

Kinesiology 36 - Sections 04, 05, 06

San José State University
Department of Kinesiology
Spring 2021, KIN 36, Conditioning through Cross Training

Instructor: David Williams
Office Location: SPX 170
Telephone: 408-966-9498
Email: David.Williams@sjsu.edu
Office Hours: By appointment only online
Class Days/Times: Tuesday/Thursday

Course Description

This course is designed to teach basic concepts of health and fitness by using a variety of exercise modalities to increase cardiovascular fitness and improve full-body strength and power. Students will acquire knowledge about the principles involved with cardiovascular fitness, physical conditioning, and the health-related components of fitness. No prerequisites.

Course Goals and Student Learning Objectives

Following activities and assigned reading, students will be able to demonstrate through class participation, written exams, and written and physical assessments the following:

- Knowledge of fundamental skills, technique and execution of a variety of cardiovascular conditioning workouts.
- Proficiency in execution of the skills covered.
- An appropriate level of proficiency in personal fitness as it relates to components such as cardiovascular endurance, muscular strength and endurance, flexibility, body composition, balance, coordination, and agility.
- An understanding of the history, rules, strategies, current research, safety and etiquette associated with cross training and cardiovascular and muscular endurance exercises.
- An understanding of the mental and physical health benefits to be derived from weight, resistance, strength training, and aerobic exercise.

Course Learning Outcomes (CLO)

After successful completion of this course, students will be able to:

- Demonstrate a level of proficiency in the fundamental skills, technique and execution of aerobic, weight resistance, and strength training exercises.
- Demonstrate improved cardiovascular and muscular endurance.
- Demonstrate increased knowledge in history, rules, strategies, current research, safety, and etiquette related to cardiovascular exercise, plyometric exercise, high intensity interval training, circuit training, and using body weight and resistance to improve muscular strength and endurance.

Activity Program Learning Outcomes (APLO)

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

Course reader and/or other instructor-assigned readings will be emailed to students. Accommodations will be made for those who need assistance acquiring the materials.

Weight Training for Life - J. Hesson, 10th edition

<https://www.cengage.com/c/weight-training-for-life-10e-hesson/9781111581893PF/>

Optional equipment:

- PVC pipe, Broom handle, if you have weights already they can help.
- If you do not have weights and bars, these bands https://www.amazon.com/dp/B000NONNKWref=cm_sw_r_fa_dp_pTmFbKP9VP72fbclid=IwAR2ZZBxxROpvcCZ3eHFJzexw5d9jQEdXeITcdowtAKjRaULUpPITlF5SE
- We will be utilizing the "Map my Run" App.

Course Notes

- If you have pre-existing medical or physical problems you should alert the instructor to any required limitations.
- Class protocol: Students are expected to arrive on time and participate fully in all activities throughout the class period. Regular active participation is essential to acquiring the course objectives. Interactions with classmates and the instructor are expected to be respectful at all times.
- Report any accidents to the instructor immediately.

- Exams/(ungraded) quizzes cannot be made up (serious and compelling problems considered).
- Drop requests will not be accepted after the SJSU drop deadline.
- Course grades will be posted on Canvas by the end of finals week. No incomplete grades or extra credit will be provided.
- Recording class: 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.
- 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.

Grading Plan

Pre-Fitness Assessment: 10%

Active Participation: 20%

Written Midterm Exam(s): 20%

Final Project: 20%

Post Fitness Assessment: 10%

Final exam: 20 points

Grading Scale used to determine final grade for the course.

| Percentage Earned | Equivalent Grade |
|-------------------|------------------|
| 97% - 100% | A plus |
| 93% - 96% | A |
| 90% - 92% | A minus |
| 87% - 89% | B plus |
| 83% - 86% | B |
| 80% - 82% | B minus |
| 77% - 79% | C plus |
| 73% - 76% | C |
| 70% - 72% | C minus |
| 67% - 69% | D plus |
| 63% - 66% | D |
| 60% - 62% | D minus |
| below 60% | F |

COURSE CALENDAR (SUBJECT TO CHANGE WITH FAIR NOTICE BY ANNOUNCEMENT IN CLASS AND/OR EMAIL)

| Week | Topics, Readings, Assignments, Deadlines | Weekly 2x Cardio goal |
|--------------------------|--|------------------------------|
| January 28th | Introductions - Liability form, gym etiquette, goals - what they do and don't do. Proper expectations | 1600 meter for time |
| Feb. 2nd, 4th | Fitness Lecture and Pre-Test Assessments - group activity Discussion of assessments, Basic Nutrition and Rest | 1600 meter for time |
| Feb. 9th 11th | Preparation Calorie count, heart rate, fat burning Progression program development | 1600 meter for time |
| Feb. 16th 18th | Proper cool down and active recovery Program development | 1800 meter for time |
| Feb. 23rd 25th | Cardiovascular, body weight training exercises Progression program development | 1800 meter for time |
| March 2nd 4th | Weighted and resistance band Lecture & Exercises Progression program development | 2000 meter for time |
| March 9th 11th | Circuit Training Lecture & Exercises Progression program development | 2000 meter for time |
| Mar 16th 18th | Preparation for written midterm Mid term | 2200 meter for time |
| Mar 23rd 25th | High Intensity Interval Training Lecture & Exercises Program development | 2200 meter for time |
| Mar 29th April 2nd | Spring Break | 2400 meter for time |
| April 6th April 8th | Plyometrics Lecture & Exercises Peaking | 2400 meter for time |
| April 13th April 15th | Olympic Lift over view Movement positions | 2600 meter for time |
| April 20th April 22nd | Clean and Jerk Program development | 2600 meter for time |
| April 27th April 29th | Snatch Lift Program development | 2800 meter for time |
| May 4th May 6th | Post – Test Assessment Q & A, and workout | 2800 meter for time |
| May 11th May 13th | Final Project Due Final Written exam | |
| May 18th | Make up days | |

University Policies:

Information pertaining to university programs and policies designed to facilitate student success can be found here:

<http://www.sjsu.edu/gup/syllabusinfo/>

Per University Policy S16-9, university-wide information relevant to all courses, such as academic integrity, accommodations, etc. will be available on Office of Graduate and Undergraduate Programs' Syllabus Information web page at <http://www.sjsu.edu/gup/syllabusinfo/>