

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

There will be no assigned textbook for this course. Course content will be delivered through lectures, handouts and outside reading assignments. Notes in class are advised.

Course Notes

- **Assignments received or completed late will receive a deduction of 5% of total points for each day late**
- **Skill Assessments must be taken in class on the day given and may not be made up**
- **A skill quiz is not pre announced and is given at the beginning of the class period.**
- **A skill quiz will only be recorded if activity for the class period is also completed!**
- **One quiz may be made up at the end of the semester if results in a different grade is to occur**
- **All students must dress properly (see KIN policy) in order to participate in activity**
- **Cell Phones are prohibited during class time. Personal music devices may be utilized only during activity period of class time.**
- **This is an activity class and by its nature you can only benefit and experience change by physical participation in 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 more instruction**

Course Requirements and Grading Policy

Grading Plan

- 60% Skill Assessment – 60 pts (10@ 6 pts)
- 15% Activity Assignment – 15 pts (3@ 5 pts)
- 10% Fieldwork Assignment – 10 Pts
- 15% Final Exam- 15 pts

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

Final Exam: Pen/ Pencil and paper is all that is required. This will be a comprehensive exam on all materials covered in class

Assignments/Projects:

Activity- will be discussed in class on the day of assignment

Fieldwork- A one page written assignment will be given during the course where students will have the option to choose from 3 options and reflect on their experience. The ultimate goal is for the student to express what they witnessed/learned from their fieldwork experience and how it may affect their practice in weight training in the future. Additionally, students must use at least one reference toward a topic that was covered in class and explain how it relates to their experience.

Option guidelines additional to guidelines listed above

Option 1- Choose one source of outside reading (non-scholarly can be accepted... see me for approval) in regards to weight training innovation, trends and/or practices and reflect on how it relates to material covered in class, your own personal training and if it will change anything with your regular training.

Option 2- Experience training at a location outside of class and reflect on your experience (Must be a location where weight training is being used). Relate experience to course material and your training. This is your chance to take what you have learned and apply it! Use ideas and concepts covered in class and reflect on your experience.

Assignment Grading: will be based on use of course material, experience description and adherence to assignment guidelines

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.

University Policies

Dropping and Adding

Students are responsible for understanding the policies and procedures about add/drop, grade forgiveness, etc. Refer to the current semester's Catalog in the [policies section](http://info.sjsu.edu/static/catalog/policies.html) at <http://info.sjsu.edu/static/catalog/policies.html>. Add/drop deadlines can be found on the current [academic year calendars](http://www.sjsu.edu/provost/services/academic_calendars/) document at http://www.sjsu.edu/provost/services/academic_calendars/. The [late drop policy](http://www.sjsu.edu/aars/policies/latedrops/policy/) is available at <http://www.sjsu.edu/aars/policies/latedrops/policy/>. Students should be aware of the current deadlines and penalties for dropping classes.

Information about the latest changes and news is available at the [Advising Hub](http://www.sjsu.edu/advising/) at <http://www.sjsu.edu/advising/>.

Academic integrity

Your commitment as a student to learning is evidenced by your enrollment at San Jose State University. The University's [Academic Integrity policy](http://www.sjsu.edu/senate/S07-2.htm) at <http://www.sjsu.edu/senate/S07-2.htm>, requires you to be honest in all your academic course work. Faculty members are required to report all infractions to the office of Student Conduct and Ethical Development. The [Student Conduct and Ethical Development](http://www.sjsu.edu/studentconduct/) website at <http://www.sjsu.edu/studentconduct/>.

Instances of academic dishonesty will not be tolerated. Cheating on exams or plagiarism (presenting the work of another as your own, or the use of another person's ideas without giving proper credit) will result in a failing grade and sanctions by the University. For this class, all assignments are to be completed by the individual student unless otherwise specified. If you would like to include your assignment or any material you have submitted, or plan to submit for another class, please note that SJSU's [Academic Integrity policy](http://www.sjsu.edu/senate/S07-2.htm) at <http://www.sjsu.edu/senate/S07-2.htm> requires approval of instructors.

Note: Outings/assignments completed for another class cannot be counted for this course.

Campus Policy in Compliance with the American Disabilities Act

If you need course adaptations or accommodations because of a disability, or if you need to make special arrangements in case the building must be evacuated, please make an appointment with me as soon as possible, or see me during office hours. [Presidential Directive 97-03](http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf) at http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf requires that students with disabilities requesting accommodations must register with the [Accessible Education Center](http://www.sjsu.edu/aec/) (AEC) at <http://www.sjsu.edu/aec/> to establish a record of their disability.

Accommodation to Students' Religious Holidays

San José State University shall provide accommodation on any graded class work or activities for students wishing to observe religious holidays when such observances require students to be absent from class. It is the responsibility of the student to inform the instructor, in writing, about such holidays before the add deadline at the start of each semester. If such holidays occur before the add deadline, the student must notify the instructor, in writing, at least three days before the date that he/she will be absent. It is the responsibility of the instructor to make every reasonable effort to honor the student request without penalty, and of the student to make up the work missed. See University Policy S14-7 at <http://www.sjsu.edu/senate/docs/S14-7.pdf>.

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

TBD