

San José State University
Kinesiology
KIN 35A-09, Beginning Weight Training, 46898, Fall Semester, 2017

Course and Contact Information

Instructor: James Fonda
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Office Hours: Monday 12-2pm
Class Days/Time: Monday and Wednesday 2:30pm-3:20pm
Classroom: YUH 126

Course Format

Faculty Web Page and MYSJSU Messaging

Course materials such as syllabus, handouts, notes, assignment instructions, etc. can be found on the [Canvas Learning Management System course login website](http://sjsu.instructure.com) at <http://sjsu.instructure.com>. You are responsible for regularly checking with the messaging system through [MySJSU](http://my.sjsu.edu) at <http://my.sjsu.edu> (or other communication system as indicated by the instructor) to learn of any updates.

Course Description

The purpose of this class is an introduction to weight training. This course will seek to increase the student's knowledge of training methods including safety tips. Students will develop their own program that they will follow. The course will familiarize the students with different types of work out equipment. Students will be introduced to two basic weight lifting exercises.

Course Learning Outcomes (CLO)

Following activities and assigned reading, students will be able to demonstrate through class activities/assignments, skill tests, and written exams,

- Knowledge of fundamental skills, technique, related to weight training.
- Proficiency in execution of the skills covered.
- An understanding of the strategies, safety and etiquette associated with weight training.
- An understanding of the mental and physical health benefits to be derived from weight training.
- An appropriate level of proficiency in personal health as it relates to components such as cardiovascular endurance, muscular strength, flexibility, body composition, balance, coordination, and agility.

Upon successful completion of this course, students will 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 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.

Other Readings

Other readings will be posted on Canvas. Other research material can be found at www.bodybuilding.com

Other technology requirements / equipment / material

A pocket notepad, towel, water bottle, proper workout clothing nothing loose.

Course Requirements and Assignments

1. This course does require you to read and submit written assignments as well as your skills for working out. There are two skills test that will be based on two basic lifting exercises, this includes effort, improvement in weight, and improvement in form. To do this successfully, a third day of working out on your own time will help. Working out only 2 days a week is the bare minimum.

The rest of your grade is based on the following assignments:

2. Your work out plan. You must create a work out plan with 4 goals (two assigned by the professor and two personal) and must record the following: each time you work out, what exercise you did, the amount of reps and the increase or decrease of weight. Also, how you felt about your workout (pre-and post), nutrition and hydration pre- and post-workout. This will be checked at mid-term in the semester. A journal (notepad) can be brought to class in order to keep track of workouts. Do not wait until the night before to write everything!

*Final Exam: This will be the complete work out plan from the beginning of the semester to the end of the semester. It will demonstrate on how close you reached your goals. It will be completed on the final day of class.

Grading Information

Grading Plan

- 30% Skills Test 1 Bench
- 30% Skills Test 2 Squat
- 20% Program 1
- 20% Program 2 (based on your 2 personal goals)

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.

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

More guidelines on grading information and class attendance can be found from the following two university policies:

[University Syllabus Policy S16-9](http://www.sjsu.edu/senate/docs/S16-9.pdf) (<http://www.sjsu.edu/senate/docs/S16-9.pdf>)

[University policy F15-12](http://www.sjsu.edu/senate/docs/F15-12.pdf) (<http://www.sjsu.edu/senate/docs/F15-12.pdf>)

Determination of Grades

- Grades will be determined by doing tasks on time, participation, accuracy and improvement
- Extra credit is not available.
- Penalty (if any) for late or missed work.

Classroom Protocol

- Students are expected to be on time and ready to go when class starts.
- Students must be respectful towards one another and to the professor.
- Students must be helpful to each other and assist students who are lifting a lot of weight.
- Students must be able to hear classmates and the instructor at all time.
- Students must be off their phones for safety reasons unless given permission from the professor.
- Students should check with Canvas periodically.
- Students must communicate with the professor on any issues that will affect him or her on the success of the class in a timely manner. Do not wait till the end of semester to figure out grades.

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/>"

Kin 35-09 / Beginning Weight Lifting, Fall 2017, Course Schedule

Here is the course agenda. This agenda could change at any time.

Course Schedule

Week	Date	Topics, Readings, Assignments, Deadlines
1	8/23	Welcome Syllabus Review, Questionnaire, Q/A
2	8/28-8/30	Going over the rules of the gym, review of the equipment, stretching, nutrition, turn in your questionnaire Going over a fitness plan/ Review of 2 basic exercises for your skills tests.
3	9/11-9/13	Off. Workout 1
4	9/18-9/20	Workout 2, Workout 3
5	9/25-9/27	Workout 4, Workout 5
6	10/2-10/4	Workout 6, Workout 7
7	10/9-10/11	Workout 8 (Skills Test 1), Workout 9 (Skills Test 1)
8	10/16-10/18	Workout 10 (Skills Test 1), Workout 11

Week	Date	Topics, Readings, Assignments, Deadlines
9	10/23-10/25	Workout 12, Workout 13 (Work out Plan Due)
10	10/30-11/1	Workout 14, Workout 15
11	11/6-11/8	Workout 16, Workout 17
12	11/13-11/15	Workout 18, Workout 19
13	11/20-11/22	Workout 20, Off
14	11/27-11/29	Workout 21 (Skills Test 2), Workout 22 (Skills Test 2)
15	12/4-12/6	Workout 24 (Skills Test 2), Workout 25
16	12/11	Workout 26 (Final Workout Plan)