

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

Contact Information

Instructor:	Miles Pascal-Gonzales
Office Location:	YUH 126
Email:	mileskpg@gmail.com (preferred)
Office Hours:	M/W 1:00-1:25PM
Class Meetings & location	YUH 126 M/W 1:30PM - 2:20PM
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 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.

Course Goals and Student Learning Objectives

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

- Use of various types of weight training and cardiovascular equipment in a safe manner
- Improvement in muscular strength of major muscle groups
- Development of accessory muscle/core strength
- Improvement in cardiovascular efficiency
- Basic etiquette in a fitness center, including safety and spotting techniques
- Basic exercise physiology relating to strength and conditioning
- Development of a realistic exercise management plan
- An understanding of mental & physical benefits derived from weight training

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 benefits of physical activity as related to physical and mental health.

Text/Readings

No text is 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 outside reading sources. Reading materials will be distributed in class and/or emailed to the students.

Course Notes

- Students are expected to arrive on time and participate fully in all activities throughout the class period. Turn cell phone off and put away for the duration of the class. Interactions with classmates and the instructor are expected to be respectful at all times.
- Instruction may not be recorded. If classmates ask you to record their performance for later review make sure it is done before or after class rather than during class. Do not post or otherwise share the recording.
- Intellectual property: Course materials developed by the instructor (e.g., exam/quiz items, videos, lecture notes), are the instructor's intellectual property and cannot be shared or uploaded in any form publicly without the instructor's approval.
- If you have pre-existing medical or physical problems you should consult your physician before participating in this class and alert the instructor to any required limitations.
- Report any accidents to the instructor immediately.
- It is solely the student's responsibility to drop the class. Drop requests will not be accepted after the SJSU drop deadline
- **A skill assessment must be taken in class at the time given and cannot be made up.**
- **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.**
- **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.**
- **All students must be dressed properly (see KIN policy) in order to participate in activity.**
- **A skill assessment will only be recorded if activity for that class period is also completed.**
- **Cell phones should not be used during class time except for playing personal music that can be utilized in lieu of the music played during activity.**

Course Requirements, Assignments, and Grading

Tests: Tests will cover content covered during the lecture portion of class as well as any assigned readings or handouts discussed in class.

- Skills Test information/explanation here:

Both skill tests will involve compound movements discussed in class. The first Skill Test will assess skills pertaining to the following lower body exercises: lunge, squat, & deadlift. The second skill test will address upper body compound exercise: pushup, bench press, strict/shoulder press, & bent over row.

- Written Exam/Quizzes information/explanation here:

There will be one (objective) written final that will include content from lecture and any assigned readings or handouts.

Assignments/Projects:

- There will be a written paper on the subject of physical activity, the details will be discussed in class and/or sent via email to students.

Grading

- There are 100 points total for this course. The distributions are visible below, as each point is 1%.
- Papers turned in late will lose 2 points/percent a day after the due date.

Grading Plan -

10% Participation*
25% Skills Test 1
35% Skills Test 2
15% Paper
15% Written Final

***Participation will be graded via unannounced pop-quizzes, group activities, and select class discussions.**

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	8/23 Course Overview, 8/28 Intro. Lower-body Compound Movements
2	8/30 Lower-body Compound Movements, 9/4 LABOR DAY NO CLASS!
3	9/6 & 9/11 Lower-body Compound Movements
4	9/13 Lower-body Compound Movements, 9/18 Review for Skill Test #1
5	9/20 Skill Test #1 , 9/25 Intro. Upper-body Compound Movements
6	9/27 & 10/2 Upper-body Compound Movements
7	10/4 & 10/9 Upper-body Compound Movements
8	10/11 & 10/16 Upper-body Compound Movements
9	10/18 Review Upper-body Compound Movements., 10/23 Skill Test #2
10	10/25 & 10/30 Core Exercises
11	11/1 & 11/6 Accessory/Isolation Exercises
12	11/8 & 11/13 Mobility/Flexibility
13	11/15 & 11/20 Cardiovascular Endurance
14	11/22 NO CLASS THANKSGIVING, 11/27 Intro. Program Design
15	11/29 Program Design, 12/4 Benefits of Physical Activity
16	12/6 Benefits of Physical Activity, 12/11 Written Final Exam