

**San José State University  
CHHS/Kinesiology**

**KIN31, Body Sculpting, Spring 2022, Sect 02**

**Course and Contact Information**

Instructor:	Alev Dietrich
Email:	alev.dietrich@sjsu.edu
Office Hours:	Tue & Thu 4-5 pm (by appointment on Canvas Calendar)
Class Days/Time:	Tuesday and Thursday 1:30 – 2: 20 pm
Classroom:	SPX 107A

**Course Description**

Body sculpting employs exercise augmented with moderate weights to enhance fitness. The course is designed to improve muscle tone and endurance, flexibility, balance, and core stability.

**Course Format**

**In-Person Courses (with the first two weeks online)**

Course materials such as syllabus, handouts, notes, assignment instructions, etc. can be found on [Canvas Learning Management System course login website](http://sjsu.instructure.com) at <http://sjsu.instructure.com>. You are responsible for regularly checking with the messaging system through [MySJSU](http://my.sjsu.edu) at <http://my.sjsu.edu> to learn of any updates. Internet connectivity and computer are required for the students to participate in the classroom activities and/or submit assignments. All classes must have a minima presence in Canvas with the syllabus and faculty contact information See [University Policy F13-2](#) for more details.

**Course Goals and Student Learning Objectives**

Following activities and assigned reading, students will be able to demonstrate through class activities/assignments, skill tests, and written exams, students shall:

1. Be able to demonstrate improved skill performance in muscle and cardio-interval movement combinations and other muscle conditioning activities.
2. Be able to demonstrate an understanding of current fitness research, the guidelines for developing a fit and healthy body through proper conditioning, proper nutrition, and weight control.

3. Be able to demonstrate an understanding of the physiological and psychological benefits from physical activities and the reduced risk of certain diseases and health issues.
4. Demonstrate a positive change in the components of fitness such as cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition, balance, coordination, and agility.

### **Activity Program Learning Outcomes**

- After completion of the physical activity graduation requirement, students shall be able to:
  1. Demonstrate proficiency in the execution of the motor/sport skills appropriate to the specific activities completed
  2. Identify and/or explain the applicable history, rules, strategies, current research, safety, and etiquette related to the specific activities completed.
  3. Identify and/or explain the benefits of physical activity as related to physical and mental health
  4. Demonstrate a positive change in personal fitness as it relates to components such as cardiovascular endurance, muscular strength and endurance, flexibility, body composition, balance, coordination, and agility.

### **Required Text/Readings**

- Kravitz, Len, Anybody's Guide to Total Fitness, Kendall Hunt Publishing Co.10th ed. and up
- Lecture Material provided on CANVAS in the form of video recordings and documents created by the instructor

### **Course Contents**

1. Proper and safe warm-up, workout, and cool-down techniques.
2. Correct resistance training techniques and modifications
3. Assigned lectures
4. Pre and post fitness assessments
5. Final exam

## Class Protocol

A. **Regular attendance** and **active participation** are **REQUIRED** to meet the course objectives.

1. Students are expected to arrive on time and participate fully in all activities throughout each class period. (60% of your grade is based on ACTIVE participation including pre- and post-fitness tests).
2. **BE on time** – The class starts at **1:30** and workout starts **promptly at 1:35pm**. The first 5 minutes are reserved for picking up your participation cards, equipment and settling in at your spot. You will mark as absent if you show up after 1:35pm. Only students enrolled in the course will be allowed in the gym during class time.
3. **Participation cards**:
  - Pick up your card immediately upon arrival in the studio. **YOU HAVE TO BE PRESENT IN THE ROOM TO PICK UP YOUR CARD. YOUR FRIEND CANNOT PICK UP YOUR CARD FOR YOU!!!!** This is considered cheating and will have serious consequences.
  - Drop your participation cards off at the end of class before you leave. Failure to do so or getting your cards misplaced/taken home/lost is your responsibility. If your card gets lost, you will be given a replacement yet the days prior to the date you lost your card will be marked as absent.
  - Place a picture and fun facts about yourself on the back of your cards and keep them personable and neat. The photo on the card is for help in identifying and getting to know you. **NOT** for physical scrutiny!
4. Appropriate **shoes and clothing** is required for class activity. Bare feet, socks only, sandals, "heels", slippers are not allowed during activity. Failure to comply will result in an un-excused non-participation.
5. If a serious illness or an accident occurs that requires an extended absence, the student should obtain a medical statement and withdraw from the class.
6. It is the **student's responsibility** to check with the instructor regarding content missed when absent.
7. **2 non-participation days** are allowed during the semester. You can miss **TWO** days and not be penalized.
8. **NO MAKE-UPS** allowed for the weekly workouts.
9. Outings/assignments completed for another class cannot be counted for this course.
10. Only under **EXTENUATING** circumstances will a doctor's note be accepted by the instructor. (i.e., severe illness or injury...)
11. The weekly assignments for Week 1 and 2 will be available in the morning of Monday by **12:00am** and has to be submitted **by midnight on Friday (11:59pm)**. **If you fail to submit the assignment on time, you will get a ZERO! NO MAKE-UP and NO LATE WORK** submissions (except for pre- and post-tests

with penalty for late submission) for weekly assignments with **NO EXCEPTIONS!!**

- B. Pre- and post-test fitness assessments will be performed (**15%** of your overall grade).
1. Pre-test will assess the fitness level of the student in the beginning of the semester with standardized fitness tests. (this will be performed on your own at home)
  2. Post-test will assess the fitness level of the student at the end of the semester with the same standardized fitness tests used in the pre-test to acknowledge an improvement gained through the course.
  3. The scores will be posted as an assignment; the grade will **NOT** depend on the scores.
  4. The submission for pre- and post-test results should be done by the specified due date; however, if submitted late, 10% of the points available will be deducted per calendar day the assignment is late.
- C. A typical week (Module on Canvas) is comprised of a lecture (cognitive component) and a workout (physical activity component) repeated twice a week (when in-person) and its assignment submission (only for the first two weeks: Workout 1 and Pre-test assignments). Students are responsible for completing assigned lectures asynchronously at their leisure.
- D. The assignments for the first two online week will be a documentation of the workout of the week along with student's reflections. You **WILL NOT** need to record your video performing the workout for the online workout. However, you will have to perform the assigned video to its entirety to be able to do the assignment. It is recommended that you keep a notebook near you to jot down the details of your workout as you perform it so that you can then recall easily to be able to do your assignment.
- E. Assignments will be **graded** based on quality and accuracy and will not be just checked as 'completed'. **REVIEW** the instructions carefully to get the full credit for the assignment you upload on Canvas. Regardless of the mode of instruction, pre and post tests will be submitted as assignments on Canvas.
- F. Lectures and workouts are pre-recorded. Lectures will mainly focus on two areas:
1. A specific topic related to fitness and exercise from the textbook and handouts.
  2. The theory and knowledge relevant to the week's workout (i.e., the lower body exercises are covered in a given week, that week's lecture will discuss the theoretical concepts of the lower body muscle actions and exercises associated with them.
- G. It is **IMPORTANT** that students **MUST** listen to or read the handout of the lectures **BEFORE** attempting the workouts for safety for the first 2 home workouts.

H. The links to the videos, files, and assignments can be found in the Modules. As an additional reference, the videos are also posted on [the instructor's YouTube channel \(ALEVFIT\)](#)

I. Other topics:

1. Students are required to wear a mask that cover their chin, cheeks, and nose during class at all times.
2. Water is permitted and recommended in plastic/aluminum/stainless steel containers only. *ONLY* water.
3. Please bring a towel to every class meeting.
4. Students are required to **TURN OFF** and **PUT AWAY** cell phones, tablets, iPods, and computers for the duration of the class.
5. Interactions with classmates and instructor are expected to be respectful at all times.
6. Clean your mats and equipment with the provided wet wipes before dropping them off.
7. Communication will be handled as follows:
  - Instructor to class: In-person and Canvas Announcements (text/audio/video), participating in Canvas Q&A Forum discussion board, Canvas Inbox, mySJSU email (sparingly), Zoom sync videoconferencing (only for the first meeting), and all the detailed descriptions/instructions in the Canvas Modules, Pages, Assignments
  - Instructor to individual students: Canvas feedback via Speedgrader marked/annotated on the submission, feedback left in the comment box of the assignment (text/audio/video), Canvas feedback left on the assignment's rubric, Canvas Inbox, regular email, virtual office hours (sign up ahead of time using Canvas's calendar function for an available slot)
  - Student to Student: Canvas Q&A Forum discussion board
8. Students are responsible for knowing when exams are posted and due. It is the instructor's policy NOT to re-open tests once they are closed. Pay attention to CANVAS notifications and scheduled exams.
9. 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 photographed, shared, or uploaded in any form publicly without the instructor's approval.
10. Students with a history of physical problems or who have been inactive for a long period of time are urged to have a comprehensive physical examination or receive medical clearance before beginning a vigorous exercise program. Body Sculpting

is an **ACTIVITY** class that requires vigorous physical effort. Individuals who choose not to have a medical examination should be aware of the risks and understand that participation in this class is at their own risk.

11. If you require course adaptations or accommodations due to special needs, or you have medical information the instructor should know, please notify the instructor as soon as possible by e-mail.
12. Report any accidents to the instructor immediately.
13. Please alert the instructor of any medical problems, medications, or accidents that might affect your involvement in class.
14. If a serious illness or an accident occurs that requires an extended absence, the student should obtain a medical statement and withdraw from the class.
15. It is the ultimate responsibility of the student to formally drop a class. You should not rely on the instructor to drop you from a class for non-attendance. Drop requests will not be accepted after the SJSU drop deadline.
16. Find global level academic support at:  
<https://nacada.ksu.edu/Resources/Clearinghouse/academicsupport.aspx>

### **Course Requirements and Assignments:**

1. ACTIVE PARTICIPATION (workouts, pre- and post- tests; **60 %** of your overall grade)
2. FINAL EXAM (**40 %** of your overall grade)
  - The Final will be **comprehensive** covering all material covered in lectures.
  - The final will be available all day on the day it is scheduled; but there will be only one attempt to take it at your convenience.

“Faculty members are required to have a culminating activity for their courses, which can include a final examination, a final research paper or project, a final creative work or performance, a final portfolio of work, or other appropriate assignment.”

- [University Syllabus Policy S16-9](#)
- [University's Syllabus Information web page](#)

“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.”

## Grading Policy

1. Active participation	45%
2. Pre/Post Tests	15%
3. Final exam	20%
<b>100%</b>	

## Grading Information

<b>A+</b> 97 - 100%	<b>A</b> 93 - 96%	<b>A-</b> 90 - 92%
<b>B+</b> 87 - 89%	<b>B</b> 83 - 86%	<b>B-</b> 80 - 82%
<b>C+</b> 77 - 79%	<b>C</b> 73 - 76%	<b>C-</b> 70 - 72%
<b>D+</b> 67 - 69%	<b>D</b> 63 - 66%	<b>D-</b> 60 - 62%
<b>F</b> 59 and lower (59% and lower)		

## University Policies

Per [University Policy S16-9](#), relevant university policy concerning all courses, such as student responsibilities, academic integrity, accommodations, dropping and adding, consent for recording of class, etc. and available student services (e.g. learning assistance, counseling, and other resources) are listed on [Syllabus Information web page](#) (<https://www.sjsu.edu/curriculum/courses/syllabus-info.php>). Make sure to visit this page to review and be aware of these university policies and resources.

- [University Syllabus Policy S16-9](#)
- [University Attendance and Participation Policy F15-12](#)
- [University Grading System Policy F18-5](#)

## KIN 31 / Body Sculpting, Spring 2022, COURSE SCHEDULE

The schedule is subject to change with fair notice posted on Canvas.

Week	Day	Workout	Meeting/Assignment
Week 0 JAN 24-28	Thu	Introduction to course content, policies and procedures; Review Syllabus and Canvas (Zoom Meeting <b>1/27, Thursday 1:30 pm</b> )	<b>Zoom Meeting 1/27 1:30pm</b>
Week 1 JAN 31 – FEB 4	Tue	<b>Workout 1:</b> Dynamic Warm-Up Training Workshop	Workout 1 Assignment
	Thu		
Week 2 FEB 7-11	Tue	<b>Lecture 1</b>	PRE-TEST assignment
	Thu	Pre- test activity	
Week 3 FEB 14-18	Tue	<b>Workout 2:</b> Lower body training workshop	Lecture 2
	Thu	<b>Workout 3:</b> Lower body training workshop cont'd	
Week 4 FEB 21-25	Tue	<b>Workout 4:</b> Core training workshop	Lecture 3
	Thu	<b>Workout 5:</b> Core training workshop cont'd	
Week 5 FEB 28 - MAR 4	Tue	<b>Workout 6:</b> Upper back & chest superset training workshop	Lecture 4
	Thu	<b>Workout 7:</b> Upper back & chest superset training workshop cont'd	
Week 6 MAR 7-11	Tue	<b>Workout 8:</b> Lats-Deltoid superset anatomy and training workshop cont'd	Lecture 5
	Thu	<b>Workout 9:</b> Lats-Deltoid superset anatomy and training workshop cont'd	
Week 7 MAR 14-18	Tue	<b>Workout 10:</b> Core & biceps triceps training workshop cont'd	Lecture 6
	Thu	<b>Workout 11:</b> Core & biceps triceps training workshop cont'd	
Week 8 MAR 21-25	Tue	<b>Workout 12:</b> Full Body Functional Training	Lecture 7
	Thu	<b>Workout 13:</b> Core Training	
Week 9 MAR 28 – APR 1		<i>SPRING BREAK</i>	=====
Week 10 APR 4-8	Tue	<b>Workout 14:</b> Full Body Functional Training	Lecture 8
	Thu	<b>Workout 15:</b> Core Training	



<b>Week</b>	<b>Day</b>	<b>Workout</b>	<b>Meeting/Assignment</b>
Week 11 APR 11-15	Tue	Workout 16: Full Body Functional Training	Lecture 9
	Thu	Workout 17: HIIT Workout	
Week 12 APR 18-22	Tue	<b>Workout 18</b>	Lecture 10
	Thu	<b>Workout 19</b>	
Week 13 APR 25-29	Tue	<b>Workout 20</b>	Lecture 11
	Thu	<b>Workout 21</b>	
Week 14 MAY 2-6	Tue	<b>Workout 22</b>	Lecture 12
	Thu	<b>Workout 23</b>	
Week 15 MAY 9-13	Tue	<b>Workout 24</b>	POST-TEST assignment
	Thu	Post- test activity	
<b>Final Exam</b>		Cumulative Final Exam on Canvas available <b>Wednesday, May 25</b>	<b>DUE by 11:59 pm</b>