Upper Back-Chest superset anatomy and training (upper back: high row, low row, reverse Flye; chest: chest press, chest Flye, push-ups) 	<ul style="list-style-type: none"> QUIZ 3 Workout 4 Assignment
	2	Workout 4: Upper back & chest superset training workshop	
Week 6 3/8-3/12	1	Lecture 5 <ul style="list-style-type: none"> Twelve common exercise mistakes & injuries & RICE & posture and back health (pp 42-47) Lats-Deltoid superset anatomy and training (shoulders/deltoid: overhead press, lateral raise, front raise, bent over reverse flye, bent over row; lats: pullover, lat pull down) 	<ul style="list-style-type: none"> QUIZ 4 Workout 5 Assignment
	2	Workout 5: Lats-Deltoid superset anatomy and training workshop	

Weeks	Session #	Topics, Lecture	Meeting/Assignment
Week 7 3/15-3/19	1	Lecture 6 <ul style="list-style-type: none"> • Health problems (pp 10-12) • Biceps and triceps superset anatomy and training (Biceps curl, triceps extension, triceps pushdown, dips, hammer curl, triceps kickback, one arm side push up, diamond push up) 	<ul style="list-style-type: none"> • QUIZ 5 • Workout 6 Assignment
	2	Workout 6: Core & biceps triceps training workshop	
Week 8 3/22-3/26	1	Lecture 7 <ul style="list-style-type: none"> • Hydration and nutrient timing (pp 52-53) 	<ul style="list-style-type: none"> • QUIZ 6 • Workout 7 Assignment
	2	Workout 7: design and perform your own CORE workout	
Week 9 3/29-4/2		<i>SPRING BREAK</i>	=====
Week 10 4/5-4/9	1	Lecture 8 <ul style="list-style-type: none"> • DOMS (p 54) 	<ul style="list-style-type: none"> • QUIZ 7 • Workout 8 Assignment
	2	Workout 8: Full Body Functional Training Workout	
Week 11 4/12-4/16	1	Lecture 9 <ul style="list-style-type: none"> • HIIT (pp 84-85) 	<ul style="list-style-type: none"> • QUIZ 8 • Workout 9 Assignment
	2	Workout 9: HIIT Workout	
Week 12 4/19-4/23	1	Lecture 10 <ul style="list-style-type: none"> • Healthy eating tips (p 146) & 13 exercise myths (p 190) 	<ul style="list-style-type: none"> • QUIZ 9 • Workout 10 Assignment
	2	Workout 10: Athlean-X The Perfect Home Workout	
Week 13 4/26-4/30	1	Lecture 11 <ul style="list-style-type: none"> • Stress, cortisol, obesity (p.147), • Stress maintenance (pp 162-164), • The eight energy boosters (p.165) 	<ul style="list-style-type: none"> • QUIZ 10 • Workout 11 Assignment
	2	Workout 11: Corona Days Full Body Workout	
Week 14 5/3-5/7	1	Lecture 12 <ul style="list-style-type: none"> • Exercise improves brain function (p.168), • 10 fascinating facts about brain (p.169) • Sleep (169-170) 	<ul style="list-style-type: none"> • Workout 12 Assignment
	2	Workout 12: Corona Days Full Body Workout REPEAT	
Week 15 5/10-5/14	1	Workout 13: Relaxation Workout	<ul style="list-style-type: none"> • Workout 13 Assignment • POST-TEST assignment
	2	Post- test activity	
Final Exam		Cumulative Final Exam (20 points) on Canvas available 5/19/2021 DUE by 11:59 pm	