

San José State University
Kinesiology
Fall 2017, KIN 43 – Step Training

Contact Information

Instructor:
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Office Hours: MW 10:30am –11:30 am

Class Meetings & location: MW 2:30 – 3:20 pm

Located: Event Center (Aerobic Room)

Link to new syllabi policy: <http://www.sjsu.edu/senate/docs/S16-9.pdf>

Course Description

This course is designed to teach the key components of fitness, using aerobics/step training as the mode of exercise. Aerobics can be defined as group exercise to music, using large, continuous, rhythmic movements to elevate the heart rate and produce a training effect, enhancing cardiorespiratory endurance.

Web Resources

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, related to step training.
- Proficiency in execution of the step training skills covered.
- An understanding of the history, rules, strategies, current research, safety and etiquette associated with step training.

- An understanding of the mental and physical health benefits to be derived from step training.
- 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.

Required Text

Kravitz, Len. Anybody's Guide to Total Fitness. Kendall Hunt Publishing Co. 11th Edition (2016).

- **Refer to the Textbook Order of Reading page on the last page of the syllabus.**

Course Notes

- **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.**
- **Instruction may not be recorded. If classmates ask you to record his/her performance for later review make sure it is done before or after class rather than during class. Do not post or otherwise share the recording.**
- **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.**
- **Two 882E answer sheets and #2 pencil are required for the exams.**
- **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.**
- **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.**
- **Report any accidents to the instructor immediately.**
- **The students are responsible for assigned readings from text and handout materials.**

- Course grades will be posted on Canvas by the end of finals week.
- **Written exams and quizzes cannot be made up.**
- **Outings/assignments completed for another class cannot be counted for this course**

Course Requirements, Assignments, Grading

- The grading method is points totals: 100 points
- No extra credits available for this class.
- If you are not present to take the pop quiz, you will lose 4 points.

Tests and Assignments

- 5 Pop Quizzes on benefits of exercise (4 points each): 20 points
- Midterm Exam: 20 points
- Skill Test: 20 points
- Final Exam: 20 points
- Pre and Post Fitness Assessments: 16 points
- Photo for ID: 4 points

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

University Policies

Information pertaining to university programs and policies designed to facilitate student success can be found here:

<http://www.sjsu.edu/gup/syllabusinfo/>

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

Date	Course Content (Assignments, Exams/Quizzes, Skill Test)
Wed. 9/6	Pre-Fitness Assessment: Step Test, Push-Ups, Curl-Ups Tests, Wall-Sit, Sit and Reach
Wed. 9/13	10 min. lecture (starting out sect. 1), bring your textbook on lecture days.
Mon. 9/27	10 min. lecture (Starting out sect. 1)
Mon. 10/9	10 min. lecture (Sect 1)
Wed. 10/18	10 min. lecture (Sect 2)
Mon. 10/23	Midterm Exam online
Wed. 11/1	10 min. lecture (Sect. 4)
Wed. 11/15	10 min. lecture (Contemporary Health Issues, Sect. 5)
Mon. 12/4	Post-Fitness Assessment, Catch Up, and Practice for Skill Test
Wed. 12/6	Skill Test, and practice
12/11	Last day of classes: Skill Test, Final Exam Online

Date	Course Content (Assignments, Exams/Quizzes, Skill Test)