

**San José State University**  
**Department of Kinesiology**  
**Kin 36, Cross-Training (Online), Fall 2020**

**Course and Contact Information**

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**Course Description**

Students learn a variety of introductory cross-training activities and exercises to promote fitness and to reduce the risk of overuse injuries. Activity elements will *require little to no equipment* and will involve multiple movement modalities. This class will be conducted remotely and online with *no required scheduled virtual meetings*. Cross Training (Online) course includes foundational instruction on fitness training protocols and integrates training programs that are accessible and modifiable to reach participant goal(s). The asynchronous nature of the course allows students to complete the course work when it is most convenient. This class is appropriate for any level of fitness from beginner to advanced exercise enthusiast, and gives students the option of working out where they choose, including from the privacy of their own home. **If you have pre-existing medical or physical problem you should consult your physician before participating in this class and alert the instructor to any required limitations.**

**Course Learning Outcomes (CLO)**

1. Students will become familiar with
  - a. Cardiovascular training strategies and techniques
  - b. Functional and accessory bodyweight movements
  - c. Mobility and flexibility techniques
  - d. Program design and execution principles

**Required Texts/Readings**

Course content and updates will be found through Canvas. *\*Be sure to enable Canvas notifications*

**Other technology requirements / equipment / material**

Students will need a smart phone with a video capability, sufficient data or a WiFi connection, access to Canvas, and word processing software at the very least.

**Course Requirements and Assignments**

Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of 45 hours over the length of the course (normally three hours per unit per week) for instruction, preparation/studying, or course related activities, including but not limited to internships, labs, and clinical practica. Other course structures will have equivalent workload expectations as described in the syllabus.

## Assignments

|                                     |   |
|-------------------------------------|---|
| <b>Logs</b>                         | 20 (2 logs x 10 pts)  |
| <b>Movement Demo/Workout Videos</b> | 40 (8 movements x 5 pts)                                      |
| <b>Quizzes/Discussions</b>          | 25 (2 disc. x 1.5 pts + 8 quizzes x 2 pts + 6 pt cardio quiz) |
| <b>Final</b>                        | 15  |

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**100 total**

### **Cardio Logs**

Using the free smartphone application **Map My Run**, students will accumulate at least 10 logged running session for the first log. Each log entry is a session. Each run must be an honest effort, meaning that you would consider each session 7-10 out of 10 on a difficulty level scale from 1 to 10. Run data (GPS mapping, pace, distance, etc..) will be captured via screenshot and put into each entry. Additionally, students will write reflections for each entry. Reflections can describe the workout, specific goals for the run, detail challenges encountered, or progress made. An example cardio log will be provided in Canvas. The second cardio log will contain a minimum of 10 runs *and* 10 workouts that include movements covered in this course. Each workout will also contain a reflection entry.

<https://apps.apple.com/us/app/map-my-run-by-under-armour/id291890420> (iPhone)

[https://play.google.com/store/apps/details?id=com.mapmyrun.android2&hl=en\\_US](https://play.google.com/store/apps/details?id=com.mapmyrun.android2&hl=en_US) (Android)

### **Movement Demonstration/Workout Videos**

Video lectures for body-weight exercises will be provided in addition to the parameters for each video submission assignment. Video files can be submitted directly through Canvas or be uploaded to an intermediary (i.e. YouTube) in which case a link can be submitted through Canvas. Videos will be graded on the participant's ability to demonstrate the intended movement or in some cases the appropriate modification. Participants with movement restrictions or limitations should contact me for modifications or possible substitutions. Movements taught in the course include: a series of planks (basic, side, reverse), the burpee, lunge, good-morning, squat, press, pushup, and V-up.

### **Quizzes & Discussions**

Open note quizzes will be used to reinforce key information about movements and concepts found in video lectures. Quizzes will remain open for a week to accommodate varied schedules. Discussions will be used to allow students to connect with one another, share fitness experiences, successes, and challenges.

### **Final**

The final exam will be cumulative and conducted online through Canvas. Please contact the instructor as soon as possible if serious and compelling circumstance preclude you from being able to take the exam on the scheduled date.

## Grading Information

| <i>Grade</i>   | <i>Points</i>      | <i>Percentage</i> |
|----------------|--------------------|-------------------|
| <i>A plus</i>  | <i>960 to 1000</i> | <i>96 to 100%</i> |
| <i>A</i>       | <i>930 to 959</i>  | <i>93 to 95%</i>  |
| <i>A minus</i> | <i>900 to 929</i>  | <i>90 to 92%</i>  |
| <i>B plus</i>  | <i>860 to 899</i>  | <i>86 to 89 %</i> |
| <i>B</i>       | <i>830 to 859</i>  | <i>83 to 85%</i>  |
| <i>B minus</i> | <i>800 to 829</i>  | <i>80 to 82%</i>  |
| <i>C plus</i>  | <i>760 to 799</i>  | <i>76 to 79%</i>  |
| <i>C</i>       | <i>730 to 759</i>  | <i>73 to 75%</i>  |
| <i>C minus</i> | <i>700 to 729</i>  | <i>70 to 72%</i>  |
| <i>D plus</i>  | <i>660 to 699</i>  | <i>66 to 69%</i>  |
| <i>D</i>       | <i>630 to 659</i>  | <i>63 to 65%</i>  |
| <i>D minus</i> | <i>600 to 629</i>  | <i>60 to 62%</i>  |

## Classroom Protocol

Students are expected to check Canvas and their email regularly for course content and updates.

## Academic Integrity

Your commitment as a student to learning is evidenced by your enrollment at San Jose State University. The [University Academic Integrity Policy F15-7](#) 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. Visit the [Student Conduct and Ethical Development](#) website for more information.

# Kin 36, Cross-Training (Online), Fall 2020

## Course Schedule

\*This schedule is tentative and is subject to change with fair warning from the instructor via Canvas\*

| Week       | Date | Topics, Readings, Assignments, Deadlines            |
|------------|------|---|
| 1          | 1/25 | Course Outline, Fundamental Cross-Training Concepts |
| 2          | 2/1  | Cardiovascular Module – Cardio Quiz                 |
| 3          | 2/8  | Cardiovascular Module - The Plank                   |
| 4          | 2/15 | Cardiovascular Module – The Burpee                  |
| 5          | 2/22 | Cardiovascular Module – The V-up                    |
| 6          | 3/1  | Cardio Log Due                                      |
| 7          | 3/8  | Lower Body Movement Module - The Lunge              |
| 8          | 3/15 | Lower Body Movement Module - The Good-Morning       |
| 9          | 3/22 | Lower Body Movement Module – The Squat              |
| 10         | 3/29 | <i>(Spring break 3/29-4/2)</i>                      |
| 11         | 4/5  | Upper Body Movement Module – Push-up                |
| 12         | 4/12 | Upper Body Movement Module - Press                  |
| 13         | 4/19 | Final Fitness Logs                                  |
| 14         | 4/26 | Make-up Work Due                                    |
| 15         | 5/4  | Final Exam Prep                                     |
| 16         | 5/11 | Final Logs Due                                      |
| Final Exam | 5/17 | <b>Online Final Exam</b>                            |

### All Due Dates For Spring 2021:

- 1/29 - Discussion #1
- 2/8 - Cardio quiz
- 2/15 - Plank quiz & video
- 2/22 - Burpee quiz & video
- 3/1 - V-up quiz & video
- **3/1 - Cardio log**
- 3/8 - Discussion #2
- 3/15 - Lunge quiz & video
- 3/22 - Good-morning quiz & video
- 3/29 - Squat quiz & video
- 4/12 - Push-up quiz & video
- 4/19 - Press quiz & video
- **\*4/26 - Last day to turn in late quizzes/videos for partial credit\***
- 5/11 - **Final log**
- 5/17 - **Final exam**