

## **San José State University**

### **Kinesiology**

#### **FALL 2017, KIN 34, SECTION 03, STEP TRAINING**

**Class Meetings & Locations:** Tuesday/Thursday 2:30 – 3:20, EC AER

#### **Contact Information**

**Instructor:** BATT

**Office Location:** SPXC107A

**Telephone:** N/A

**Email:** [angel.batt@sjsu.edu](mailto:angel.batt@sjsu.edu)

**Office Hours:** Tuesday/Thursday 1:00am - 1:30am, SPXC107A, Event Center Aerobic Room (EC AER)

**Class Meetings & Locations:** Tuesday/Thursday 2:30 – 3:20, EC AER

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	<b>MID-TERM EXAM (On CANVAS), pages 1-49 + 166 &amp; 167</b>
	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	<b>FINAL EXAM - Use CANVAS (No Make-Ups), pages 50-148 &amp; pages 151-165 (FAQ's)</b>