

**San José State University**  
**College Of Health And Human Services/ Department Of Kinesiology**  
**Syllabus, KIN 31-03, MW 9 - 9:50am, Spring, 2021**

### **Course and Contact Information**

<b>Instructor:</b>	Angel Batt
<b>Telephone:</b>	NA
<b>Email:</b>	CANVAS email preferred (or <a href="mailto:angel.batt@sjsu.edu">angel.batt@sjsu.edu</a> )
<b>Office Hours:</b>	Mondays/Wednesdays after class and by appointment
<b>Class Days/Time:</b>	M/W 9:00am - 9:50am
<b>Classroom:</b>	Online / ZOOM MEETING ID: 870 0575 1393 PASSCODE: bodyMW9

First Time Registration Required:

[https://sjsu.zoom.us/meeting/register/tZMtd-yvqzopE9euYGhWloUJM5-6COJrx\\_-3](https://sjsu.zoom.us/meeting/register/tZMtd-yvqzopE9euYGhWloUJM5-6COJrx_-3)

### **Course Description**

Body sculpting employs exercise augmented with moderate weights to enhance fitness. The course is designed to improve muscle tone and endurance, flexibility, balance, and core stability.

### **Course Format**

This course is taught fully online. Live classes (NOT pre-recorded) will be held on Zoom on days and times listed above. Students must attend and participate in class at this specified time and have their cameras on, in order to receive participation points. Students will need a computer with a camera and Zoom software loaded and/or the Zoom app on a smartphone.

### **Faculty Web Page and MYSJSU Messaging**

Course materials such as syllabus, handouts, notes, assignment instructions, etc. can be found on on [Canvas Learning Management System course login website](http://sjsu.instructure.com) at <http://sjsu.instructure.com>. You are responsible for regularly checking with the

messaging system through CANVAS and/or [MySJSU](#). For help with using Canvas see [Canvas Student Resources page](#) ([http://www.sjsu.edu/ecampus/teaching-tools/canvas/student\\_resources](http://www.sjsu.edu/ecampus/teaching-tools/canvas/student_resources))

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

After successful completion of this course, students will demonstrate:

- Course Learning Outcome #1: Demonstrate improved muscular endurance. This will be accomplished through twice weekly workouts incorporating Strength Training Intervals. This will be measured, pretest and posttest, by the Jump Squat Test, Push Up Test and Burpee Test.
- Course Learning Outcome #2: Demonstrate improved balance, stability and flexibility. This will be accomplished through twice weekly workouts incorporating balance exercises and dynamic and static stretching. This will be measured by pre and post data on the “Sit and Reach Test” and “One Legged Balance/Coordination Test”.
- Course Learning Outcome #3: Demonstrate improved core strength. This will be accomplished through twice weekly workouts incorporating full body core exercises. This will be measured, pretest and posttest, by the Plank Test.
- Course Learning Outcome #4: Ability to properly execute upper and lower body strength and resistance training exercises using correct body alignment. This will be accomplished by twice weekly workouts that discuss, demonstrate, and incorporate proper body alignment and proper execution of movements. This will be measured by personal observation of students' performance.
- Course Learning Outcome #5: Demonstrate understanding of the mental and physical health benefits of strength training exercise and the rules, research and strategies related to body sculpting. This will be accomplished through twice weekly reading assignments and class discussions. This will be measured, pretest and posttest, on the Knowledge Assessment Survey.

### **Texts/Readings**

No textbook required; reading assignments are web links that can be found in the course calendar, below.

## Course Requirements and Assignments

- Class participation/attendance is required in order to meet Course Learning Outcome #1 and #2, above, and represents 56% of the final course grade.
- Physical Assessments are required at the beginning and end of the semester in order to measure Course Learning Outcomes 1 - 3, above, and represent 4% of the final course grade.
- Surveys will be administered at the beginning and end of the semester in order to measure Course Learning Outcome #4 and #5, above, and represents 4% of the final course grade.
- Weekly readings are assigned to aid students in achieving a deeper understanding of the course topic, it's history, philosophy, and benefits. These assignments aid in achieving Course Learning Outcome #4 and #5, above.
- One Field Assignment (Week 8) is assigned to supplement the learning gained from class participation/attendance, class discussions, and assigned readings. The Field Assignment aids in achieving Course Learning Outcome #5, above.
- There will be a mid-term administered in week eight (8) and is worth 11% of the final course grade.
- There will be a final exam administered according to the [SJSU University Final Exam Schedule, Spring 2021](#) and is worth 23% of the final course grade.

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.

## Final Examination or Evaluation

There will be a written final exam covering all readings, assignments, and class discussion from the semester. The Final Exam is worth 23% of the total course grade.

## Grading Information

<b>GRADING INFORMATION</b>	
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Pretest: Cardiovascular and Muscular Endurance and Core Stability Assessment (In Class)	2
Beginning of Semester Survey (on CANVAS)	2
Participation Days, 28 days	56
Mid-Term (Week 8)	11
Field Assignment	2
End of Semester Survey (on CANVAS)	2
Posttest: Cardiovascular and Muscular Endurance and Core Stability Assessment (In Class)	2
Final Exam (on CANVAS)	23
<b>TOTAL</b>	<b>100</b>

## **MAKE-UPS**

Students can make-up to three missed classes per semester. See [FAQ's](#) for more details.

## **Grading Scale used to determine final course grade**

<b>Percentage</b>	<b>Equivalent Grade</b>
97% - 100%	A+
93% - 96%	A
90% - 92%	A-
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

## **Classroom Protocol:**

### **Digital Tools / Zoom**

- Class sessions will be held using Zoom (see above for zoom information)
- Arrive to class a few minutes early and have your exercise gear ready and a distraction free space in which to move.
- Prior to the first day of instruction, download the Zoom app. SJSU offers resources, videos and tutorials on how to use Zoom. These can be found at: <https://www.sjsu.edu/ecampus/teaching-tools/zoom/>
- Use your SJSU Zoom Account. Settings can be managed at (<https://sjsu.zoom.us/>).
- Get into the habit of shutting down and restarting your computer/device at least once a week, even once a day, to optimize performance.

### **Zoom Classroom Etiquette**

- Mute your mic (lower-left corner of your screen) as soon as you sign on and whenever you are *not* speaking. This might be done automatically by me.
- Enable video so that I can see you.
- Have your name listed and visible. Your last name should appear as it does on the roster but you may put your nickname or moniker in parenthesis. You may edit your profile at the following link: <https://sjsu.zoom.us/profile>. If you have any concerns about your personal safety by listing your name, please email me directly so we may discuss alternative options.
- Close unneeded applications on your computer to keep the video optimally functioning.
- Have a pencil and paper handy when participation in a session to capture your thoughts and questions in the moment. If they are general questions, please post them to the Discussion Board on CANVAS. If it's personal, email me directly via the CANVAS internal email tool.
- Close unneeded applications on your computer to keep the video optimally functioning.
- Be mindful of your background lighting. If you are in front of a window, you may be completely darkened by the light coming through the window. Your overhead light also might need to be turned off or dimmed as well.
- Be sure that there is nothing visually distracting in the background.
- Remember to sign out or "leave the meeting" when the session is finished.

### **Communications Plan**

- Check Canvas site, daily, Monday-Friday. I will communicate with the whole class using Announcements and with you individually using the CANVAS internal mailbox.
- Please communicate issues with connectivity, online access, or hardware immediately. You may contact Contact SJSU technical support at [ecampus@sjsu.edu](mailto:ecampus@sjsu.edu). Phone: (408) 924-2337.  
<https://www.sjsu.edu/ecampus/support/>

## Miscellaneous

- Recording class: Instruction may not be recorded.
- 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.
- 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.

## University Policies

Per University Policy S16-9 (<http://www.sjsu.edu/senate/docs/S16-9.pdf>), relevant university policy concerning all courses, such as student responsibilities, academic integrity, accommodations, dropping and adding, consent for recording of class, etc. and available student services (e.g. learning assistance, counseling, and other resources) are listed on Syllabus Information web page (<http://www.sjsu.edu/gup/syllabusinfo>), which is hosted by the Office of Undergraduate Education. Make sure to visit this page to review and be aware of these university policies and resources.

## COURSE SCHEDULE KIN 31-03, BODY SCULPTING, SPRING 2021

### WEEK 1 / MODULE 1: Wednesday, January 27th.

Discussion: Introduction to Course and Syllabus Review

1. Review Syllabus
2. [Beginning of Semester Survey](#) (2 pt)

3. Read: [Frequently Asked Questions](#) (refer to this throughout the semester as it will be updated as questions arise)
4. [Release of Liability](#) Needs to Be Signed

## **WEEK 2 / MODULE 2:**

### **Monday, February 1st**

Discussion: Dynamic and Static Stretching

#### **Prior To Today's Class:**

READ: [Read: Dynamic vs. Static Stretching](#)

### **Wednesday, February 3rd**

**Discussion:** Warm Up & Cool Down

#### **Prior To Today's Class:**

READ: [Read: Warm Up & Cool Down](#)

## **WEEK 3 / MODULE 3:**

### **Monday, February 8<sup>th</sup>**

**Discussion:** Measuring Exercise Intensity and Personalized Training Zone

#### **Prior To Today's Class:**

READ: [Measuring Exercise Intensity](#)

### **Wednesday, February 10<sup>th</sup>**

**Discussion:** Borg Rating of Perceived Exertion

❖ Pretest: Cardiovascular and Muscular Endurance and Core Stability Assessment (In Class) - worth 2 points.

#### **Prior To Today's Class:**

READ: [Borg Rating of Perceived Exertion](#)

## **WEEK 4 / MODULE 4:**

**Monday, February 15<sup>th</sup>**

**Discussion:** Muscles of the Upper Body & Upper Back

**Prior To Today's Class:**

READ:

1. [Muscles of the Upper Body](#)
2. [Upper Back Muscles](#)

**Wednesday, February 17<sup>th</sup>**

**Discussion:** Compound Exercises

**Prior To Today's Class:**

READ: [Benefit of Compound Exercises](#)

## **WEEK 5 / MODULE 5:**

**Monday, February 22<sup>nd</sup>**

**Discussion:** Muscles of the Hip and Thigh

**Prior To Today's Class:**

READ: [Muscles of the Hip and Thigh](#)

**Wednesday, February 24<sup>th</sup>**

**Discussion:** Back of the Thigh Muscles



**Prior To Today's Class:**

READ: [Back of the Thigh Muscles](#)

**WEEK 6 / MODULE 6:**

**Monday, March 1<sup>st</sup>**

**Discussion:** Muscle Contractions

**Prior To Today's Class:**

READ: [Muscle Contractions](#)

**Wednesday, March 3<sup>rd</sup>**

**Discussion:** Plyometric Exercises

**Prior To Today's Class:**

READ: [Plyometric Exercises](#)

**WEEK 7 / MODULE 7:**

**Monday, March 8<sup>th</sup>**

**Discussion:** High Intensity Interval Training

**Prior To Today's Class:**

READ: [High Intensity Interval Training \(HIIT\)](#)

**Wednesday, March 10<sup>th</sup>**

**Discussion:** EPOC

**Prior To Today's Class:**

READ: [EPOC](#)

**WEEK 8 / MODULE 8:**

**Monday, March 15<sup>th</sup>**

- No class; take mid-term on CANVAS.

### **Wednesday, March 17<sup>th</sup>**

- No live class; Field Assignment(on CANVAS) in lieu of class.

## **WEEK 9 / MODULE 9:**

### **Monday, March 22<sup>nd</sup>**

**Discussion:** Muscles of the Core

**Prior To Today's Class:**

READ: [Anatomy of the Core Muscles](#)

### **Wednesday, March 24<sup>th</sup>**

**Discussion:** Physical Activity vs. Physical Health

**Prior to Class Today:**

READ: [Read: Physical Activity vs. Physical Health](#)

## **WEEK 10 / MODULE 10: Monday, March 29<sup>th</sup> – Wednesday, March 31<sup>st</sup>**

**SPRING RECESS - CAMPUS CLOSED**

## **WEEK 11 / MODULE 11:**

### **Monday, April 5<sup>th</sup>**

**Discussion:** TABATA

**Prior To Today's Class:**

READ: [Tabata](#)

### **Wednesday, April 7<sup>th</sup>**

**Discussion:** TABATA continued...

**Prior To Today's Class:**

READ: [Everything You Need to Know About Tabata](#)

**WEEK 12 / MODULE 12:**

**Monday, April 12<sup>th</sup>**

**Discussion:** Circuit Training

**Prior To Today's Class:**

READ: [Circuit Training](#)

**Wednesday, April 14<sup>th</sup>**

**Discussion:** Posture / Muscles Used in Good Posture

**Prior To Today's Class:**

READ: [The Four Main Types of Posture](#)

**WEEK 13 / MODULE 13:**

**Monday, April 19<sup>th</sup>**

**Discussion:** How to Avoid Exercise Injuries

**Prior to Today's Class:**

READ: [How to Avoid Exercise Injuries](#)

**Wednesday, April 21<sup>st</sup>**

**Discussion:** Pre and Post Workout Nutrition

**Prior To Today's Class:**

READ: [Pre and Post Workout Nutrition](#)

**WEEK 14 / MODULE 14:**

**Monday, April 26<sup>th</sup>**

**Discussion:** 5 Components of Physical Fitness

**Prior To Today's Class:**

READ: [5 Components of Physical Fitness](#)

**Wednesday, April 28<sup>th</sup>**

**Discussion:** The F.I.T.T. Principle for an Effective Workout

**Prior To Today's Class:**

READ: [Read: The F.I.T.T. Principle for an Effective Workout](#)

## **WEEK 15 / MODULE 15:**

**Monday, May 3<sup>rd</sup>**

**Discussion:** Review of the Semester  
No Reading/Video Assignments Today

**Wednesday, May 5<sup>th</sup>**

**Discussion:** About the Final Exam  
No Reading/Video Assignments Today

## **WEEK 16 / MODULE 16:**

**Monday, May 10<sup>th</sup>**

1. Review All Exercise and Concepts
2. Review for Final Exam

**Wednesday, May 12<sup>th</sup>**

1. Last day of Instruction
2. End of Semester Survey (2pt.)
3. Posttest: Cardiovascular and Muscular Endurance and Core Stability Assessment (In Class) (2pt)

**FINAL EXAM:**

OPENS: Sunday, May 16th

CLOSES: Wednesday, May 19, 7:15am - 9:30am