

San José State University
Kinesiology
Fall 2017, KIN 35A, Beginning Weight Training

Contact Information

Instructor:	Cristina Carrillo, M.A.
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Office Hours:	By appointment only
Class Meetings & location	MoWe, 12:30pm-1:20 pm, YUH 126
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.

Course Description

Beginning weight training utilizes a variety of weight training equipment, exercises, techniques and lectures to produce a training effect resulting in increased muscle strength and endurance, flexibility, and cardio respiratory efficiency.

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, technique, related to weight lifting.
- Proficiency in execution of the weight lifting skills covered.

- An understanding of the history, rules, strategies, current research, safety and etiquette associated with weight lifting.
- An understanding of the mental and physical health benefits to be derived from weight lifting.

Course Content (skills)

- Improving muscular strength of major muscle groups
- Basic etiquette in a fitness center
- Developing accessory muscle/core strength
- Improving cardio vascular efficiency

Course Content (concepts/knowledge)

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- Basic exercise physiology relating to strength and conditioning
- Developing a realistic exercise management plan
- Health benefits of physical activity
- Physical activity and the process of aging
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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

No text is required. Cognitive material comes 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 emailed to the student.

Course Notes

- 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.
- Class protocol: Students are expected to arrive on time and participate fully in all activities throughout the class period. Turn cell phone off and put away for the duration of the class. Interactions with classmates and the instructor are expected to be respectful at all times.
- Proper athletic attire is required and must be worn at all times (shorts, t-shirts, leggings,

athletic shoes).

- Please bring water/water bottle to class and a sweat towel.
- Report any accidents/injuries to the instructor immediately.
- Recording class: Instruction may not be recorded. If classmates ask you to record their performance for later review make sure it is done before or after class rather than during class. Do not post or otherwise share the recording.
- 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.
- Exams/quizzes/skills tests cannot be made up (serious and compelling reasons considered).
- Drop requests will not be accepted after the SJSU drop deadline.
- Course grades will be posted before the University's official deadline. No incomplete grades or extra credit will be provided.

Course Requirements, Assignments, and Grading

Skills Test (cannot be made up except for serious and compelling reasons):

Skills Tests will cover proper technique during performance of the following exercises:

- Squat
- Lunge
- Deadlift
- Bench Press
- Shoulder Press
- Push-up
- Pull-up
- Sit-up
- Spotting another student during performance of the above exercises

*Skills tests will be graded on safe technique while performing the exercise (not the amount of weight lifted)

Written Exam/Quizzes (cannot be mad up except for serious and compelling reasons):

Written Exams and Quizzes will cover:

- Weight training principles, terminology, etiquette, and program design
- Proper techniques used during weight lifting exercises
- Basic exercise physiology relating to strength and conditioning
- Mental and physical health benefits to be derived from weight training (lifetime fitness)
- Injury prevention while weight training
- Hydration and nutrition related to weight training

Grading Plan

20%	Participation – assessed through observation of skills and engagement in class activities (APLO 1)	20 points
20%	Skills Test 1 (APLO 1)	20 points
20%	Skills Test 2 (APLO 1)	20 points
15%	Quizzes (APLO 2 & 3) (3 quizzes at 5% each)	15 points
25%	Written Final Exam (APLO 2 & 3)	25 points
100%		100 points

Grading Scale used to determine letter grade for each item listed in the Grading Plan and 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

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

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

Week	Dates	Course Content (Assignments, Exams/Quizzes, ...)
1	8/23 8/28, 8/30	Introduction to class content, policies, procedures. Terminology, etiquette, principles, technique Introduction to lower body compound exercises.
2	9/4, 9/6	NO CLASS -Labor Day Lower body compound exercises continued.
3	9/11, 9/13	Upper body compound exercises. Upper body compound exercises continued.
4	9/18, 9/20	Principles of weight training Principles of weight training continued.
5	9/25, 9/27	Quiz #1 Cardiovascular training
6	10/2, 10/4	Isolation exercises. Isolation exercises continued.
7	10/9, 10/11	Abdominal/Core exercises. Abdominal/Core exercises continued.
8	10/16, 10/18	Program Design. Program Design continued.
9	10/23, 10/25	Quiz #2 Cardiovascular training continued.
10	10/30, 11/1	Flexibility. Flexibility continued.
11	11/6, 11/8	Skills Test #1 Skills Test #1
12	11/13, 11/15	Nutrition. Nutrition continued.
13	11/20, 11/22	Quiz #3 Cardiovascular training continued.
14	11/27, 11/29	Physical and mental benefits of weight training (lifetime fitness). Physical and mental benefits of weight training (lifetime fitness) continued.

Week	Dates	Course Content (Assignments, Exams/Quizzes, ...)
15	12/4, 12/6	Skills Test #2 Skills Test #2
16	12/11	WRITTEN FINAL EXAM (during last class meeting)