

**San José State University**  
**Kinesiology**  
**Fall 2015, KIN 35A - 03, Beg. Weight Training**

**Contact Information**

Instructor	Krislyn Li
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Office Hours	By appointment
Class Meeting Days/Time	Mon/Wed 1:30-2:20 PM

**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 cardio vascular 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 and on canvas. 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 and will not be accepted after one week past the due date.**
- 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 may be made up at the end of the semester if the make up results in the difference in a grade.**
- 6. The lowest of the skills assessment scores will be dropped.**
- 7. All students must be dressed properly (see KIN policy) in order to participate in activity.**
- 8. A skill assessment will only be recorded if activity for that class period is also completed.**
- 9. Cell phones should not be used during class time.**
- 10. In order to receive an A+ grade you cannot include a make-up quiz.**

## Grading Plan

Pre and Post Program Max Testing - 10 pts

Quiz on Benefits of Physical Activity -10 pts

Skill Assessments - 50 pts (11 assessments @ 5 pts with the lowest score dropped)

Fieldwork Assignment - 15 pts

Final Evaluation- 15 pts

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

**Percentage Equivalent Grade**

97% - 100% A+ (cannot include a make-up quiz)  
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

**Assignments/Projects: Will be discussed in class on the day the prompt is handed out.**

## **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/](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](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)**

8/24, 8/26	Green Sheet / Gym Etiquette / Warm ups and Cool downs
8/31, 9/2	PA and Benefits / Health and Skill Related Components
9/7	<b>(NO CLASS, LABOR DAY)</b>
9/9	Basic Principles of Resistance Training / FITT / <b>Pre program max testing</b>
9/14, 9/16	Microcycle 1: Hypertrophy ( <b>Benefits of Physical Activity Quiz</b> )
9/21, 9/23	Microcycle 1: Hypertrophy (Fieldwork assignment)
9/28, 9/30	Microcycle 1: Hypertrophy
10/5, 10/7	Microcycle 1: Hypertrophy
10/12, 10/14	Microcycle 2: Strength
10/19, 10/21	Microcycle 2: Strength
10/26, 10/28	Microcycle 2: Strength
11/2, 11/4	Microcycle 3: Power
11/9, 11/11	Microcycle 3: Power
11/16, 11/18	Microcycle 3: Power
11/23, 11/25	Microcycle 3: Power ( <b>Fieldwork assignment due 11/25</b> )
11/30, 12/2	Microcycle 3: Power
12/7 (Last day of instruction)	Concepts review / <b>Post program max testing</b>
<b>Final Exam 12/16 @ 12:15pm</b>	