

San José State University

Kinesiology

FALL 2017, KIN 34, SECTION 02, STEP TRAINING

Class Meetings & Locations: Tuesday/Thursday 9:30 – 10:20 Spartan Complex 107A

Contact Information

Instructor: BATT

Office Location: SPXC107A

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Office Hours: Tuesday/Thursday 7:00am - 7:30am, SPXC107A, or by appointment

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

Course Description

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

Web Resource

Course materials may be found on the e-campus Canvas learning management system 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, skills tests, and written exams:

- Knowledge of fundamental skills, technique and execution of aerobic exercise and step training.
- Proficiency in execution of the skills covered.
- An understanding of the history, rules, strategies, current research, safety and etiquette associated with aerobic exercise and step training.
- An understanding of the mental and physical health benefits to be derived from aerobic activity and 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.

Text/Readings

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

Course Notes

- Class protocol: Students are expected to arrive on time and participate fully in all activities throughout the class period.
- Cell phones must be turned off and put away for the duration of the class.
- Interactions with classmates and the instructor are expected to be respectful.
- 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.
- Report any accidents to the instructor immediately.
- Quizzes, Mid-Term and Final Exam cannot be made up.
- Students will be allowed three non-participation days (or absences) during the semester.
- Students are responsible for assigned readings from textbook and handout materials.
- A fitness assessments will be given at the beginning and end of the semester to determine present level of fitness and progress made during the semester.
- Drop requests will not be accepted after the SJSU drop deadline.
- Outings/assignments completed for another class cannot be counted for this course

Course Requirements, Assignments, and Grading

- Fitness assessments are done at the beginning and end of the semester to determine present level of fitness and progress made during the semester.
- There will be weekly quizzes on the assigned reading and skills learned during class participation.
- There will be a Midterm Exam and a Final Exam.

Grading

Weekly Quizzes (1 quiz = 2 points)	40	40%
Mid-Term	20	20%
Final Exam	20	20%
Pre- Fitness Assessment	10	10%
Post Fitness Assessment	10	10%
Photo for Identification, extra credit	2	Extra Credit

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)

WEEK	DAY	DATE	COURSE CONTENT (Assignments, Exams/Quizzes, etc.)
1	T		
	TH	24-Aug	Introduction & Syllabus
2	T	29-Aug	Pre-Fitness Assessment (10 points), Survey
	TH	31-Aug	Workout
3	T	5-Sep	Workout
	TH	7-Sep	Workout
4	T	12-Sep	Workout
	TH	14-Sep	Workout, Quiz # 1 (Pages 1-7 + class discussion)
5	T	19-Sep	Workout, Quiz # 2 (pages 8-15 + class discussion)
	TH	21-Sep	Workout, Quiz # 3 (pages 16-21 + class discussion)
6	T	26-Sep	Workout, Quiz # 4 (pages 22-25 + class discussion)
	TH	28-Sep	Workout, Quiz #5 (pages 26-30 + class discussion)
7	T	3-Oct	Workout, Quiz #6 (pages 31-41 + class discussion)
	TH	5-Oct	Workout, Quiz #7 (pages 42-43 + class discussion)
8	T	10-Oct	Workout, Quiz #8 (pages 44-49 + class discussion)
	TH	12-Oct	Workout, Quiz #9 (pages 50-62 + class discussion)
9	T	17-Oct	Workout, Quiz #10 (pages 63-67 + class discussion)
	TH	19-Oct	Workout, Quiz #11 (pages 68-76 + class discussion)
10	T	24-Oct	MID-TERM EXAM (On CANVAS), pages 1-49 + 166 & 167
	TH	26-Oct	FIELD ASSIGNMENT (see CANVAS) = Quiz #12
11	T	31-Oct	Workout, Quiz #13 (pages 77-97 + class discussion)
	TH	2-Nov	Workout, Quiz #14 (pages 98-109 + class discussion)
12	T	7-Nov	Workout, Quiz #15 (pages 110-115 + class discussion)
	TH	9-Nov	Workout, Quiz #16 (pages 116-118 + class discussion)
13	T	14-Nov	Workout, Quiz #17 (pages 119-127 + class discussion)
	TH	16-Nov	Workout, Quiz #18 (pages 128-133 + class discussion)
14	T	21-Nov	FIELD ASSIGNMENT (see CANVAS) + Quiz #19
	TH	23-Nov	THANKSGIVING HOLIDAY, NO CLASS
15	T	28-Nov	Workout, Quiz #20 (pages 145-148 + class discussion)
	TH	30-Nov	Workout, Final Exam Review
16	T	5-Dec	Post-Fitness Assessment (10 points), survey (last day of instruction)
	TH	7-Dec	FINAL EXAM - Use CANVAS (No Make-Ups) pages 50-148 & pages 151-165 (FAQ's)