

**San José State University**  
**Kinesiology**  
**Spring 2021, KIN 35A-06 Beginning Weight Training**

## **Contact Information**

Instructor: James Fonda

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Office Hours: Monday  
12:00 pm – 2:00 pm. This  
will be done by Zoom.  
Please email to set up an  
appt. during this time.

Class Meetings: On Line  
Class

Prerequisites: None

## **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 principals involved in weight training and the health-related components of fitness through a variety of exercises

## **Web Resource**

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, skills tests, and written exams,

- Knowledge of fundamental skills, techniques for beginning weight training.
- Proficiency in execution of beginning weight training 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/Technology**

- Other readings will be posted on Canvas
- Small notebook

### **Course Notes**

- Class protocol: Students are expected to be on time and ready to go when class starts. Interactions with classmates and the instructor are expected to be respectful at all times. Students will not be able to use their phones for safety reasons unless given permission from the professor.
- Students should check with Canvas periodically for announcements and other readings. Students must communicate with the professor in a timely manner of absences or other issues that will force critical days.
- 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 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.
- Partners will be advocated.
- Report any accidents to the instructor immediately.
- 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.
- Course grades will be posted on Canvas by the end of finals week.

- Drop requests will not be accepted after the SJSU drop deadline.

## **Course Requirements, Assignments, and Grading -**

Tests:

- Skills Test 1: Cardio
- Skills Test 2: Exercise (Plank)

Quiz:

- Quiz on the presentations

Assignments/Projects:

- Program 1 (Halfway of the Semester): A workout program that has goals, plan workout schedule, and actual performance
- Journal 2 (Full Semester): The full semester of the workout program
- Liability Waiver
- Baseline Test 1 (One Mile Test)
- Baseline Test 2 (Plank Test)

Participation:

Participation will be key to success. It is expected that students participate in class. Participation sheets will need to be signed each time at class.

## **Grading**

- Your grading method: Point totals.
- Grades will be determined by doing tasks on time, participation, accuracy and improvement.
- Penalty for late or missed work is -5 points for every day late.

## **Grading Plan**

30% Skills Test 1  
30% Skills Test 2  
10% Quiz of meetings.  
10% Work out Program 1  
20% Workout Program 2

**Grading Scale used to determine final course grade.**

Percentage	Equivalent Grade
97% - 100%	A+
94% - 96%	A
90% - 93%	A-
87% - 89%	B+
84% - 86%	B
80% - 83%	B-
77% - 79%	C+
74% - 76%	C
70% - 73%	C-
67% - 69%	D+
64% - 66%	D
60% - 63%	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	Course Content (Assignments, Exams/Quizzes, ...)
1	Welcome Syllabus Review, Q/A (Zoom Meeting January 27 <sup>th</sup> at 4:30pm)

Week	Course Content (Assignments, Exams/Quizzes, ...)
2	Review of Stretching & Nutrition (Zoom Meeting February 1st at 4:30pm) Going over a fitness plan (Zoom Meeting February 3rd at 4:30pm)
3	Workout 1(Baseline Test 1(One Mile Run)). Workout 2 (Baseline Test 2(Plank Time)) (Quiz)
4	Workout 3, Workout 4
5	Workout 5, Workout 6
6	Workout 7, Workout 8
7	Workout 9, Workout 10
8	Workout 11, Workout 12
9	Workout 13, Workout 14 (Work Out Program uploaded in Canvas)
10	<b>SPRINK BREAK</b>
11	Workout 15, Workout 16
12	Workout 17, Workout 18
13	Workout 19, Workout 20
14	Workout 21, Workout 22
15	Workout 23, Workout 24
16	Workout 25 (Skills Test 1), Workout 26 (Skill Test 1)
17	Workout 27 (Skills Test 2) Workout 28 (Skill Test 2)
FINAL	During Final Period (Upload your Final Workout Plan into Canvas)