

San José State University
College Of Health And Human Services/ Department Of Kinesiology
Syllabus, KIN 31-04, BODY SCULPTING, Spring, 2021

Course and Contact Information

Instructor:	Angel Batt
Telephone:	NA
Email:	use CANVAS email (or angel.batt@sjsu.edu)
Office Hours:	Tuesday/Thursdays after class and by appointment.
Class Days/Time:	T/Th 5:00 - 5:50pm
Classroom:	Online / ZOOM MEETING ID: 825 3798 3198 PASSCODE: bodyTTH5

First Time Registration Required:

https://sjsu.zoom.us/meeting/register/tZYodO6hpjgrE9zwNutP3h-kz3XpIIn_6m7M

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)

Course Goals

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

1. Increased muscular cardiovascular endurance.
2. Increased core strength.
3. Increased knowledge of the primary muscles of the body and ways in which to exercise those muscles.
4. Increased knowledge of the history, philosophy, and benefits of exercise and strength and resistance training.

Course Learning Outcomes (CLO)

After successful completion of this course, students will demonstrate:

- Course Learning Outcome #1: Increased cardiovascular endurance. This will be accomplished through twice weekly workouts incorporating High Intensity Training Intervals. This will be measured, pretest and posttest, by Resting Heart Rate.
- Course Learning Outcome #2: Increased muscular endurance. This will be accomplished through twice weekly workouts incorporating Strength Training Intervals. This will be measured, pretest and posttest, by the Sit up Test, Push Up Test, and Burpee Test.
- Course Learning Outcome #3: 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.
- Course Learning Outcome #5: An understanding of the mental and physical health benefits of strength training exercise, history, rules, strategies, current research,

safety, and etiquette related to body sculpting and various forms of strengthening exercises.. This will be accomplished through twice weekly reading and video lectures. 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

GRADING INFORMATION	
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
TOTAL	100

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

Percentage	Equivalent Grade
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. 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 31-04, T/Th 5pm, Spring, 2021

WEEK 1 / MODULE 1:

Thursday, January 28th.

Discussion: Introduction to Course and Syllabus Review

1. Review: Syllabus and [Frequently Asked Questions](#) (refer to this throughout the semester as it will be updated as questions arise)
2. Do: [Beginning of Semester Survey](#) (2 pt)
3. Sign: [Release of Liability](#) (this is required in order to participate in this course)

WEEK 2 / MODULE 2:

Tuesday, February 2nd

Discussion: Dynamic and Static Stretching

Prior To Today's Class:

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

Thursday, February 4th

Discussion: Warm Up & Cool Down

Prior To Today's Class:

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

WEEK 3 / MODULE 3:

Tuesday, February 9th

Discussion: Measuring Exercise Intensity and Personalized Training Zone

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

Prior To Today's Class:

READ: [Measuring Exercise Intensity](#)

Thursday, February 11th

Discussion: Borg Rating of Perceived Exertion

Prior To Today's Class:

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

WEEK 4 / MODULE 4:

Tuesday, February 16th

Discussion: Muscles of the Upper Body & Upper Back

Prior To Today's Class:

READ:

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

Thursday, February 18th

Discussion: Compound Exercises

Prior To Today's Class:

READ: [Benefit of Compound Exercises](#)

WEEK 5 / MODULE 5:

Tuesday, February 23rd

Discussion: Muscles of the Hip and Thigh

Prior To Today's Class:

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

Thursday, February 25th

Discussion: Back of the Thigh Muscles

Prior To Today's Class:

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

WEEK 6 / MODULE 6:

Tuesday, March 2nd

Discussion: Muscle Contractions

Prior To Today's Class:

READ: [Muscle Contractions](#)

Thursday, March 4th

Discussion: Plyometric Exercises

Prior To Today's Class:

READ: [Plyometric Exercises](#)

WEEK 7 / MODULE 7:

Tuesday, March 9th

Discussion: High Intensity Interval Training

Prior To Today's Class:

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

Thursday, March 11th

Discussion: EPOC

Prior To Today's Class:

READ: [EPOC](#)

WEEK 8 / MODULE 8:

Tuesday, March 16th

- No class; take mid-term on CANVAS.

Thursday, March 18th

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

WEEK 9 / MODULE 9:

Tuesday, March 23rd

Discussion: Muscles of the Core

Prior To Today's Class:

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

Thursday, March 25th

Discussion: Physical Activity vs. Physical Health

Prior to Class Today:

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

WEEK 10 / MODULE 10: Tuesday, March 29th – Thursday, March 31st

SPRING RECESS - CAMPUS CLOSED

WEEK 11 / MODULE 11:

Tuesday, April 6th

Discussion: TABATA

Prior To Today's Class:

READ: [Tabata](#)

Thursday, April 8th

Discussion: TABATA continued...

Prior To Today's Class:

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

WEEK 12 / MODULE 12:

Tuesday, April 13th

Discussion: Circuit Training

Prior To Today's Class:

READ: [Circuit Training](#)

Thursday, April 15th

Discussion: Posture / Muscles Used in Good Posture

Prior To Today's Class:

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

WEEK 13 / MODULE 13:

Tuesday, April 20th

Discussion: How to Avoid Exercise Injuries

Prior to Today's Class:

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

Thursday, April 22nd

Discussion: Pre and Post Workout Nutrition

Prior To Today's Class:

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

WEEK 14 / MODULE 14:

Tuesday, April 27th

Discussion: 5 Components of Physical Fitness

Prior To Today's Class:

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

Thursday, April 29th

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:

Tuesday, May 4th

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

Thursday, May 6th

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

WEEK 16 / MODULE 16:

Tuesday, May 11th

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

Thursday, May 13th

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: Friday, May 21, 2:45 - 5:00pm