

## San José State University

### Department of Kinesiology Beginning Weight Training Fall 2017

**Instructor** Dr. Stan Butler

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**Office hours** (Monday 2:15p-3:15 p.m.) (Wednesday 2:15p-3:15 p.m.) and by appointment

**Class days/time** (Sec 02, 7:30-8::20 TR) (Sec 03, 8:30-9:20 TR) (Sec 04, 10:30-11::20 TR)

**Classroom** YUH 126

#### Course Description and Goals

This course is designed to introduce the beginning weight trainer to a variety of introductory level weight training skills associated with a progression to elevated levels of weight training. The course will be conducted primarily in a laboratory setting. Students will be engaged in the performance of physical skills through lead-up demonstrations/discussions, evaluation of lift performances, and functional demonstrations of weight lifting techniques.

#### Course-Specific Student Learning Outcomes: Upon completion of this course, the students will:

- a. Develop a working knowledge of sound safety practices in weight room facilities;
- b. Demonstrate a performance mastery of the fundamental techniques and skills introduced in the class;
- c. Demonstrate a mastery of written and/or oral information provided and solicited for evaluation purposes;
- d. Acquire an appreciation for weight training as a lifetime leisure activity;
- e. Be able to design a specific individualized weight training program.

**RECOMMENDED TEXT:** Basic Weight Training for Men and Women 8<sup>th</sup> edition (Paperback) Thomas D. Fahey (Author)

**Course Format:** Learning experiences will include each of the following categories:

- a. Basic safety practices and terminology;
- b. Performance of seven specific strength test for evaluation purposes;
- c. Demonstration of a variety of specific techniques and lifts;
- d. Lecture/discussion of physiological, psychological and kinesiological principals of weight lifting;
- e. Assigned readings from specific weight training resources.

## Dropping and Adding

You are responsible for understanding the policies and procedures about add/drops, academic renewal, etc. Refer to the current semester's [catalog policies](http://info.sjsu.edu/static/catalog/policies.html) section at <http://info.sjsu.edu/static/catalog/policies.html> for add/drop deadlines, policies, procedures, and specific registration information. The [late drop policy](http://www.sjsu.edu/aars/policies/latedrops/policy) is available at <http://www.sjsu.edu/aars/policies/latedrops/policy>.

## Grading

Skill Test	Points
Curls 12 Reps (males 55%) (Females 35%) of body weight	10
Bench press 12 Reps (males 95%) (females 70%) of body weight	10
Sit-ups 50 Reps in 60 seconds (males 25 lbs) (females 10 lbs)	10
Leg press 12 Reps (males 200%) (females 185%) of body weight	10
Pull ups males 12 Reps Females 1 minute flexed arm hang	10
1 Rep max midterm Females @ 75% of weight Males @ 110% of weight.	10
Standing military press 12 Reps (Females 35% Males 55%)	10
Midterm lift performance	10
Workouts	10
<b>Final written exam</b>	10
<b>Total Points</b>	100
<b>IMPROVEMENT PTS.</b>	( $\geq 7$ XCR)

## Assignment of Grades

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		

**KIN 35A, Beginning Weight Training, Fall 2017**  
**Tentative Course Schedule**

<b>Week</b>		<b>Activity</b>
1	Aug 21-25	Course introduction, student adds, green sheet review and university policies
2	Aug 28-Sep 1	Student weight ins Introduction of skills test lifts and requirements of execution
	Sep 4	<b>CAMPUS CLOSED LABOR DAY</b>
3	Sep 4-8	Introduction to warm up and general program routines
		Program design and preparation for assessment requirements
4	Sep 11-15	Designing specific programs for development of the abs
		Continued training on abdominal workouts
5	Sep 18-22	Designing specific programs for development of the chest
		Continued training on chest workouts
6	Sep 25-29	Designing specific programs for development of the back
		Continued focus on back workouts
7	Oct 2-6	Designing specific programs for development of the arms and shoulders
		Midterm assessment lift skills testing military press and sit ups
8	Oct 9-13	Midterm assessment lift skills testing leg press and curls
		Midterm assessment lift skills testing pull ups and flexed arm hang
9	Oct 16-20	Midterm assessment lift skills testing modified pull ups, traditional pull ups and flexed arm hang

### Tentative Course Schedule Continued

Week	Date	Activity
10	Oct 23-27	Midterm assessment lift skills testing continue 1 rep max bench press and 12 rep max bench press
11	Oct 30-Nov 3	Providing students with feedback of midterm performance and strategies for improvement
12	Nov 6-10	Midterm feedback cont.
		Designing specific programs for enhanced strength response
13	Nov 13-17	Specific work with individuals
		Final lift skills testing military press and sit ups
14	Nov 20	Final lift skills testing military press and sit ups
	NOV 22	<b>NO CLASS CAMPUS OPEN</b>
15	Nov 27-Dec 1	Final lift skills testing pull ups, flexed arm hang and modified pull ups
		TBA
16	Dec 4-6	Final lift skills testing one rep max and bench press
	<b>DEC 11</b>	Make up day <b style="background-color: cyan;">LAST INSTRUCTIONAL DAY</b>
	<b>DEC 22</b> GRADEES DUE	

## **University Policies**

### **Academic Integrity**

The University's [Academic Integrity Policy](http://sa.sjsu.edu/judicial_affairs/faculty_and_staff/academic_integrity/index.html) is available at [http://sa.sjsu.edu/judicial\\_affairs/faculty\\_and\\_staff/academic\\_integrity/index.html](http://sa.sjsu.edu/judicial_affairs/faculty_and_staff/academic_integrity/index.html). Your own commitment to learning, as evidenced by your enrollment at San José State University and the University's integrity policy, require 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](http://www.sa.sjsu.edu/judicial_affairs/index.html) located at [http://www.sa.sjsu.edu/judicial\\_affairs/index.html](http://www.sa.sjsu.edu/judicial_affairs/index.html).

Instances of academic dishonesty will not be tolerated. Cheating on exams or plagiarism (presenting the work of another as your own, or using another person's ideas without giving proper credit) will result in a score of 0. For this class, all assignments are to be completed by the individual student unless otherwise specified. If you would like to include in your assignment any material you have submitted, or plan to submit for another class, please note that SJSU's Academic Policy F06-1 requires approval of instructors. Information about plagiarism can be obtained at the [MLK library](http://tutorials.sjlibrary.org/tutorial) web site at <http://tutorials.sjlibrary.org/tutorial>. (See the plagiarism tutorial for more information.)

### **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 requires that students with disabilities requesting accommodations must register with the Accessible Education Center at <http://www.drc.sjsu.edu/> to establish a record of their disability. The Accessible Education Center is located in ADM 110 (408-924-6000 [voice] or 408-924-5990 [TDD]).