

**San José State University**  
**College Of Health And Human Services/ Department Of Kinesiology**  
**Syllabus, KIN 34-02, Step Training, Spring, 2021**

**Course and Contact Information**

<b>Instructor:</b>	Angel Batt
<b>Telephone:</b>	NA
<b>Email:</b>	use CANVAS email (or <a href="mailto:angel.batt@sjsu.edu">angel.batt@sjsu.edu</a> )
<b>Office Hours:</b>	Tuesday/Thursdays after class and by appointment.
<b>Class Days/Time:</b>	T/Th 9-9:50am
<b>Classroom:</b>	Online / ZOOM MEETING ID: 835 8514 0974 PASSCODE: step02

First Time Registration Required:

<https://sjsu.zoom.us/meeting/register/tZcof-ypqjsjHdAsdC1jLAVEQwRJxfNoy-kn>

**Course Description**

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

**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.
- This is an activity course that requires physical participation. Participation means attending and participating in all live classes. Participation is required; student's receive participation points for attending the live online class. Participation is 56% of the course grade.

- Students are required to have an electronic device (laptop, desktop or tablet) with a camera and built in microphone. SJSU has a free [equipment loan](#) program available for students.

## **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](#) 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 Goals**

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

1. Increased cardiovascular endurance.
2. Increased muscular endurance.
3. Increased knowledge of the primary muscles of the body used in Step Training and ways in which to strengthen those muscles using a Step Platform.
4. Increased knowledge of the history, philosophy, and benefits of step training, cardiovascular exercise and high intensity interval 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 doing two step training workouts a week incorporating High Intensity Training Intervals.
- Course Learning Outcome #2: Increased muscular endurance. This will be accomplished through doing two step training workouts a week incorporating muscular endurance exercises.

- Course Learning Outcome #3: Ability to properly execute a variety of step patterns on the Step Bench. This will be accomplished by two step training workouts a week that incorporate choreography and step pattern combinations.
- Course Learning Outcome #4: An understanding of the mental and physical health benefits of step training exercise, history, rules, strategies, current research, safety, and etiquette related to step training and related forms of cardiovascular exercise. This will be accomplished through daily lectures and reading assignments.

## **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>	
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 34-02, Step Training, Spring 2021**

### **WEEK 1 / MODULE 1:**

**Thursday, January 28th.**

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. Sign Release of Liability

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

**Tuesday, February 2<sup>nd</sup>**

**Discussion:** Step Training Guidelines

**Prior To Today's Class:**

READ: Read: Step Training Guidelines

**Thursday, February 4<sup>th</sup>**

**Discussion:** History of Aerobics and Step Training

**Prior To Today's Class:**

**Read:** History of Aerobics and Step Training

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

## Tuesday, February 9<sup>th</sup>

- ❖ Pretest: Cardiovascular and Muscular Endurance and Core Stability Assessment, In Class, (2pt)

**Discussion:** Dynamic and Static Stretching, Warm Up & Cool Down

### Prior To Today's Class:

READ:

1. Read: Warm Up & Cool Down
2. Read: Dynamic vs. Static Stretching

## Thursday, February 11<sup>th</sup>

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

### Prior To Today's Class:

READ:

1. Measuring Exercise Intensity
2. Borg Rating of Perceived Exertion

## WEEK 4 / MODULE 4:

## Tuesday, February 16<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

## Thursday, February 18<sup>th</sup>

**Discussion:** Compound Exercises

### Prior To Today's Class:

READ: Benefit of Compound Exercises

## WEEK 5 / MODULE 5:

**Tuesday, February 23<sup>rd</sup>**

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

**Prior To Today's Class:**

READ: Muscles of the Hip and Thigh

**Thursday, February 25<sup>th</sup>**

**Discussion:** Back of the Thigh Muscles

**Prior To Today's Class:**

READ: Back of the Thigh Muscles

**WEEK 6 / MODULE 6:**

**Tuesday, March 2<sup>nd</sup>**

**Discussion:** Muscle Contractions

**Prior To Today's Class:**

READ: Muscle Contractions

**Thursday, March 4<sup>th</sup>**

**Discussion:** Plyometric Exercises

**Prior To Today's Class:**

READ: Plyometric Exercises

**WEEK 7 / MODULE 7:**

**Tuesday, March 9<sup>th</sup>**

**Discussion:** High Intensity Interval Training

**Prior To Today's Class:**

READ: High Intensity Interval Training (HIIT)

**Thursday, March 11<sup>th</sup>**

**Discussion:** EPOC

**Prior To Today's Class:**

READ: EPOC

**WEEK 8 / MODULE 8:**

**Tuesday, March 16<sup>th</sup>**

- No class; take mid-term on CANVAS.

**Thursday, March 18<sup>th</sup>**

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

**WEEK 9 / MODULE 9:**

**Tuesday, March 23<sup>rd</sup>**

**Discussion:** TABATA

**Prior To Today's Class:**

READ: Tabata

**Thursday, March 25<sup>th</sup>**

**Discussion:** TABATA continued...

**Prior To Today's Class:**

READ: Everything You Need to Know About Tabata

**WEEK 10 / MODULE 10: Tuesday, March 29<sup>th</sup> – Thursday, March 31<sup>st</sup>**

**SPRING RECESS - CAMPUS CLOSED**

**WEEK 11 / MODULE 11:**

## **Tuesday, April 6<sup>th</sup>**

**Discussion:** Muscles of the Core

**Prior To Today's Class:**

READ: Anatomy of the Core Muscles

## **Thursday, April 8<sup>th</sup>**

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

**Prior to Class Today:**

READ: Read: Physical Activity vs. Physical Health

## **WEEK 12 / MODULE 12:**

### **Tuesday, April 13<sup>th</sup>**

**Discussion:** Circuit Training

**Prior To Today's Class:**

READ: Circuit Training

### **Thursday, April 15<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:**

### **Tuesday, April 20<sup>th</sup>**

**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 4<sup>th</sup>

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

### Thursday, May 6<sup>th</sup>

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

## WEEK 16 / MODULE 16:

## **Tuesday, May 11<sup>th</sup>**

1. Review Concepts
2. Review for Final Exam

## **Thursday, May 13<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: Thursday, May 20, 7:15am - 9:30am