

**San José State University**  
**College of Health and Human Sciences**  
**Department of Kinesiology**  
**KIN35A Sections 9, Spring 2021**  
**Beginning Weight Training**

- Instructor:** Adriane Cris Tomimbang, M.A.
- Email:** [Adrianecris.tomimbang@sjsu.edu](mailto:Adrianecris.tomimbang@sjsu.edu)
- Office Hours:** Monday and Wednesday, 4:30-5:30pm, by appointment only  
Zoom: <https://sjsu.zoom.us/j/87198689796?pwd=M1E1WUZpWmJmTEtJeHFIZkQzNnB4UT09>
- Class Days/Time:** Asynchronously & Synchronous  
Synchronous meetings will be held on Mondays (refer to Course Schedule)
- Classroom:** Zoom (Links provided on Canvas within Modules section)
- Prerequisites:** It is recommended that participants have a complete medical examination. While rigorous physical exercise has many benefits, it may also present hazards for certain groups of individuals. Individuals who choose not to have a medical examination should be aware of the risks and hazards and understand that participation in this class is at your own risk.

### **Class Format**

#### **Faculty Web Page and MYSJSU Messaging**

Copies of the course materials such as the syllabus, major assignment handouts, etc. may be found on Canvas. You are responsible for regularly checking with the messaging system through MySJSU and Canvas. Login using your mysjsu username and password.

### **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.

### **Text/Readings**

- Text – Weight Training for Life by James L. Hesson (required)
- Kravitz, Len, Anybody’s Guide to Total Fitness, Kendall Hunt Publishing Co. 10th ed. and up (optional)
- Cognitive material will come from a variety of sources provided in class. Students are expected to keep lecture notes, utilize handouts and may be asked to reference some outside reading sources. Reading materials will be distributed in class and/or posted on Canvas.

## 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:

- Improving muscular strength of all major muscle groups
- Basic etiquette in a fitness center
- Developing accessory muscle/core strength
- Improving cardio vascular efficiency
- Knowledge of fundamental skills and technique related to beginning weight training.
- Use of various types of weight training and cardiovascular equipment.
- An understanding of basic exercise physiology relating to strength and conditioning.
- Developing a realistic exercise management plan
- Health benefits of physical activity, in addition to the process of aging

## Activity Program Learning Outcomes

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

1. Demonstrate proficiency in the execution of beginning weight-training skills covered.
2. Identify and/or explain the history, rules, strategies, current research, safety and etiquette associated with beginning weight training
3. Identify and/or explain the mental and physical health benefits to be derived from beginning weight training
4. Demonstrate 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.

## Class Protocol

1. Students are responsible for completing assigned readings from textbook and lecture notes and downloading, reading, and understanding this syllabus and CANVAS course contents.
2. Using Canvas discussion board for general Q&As and emailing the instructor (after checking the discussion board) are the method of communication. You are responsible in knowing when exams are posted and due. It is the instructor's policy NOT to reopen tests once they are closed. Pay attention to your Canvas notifications and scheduled quizzes/ exams.
3. Students with a history of physical problems or who have been inactive for a long period of time are urged to have a comprehensive physical examination or receive medical clearance before beginning a vigorous exercise program. Weight training is an ACTIVITY class that requires physical effort. Individuals who choose not to have a medical examination should be aware of the risks and understand that participation in this class is at their own risk.
4. If you require course adaptations or accommodations due to special needs, or you have medical information the instructor should know, please notify the instructor as soon as possible by email.
5. Report any accidents to the instructor immediately. Alert the instructor of any medical problems, medications, or accidents that may affect involvement in class.
6. If a serious illness or an accident occurs that requires an extended absence, the student should obtain a medical statement and withdraw from the class.
7. It is the ultimate responsibility of the student to formally drop a class. You should not rely on the instructor to drop you from a class for nonattendance. Drop requests will not be accepted after the SJSU drop deadline.

## Assignments

1. **Release and Reliability form** is to be submitted as a document on Canvas (0% of your grade). Failure to sign and submit this document by 11:59pm on January 27, 2021 will result in an automatic drop from the course.
2. **Active participation (Exercise Log/Journals)** in the form of **performing the assigned workouts and submitting the associated assignments** on CANVAS is REQUIRED to meet the course objectives (42% of your overall grade, each workout is worth 1.5%).
  1. Students are expected to participate fully in all physical activities on their own and review all readings (Check the Course Schedule section at the end of this syllabus for those specific dates.)
  2. Appropriate *shoes and clothing* are required for class activity. Bare feet, socks only, sandals, "heels", slippers are not recommended during activity.
  3. Weights (a set of light and a set of heavy), resistance bands/tubing, and a mat are highly recommended. Students may substitute these with water bottles, a heavy ball, gallon of water, laundry soap containers, can of food, thick towel/carpet, and etc.
  4. Review the instructions carefully to get the full credit for the assignment you upload on Canvas.
    - You have the entire week to complete the required readings and workouts on your own time. If you fail to submit the assignment on time, you will get a zero!
      - **NO MAKE-UPS and NO LATE WORK submissions (except for pre- and post-tests) for weekly assignments with NO EXCEPTIONS!!**
  5. Outings/assignments completed for another class cannot be counted for this course.
  6. Only under EXTENUATING circumstances will a doctor's note be accepted by the instructor for missed assignments (i.e., severe illness, injury, operation, etc.)

## Fitness Assessments

3. **Pre- and Post- test fitness tests** will be performed (10% each or 20% of total overall grade)
  - Pre-test will assess the fitness level of the student in the beginning of the semester with standardized fitness tests.
  - Post-test will assess the fitness level of the student at the end of the semester with the same standardized fitness tests used in the pre-test to acknowledge an improvement gained through the course.
  - The scores will be posted as an assignment; the grade will NOT depend on the scores.
  - The submission for pre- and post-test results should be done by the specified due date; however, if submitted late, 10% of the points available will be deducted per calendar day the assignment is late.

## Tests

1. **Syllabus Quiz** (5 % of your overall grade)
  - This quiz is solely on the material from the class syllabus. There will be only one attempt available to take the quiz. Take it when you are ready.
  - There are no make-ups for this quiz.
2. **Quizzes** (20% of overall grade)
  - Quizzes will test the material strictly from recorded lectures.
  - Quizzes will generally be **open for 5 days on Canvas from 7am on Monday morning until 11:59pm on Friday night. Due dates for each quiz are posted on Canvas and the syllabus.** There will be only one attempt available to take the quiz. Take it when you are ready.
  - There are **no make-ups** for missed quizzes.
3. **Final Exam** (10 % of your overall grade)
  - This is a comprehensive exam and covers all reading, PowerPoint, and lecture materials.
  - The exam will be available on Monday, May 17<sup>th</sup> (12pm) to May 22<sup>nd</sup> (by 11:59pm). Once you have started the final, you have approximately 60 minutes to complete the exam.

## Grading

Photo Fun Facts	3	3
Syllabus Quiz	5	5
Fitness Assessment – Pre/Post	20	20
Weekly Active Participation – submission of daily workout card (APLO 1)	42	42
Quizzes (10 quizzes at 2% each) (APLO 2 & 3)	20	20
Final Exam (APLO 4)	10	10
<b>Total Grade Percentage</b>	<b>100 pts</b>	<b>100%</b>

**Grading Scale used to determine final course grade. **\*\*Grades will not be rounded up.****

Percentage	Equivalent Grade	Percentage	Equivalent Grade
97% - 100%	A+	73% - 76%	C
93% - 96%	A	70% - 72%	C-
90% - 92%	A-	67% - 69%	D+
87% - 89%	B+	63% - 66%	D
83% - 86%	B	60% - 62%	D-
80% - 82%	B-	Below 60%	F
77% - 79%	C+		

## Recording of Class Lectures

This course or portions of this course (i.e., lectures, discussions, student presentations) will be recorded for instructional or educational purposes. The recordings will only be shared with students enrolled in the class through Canvas. The recordings will be deleted at the end of the semester. If, however, you would prefer to remain anonymous during these recordings, then please speak with the instructor about possible accommodations (e.g., temporarily turning off identifying information from the Zoom session, including student name and picture, prior to recording).

Students are not allowed to record without instructor permission. Students are prohibited from recording class activities (including class lectures, office hours, advising sessions, etc.), distributing class recordings, or posting class recordings. Materials created by the instructor for the course (syllabi, lectures and lecture notes, presentations, etc.) are copyrighted by the instructor. This university policy (S12-7) is in place to protect the privacy of students in the course, as well as to maintain academic integrity through reducing the instances of cheating. Students who record, distribute, or post these materials will be referred to the Student Conduct and Ethical Development office. Unauthorized recording may violate university and state law. It is the responsibility of students that require special accommodations or assistive technology due to a disability to notify the instructor.

*Explicit written permission must be requested to make any recording of the class. An announcement will be made to the class to ensure their comfort with recording the class. If any student objects to the recording then permission will not be granted. If there are no objections then written permission will be provided.*

## Zoom Classroom Etiquette

- **Mute Your Microphone:** To help keep background noise to a minimum, make sure you mute your microphone when you are not speaking.
- **Be Mindful of Background Noise and Distractions:** Find a quiet place to “attend” class, to the greatest extent possible.
  - Avoid video setups where people may be walking behind you, people talking/making noise, etc.
  - Avoid activities that could create additional noise, such as shuffling papers, listening to music in the background, etc.
- **Position Your Camera Properly:** Be sure your webcam is in a stable position and focused at eye level.
- **Limit Your Distractions/Avoid Multitasking:** You can make it easier to focus on the meeting by turning off notifications, closing or minimizing running apps, and putting your smartphone away (unless you are using it to access Zoom).
- **Use Appropriate Virtual Backgrounds:** If using a virtual background, it should be appropriate and professional and should NOT suggest or include content that is objectively offensive or demeaning.

## Technical Difficulties

### **Internet connection issues:**

Canvas autosaves responses a few times per minute as long as there is an internet connection. If your internet connection is lost, Canvas will warn you but allow you to continue working on your exam. A brief loss of internet connection is unlikely to cause you to lose your work. However, a longer loss of connectivity or weak/unstable connection may jeopardize your exam.

### **Other technical difficulties:**

Immediately email the instructor a current copy of the state of your exam and explain the problem you are facing. Your instructor may not be able to respond immediately or provide technical support. However, the copy of your exam and email will provide a record of the situation.

### **Contact the SJSU technical support for Canvas:**

#### **Technical Support for Canvas**

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

**Phone: (408) 924-2337**

**<https://www.sjsu.edu/ecampus/support/>**

Academic Dishonesty Students who are suspected of cheating during an exam will be referred to the Student Conduct and Ethical Development office and depending on the severity of the conduct, will receive a zero on the assignment or a grade of F in the course. Grade Forgiveness does not apply to courses for which the original grade was the result of a finding of academic dishonesty

## University Policies

Per University Policy S16-9, university-wide policy information relevant to all courses, such as academic integrity, accommodations, etc. will be available on Office of Graduate and Undergraduate Programs' [Syllabus Information web page](http://www.sjsu.edu/gup/syllabusinfo/) at <http://www.sjsu.edu/gup/syllabusinfo/>

# KIN35A Beginning Weight Training Spring 2021 Course Schedule

*The schedule is subject to change with fair notice posted on Canvas and announced in class.*

Week	Dates	Topics/Readings (Modules on Canvas)	Assignments DUE this week
1	1/27	<b>Join Zoom Meeting at 3:30pm - Introductions</b> <i>Syllabus Review</i> <i>Class Structure</i> <i>Starting Your Weight Training Program</i>	<b>Workout Log #1</b> <b>Release of Liability Form</b>
2	2/01	<u><b>Week 2 Lecture</b></u> <i>Why Weight Train</i> <i>Warm-up</i> <i>Beginning a Weight Training Program</i>	<b>Workout Log #2</b> <b>Workout Log #3</b> <b>Photo and Fun Facts</b> <b>Syllabus Quiz</b>
	2/03		
3	2/8	<i>Review Week 2 Lecture for Quiz#1A&amp;1B</i>	<b>Workout Log #4</b> <b>Fitness Assessment - PreTest</b> <b>Quiz #1A&amp;1B</b>
	2/10		
4	2/15	<b>Join Zoom Meeting at 3:30pm – Check-in 1</b>	<b>Workout Log #5</b> <b>Workout Log #6</b>
	2/17	<u><b>Week 4 Lecture</b></u> <i>Safe &amp; Effective Weight Training</i> <i>Muscle Structure &amp; Function</i>	
5	2/22	<i>Review Week 4 Lecture for Quiz#2A&amp;B</i>	<b>Workout Log #7</b> <b>Workout Log #8</b> <b>Quiz #2A&amp;2B</b>
	2/24		
6	3/01	<u><b>Week 6 Lecture</b></u> <i>DOMS &amp; R.I.C.E.</i> <i>Common Exercise Mistakes</i>	<b>Workout Log #9</b> <b>Workout Log #10</b>
	03/03		
7	3/8	<i>Review Week 6 Lecture for Quiz#3A&amp;3B</i>	<b>Workout Log #11</b> <b>Workout Log #12</b> <b>Quiz #3A&amp;3B</b>
	3/10		

8	3/15	Join Zoom Meeting at 3:30pm – Check-in 2	Workout Log #13 Workout Log #14
	03/17	<i>Week 8 Lecture</i> <i>Stress, Stress Maintenance, &amp; Eight Energy Boosters</i> <i>Exercise, Brain Function, &amp; Sleep</i>	
9	3/22	Review Week 8 Lecture for Quiz#4A&4B	Workout Log #15 Workout Log #16 <b>Quiz#4A&amp;4B</b>
	03/24		
10	3/29	Spring Break – No Class	No Assignments due!
	03/31		
11	4/5	<i>Week 11 Lecture</i> <i>Nutrition &amp; Rest</i> <i>Measurement &amp; Evaluation</i>	Workout Log #17 Workout Log #18
	04/7		
12	4/12	Review Week 11 Lecture for Quiz#5A&5B	Workout Log #19 Workout Log #20 <b>Quiz #5A&amp;5B</b>
	04/14		
13	4/19	Continue Workouts	Workout Log #21 Workout Log #22
	04/21		
14	4/26	Continue Workouts	Workout Log #23 Workout Log #24
	4/28		
15	5/3	Join Zoom Meeting at 3:30pm – Check-in 3	Workout Log #25 Fitness Assessment – PostTest
	5/05	<i>Study for Final</i> Continue Workouts	
16	5/10	<i>Study for Final</i> Continue Workouts	Workout Log #26 Workout Log #27
	5/12		
17	5/17	<b>Final Exam</b> <i>The exam will be available on</i> <i>Monday, May 17th (12pm) to May 22nd (by 11:59pm)</i> <i>Approximately 60 minutes to complete the exam.</i>	Workout Log #28