

San José State University
Kinesiology
Spring 2021, KIN 35A Beginning Weight Training

Contact Information

Instructor: Chris May	
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Office Hours: Appointment via Zoom meeting	
Class Meetings August 19 th -December 7 th , 2020 (100 minutes weekly) Sections: 3 and 4	
Location: Online	

Course Description

This course is designed to teach the basic concepts of weight training for muscular strength and endurance. Its goal is to provide students with knowledge about the principles involved in weight training and the health-related components of fitness through a variety of exercises.

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, and techniques related to beginning weight training.**
- **Proficiency in execution of the skills covered.**
- **An understanding of the history, rules, strategies, current research, safety and etiquette associated with beginning weight training.**
- **An understanding of the mental and physical health benefits to be derived from beginning weight 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

Course information will be emailed to the student and posted on Canvas.

Course Notes

- **Class protocol: This is an online class with no person to person meetings.**
- **You need to set aside 100 minutes per week in a minimum of two separate exercise sessions. You can also break the 100 minutes into 3-4 smaller exercise sessions.**
- **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.**
- **Appropriate weight training clothes and shoes are required.**

Course Requirements and Grading Policy -

Grading Plan

35% Quizzes (7 at 5% each) every two weeks on Canvas, will open up on Fridays for 3 days only. 5 multiple choice questions based upon documents emailed to student and posted on Canvas

Quizzes: Typically, quizzes are one question at a time, answers locked, a 20 minute time limit, and browser closed.

- **Open and due date are the same so despite what Canvas may say as long as quiz/journal is submitted prior to close date they will be accepted as on time.**

Final Exam: multiple choice format on Canvas and is similar to the quizzes, and may have cumulative questions.

- Each student will be allowed to submit **two** assignments without late penalty.
- After you have used this option subsequent late quiz and exercise journal submissions will be 1/2 credit up to 7 calendar days past due date.

60% Exercise Journal (8 at 7.5% each) Submitted every second week and needs to include four 50 minute exercise sessions within 14 days.

- **Exercise journals are detailed, accurate, and typed** description of what you did in that specific exercise session and should include but not limited to: date, warm-up, cool down, types of exercise, sets repetitions, weight, rest interval. You need to submit four individual exercise journal entries by Sunday every other week to submitted to Canvas.

5% Final Exam.

- **Release of Liability Form**

Students

You need to complete the form and post it before the class begins.

Activity Program Learning Outcomes

After completion of the physical activity graduation requirement, students shall be able to:

- 1 Demonstrate proficiency in the execution of the motor/sport skills appropriate to the specific activities completed.
- 2 Identify and/or explain the applicable history, rules, strategies, current research, safety, and etiquette related to the specific activities completed.
- 3 Identify and/or explain the benefits of physical activity as related to physical and mental health.

Course Requirements	Percentage of Grade	SLO	
Exercise Journals 8 @ 7.5%	60%	1, 3	1, 3
Quizzes 7@ 5%	35%	1,2	1,2
Final Exam	5%	1,2,3	1, 2

Grading Scale used to determine letter grade for each component above.

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

Tests:

Multiple choice Quizzes every two weeks on Canvas

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

University Policies

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

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

Dropping and Adding

Students are responsible for understanding the policies and procedures about add/drop, grade forgiveness, etc. Refer to the current semester's Catalog in the [policies section](http://info.sjsu.edu/static/catalog/policies.html) at <http://info.sjsu.edu/static/catalog/policies.html>. Add/drop deadlines can be found on the current [academic year calendars](http://www.sjsu.edu/provost/services/academic_calendars/) document at http://www.sjsu.edu/provost/services/academic_calendars/. The [late drop policy](http://www.sjsu.edu/aars/policies/latedrops/policy/) is available at <http://www.sjsu.edu/aars/policies/latedrops/policy/>. Students should be aware of the current deadlines and penalties for dropping classes.

Information about the latest changes and news is available at the [Advising Hub](http://www.sjsu.edu/advising/) at <http://www.sjsu.edu/advising/>.

Academic integrity

Your commitment as a student to learning is evidenced by your enrollment at San Jose State University. The University's [Academic Integrity policy](http://www.sjsu.edu/senate/S07-2.htm) at <http://www.sjsu.edu/senate/S07-2.htm>, requires you to be honest in all your academic course work. Faculty members are required to report all infractions to the office of Student Conduct and Ethical Development. The [Student Conduct and Ethical Development](http://www.sjsu.edu/studentconduct/) website at <http://www.sjsu.edu/studentconduct/>.

Instances of academic dishonesty will not be tolerated. Cheating on exams or plagiarism (presenting the work of another as your own, or the use of another person's ideas without giving proper credit) will result in a failing grade and sanctions by the University. For this class, all assignments are to be completed by the individual student unless otherwise specified. If you would like to include your assignment or any material you have submitted, or plan to submit for another class, please note that SJSU's [Academic Integrity policy](http://www.sjsu.edu/senate/S07-2.htm) at <http://www.sjsu.edu/senate/S07-2.htm> requires approval of instructors.

Note: Outings/assignments completed for another class cannot be counted for this course.

Campus Policy in Compliance with the American Disabilities Act

If you need course adaptations or accommodations because of a disability, or if you need to make special arrangements in case the building must be evacuated, please make an appointment with me as soon as possible, or see me during office hours. [Presidential Directive 97-03](http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf) at http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf requires that students with disabilities requesting accommodations must register with the [Accessible Education Center](http://www.sjsu.edu/aec/) (AEC) at <http://www.sjsu.edu/aec/> to establish a record of their disability.

Accommodation to Students' Religious Holidays

San José State University shall provide accommodation on any graded class work or activities for students wishing to observe religious holidays when such observances require students to be absent from class. It is the responsibility of the student to inform the instructor, in writing, about such holidays before the add deadline at the start of each semester. If such holidays occur before the add deadline, the student must notify the instructor, in writing, at least three days before the date that he/she will be absent. It is the responsibility of the instructor to make every reasonable effort to honor the student request without penalty, and of the student to make up the work missed. See University Policy S14-7 at <http://www.sjsu.edu/senate/docs/S14-7.pdf>.

Assignments:

- **Quizzes, every second week posted on Canvas.**
- **Exercise Journals due every second week submitted to Canvas.**

Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of forty-five hours over the length of the course. This would include preparing for class, participating in course activities, and completing assignments/projects. Generally this will amount to 1 hour a week outside of class.

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

Week	Course Content (Assignments, Exams/Quizzes, ...)
1-2 1/25 - 2/1	Designing a Exercise Program Benefits of Strength Training Key Components of Health Related Fitness Quiz 1 Exercise Journal 1
3-4 2/8 – 2/15	Safety during Exercise and Physical Activity Safety and Strength Training Bodyweight Resistance Exercise Quiz 2 Exercise Journal 2
5-6 2/22 – 3/1	Principles of Strength Training Heart Rate Quiz 3 Exercise Journal 3
7-8 3/8 – 3/15	Types of Muscular Contractions Skeletal Muscle Quiz 4 Exercise Journal 4
9-10 3/22 – 4/5	Muscular Soreness Quiz 5 Exercise Journal 5
11-12 4/12 – 4/19	Energy Systems Hydration Quiz 6 11/6 Exercise Journal 6
13-14 4/26 – 5/3	Nutrition Energy Balance Quiz 7

	Exercise Journal 7
15-16	Periodization Signs & Symptoms of Overtraining
5/10 -5/17	Exercise Journal #8
5/17/2021	Final Exam