

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

Contact Information

Instructor:	Max Glaser
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Office Hours:	By appointment
Class Meetings & location	T/TH 3:30-4:20

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.

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 Content (skills)

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

Course Content (concepts/knowledge)

- Use of various types of weight training and cardiovascular equipment
- 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

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

Text - None 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

Course Notes

1. Assignments received or completed late will receive a deduction of 2 points for each day late.
2. A skill assessment must be taken in class at the time given and cannot be made up.
3. A skill assessment is not pre announced and is given promptly at the beginning of the class period.
4. This is an activity class and by its nature you can only benefit and experience change by physical participation in the activity. For whatever reason, should you be unable to participate in class to the degree that your final grade will be unacceptable, you must drop the class or take an incomplete. Please see me for instructions.
5. One skill assessment or activity assignment may be made up at the end of the semester if the make up results in the difference in a grade.
6. All students must be dressed properly (see KIN policy) in order to participate in activity.
7. A skill assessment will only be recorded if activity for that class period is also completed.
8. Cell phones should not be used during class time. Personal music can be utilized in lieu of the music played during activity, but please do not spend your time texting/making calls.
9. In order to receive an A+ grade you cannot include a make-up quiz.

Grading

- Activity Assignment - 20 pts (4 @ 5 pts)
- Skill Assessments - 40 pts (4 @ 10 pts)
- Quizzes on Lectures- 30 pts (5 @ 6 pts)
- Final Evaluation- 10 pts

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

Grading Scale used to determine 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

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	Class Intro, Syllabus Review
2	Lecture 1: Health and Fitness Questionnaire (Activity Assignment #1 Due)
3	Lecture 1: Creating A Program
4	Lecture 2
5	Lecture 2: Activity Assignment #2 Due
6	Lecture 3
7	Lecture 3
8	Lecture 4: Activity Assignment #3 Due
9	Lecture 4
10	Lecture 5
11	Lecture 5: Activity Assignment #4 Due
12	Lecture 6
13	Lecture 6
14	Skill Assessment Make-Ups
15	Begin Final Evaluation of Fitness Goals
16	Finish Final Evaluation of Fitness Goals