

**San José State University**  
**Kinesiology**  
**Spring 2022, KIN 35a, Beginning Weight Training**

**Contact Information**

Instructor:	Kendra Campbell
Office Location:	SPX 160
Email:	kendra.campbell@sjsu.edu
Office Hours:	Wednesday 2:30p-3:30pm
Class Meetings & location:	Monday/Wednesday 1:30p-2:20p YUH 126

**Course Description**

This course is designed to teach the basic concepts of weight training for muscular strength and endurance. Its goal is to provide students with knowledge about the principals involved in weight training and the health-related components of fitness through a variety of exercises.

**Web Resource**

Course materials may be found on the e-campus [Canvas learning management system](http://www.sjsu.edu/at/ec/canvas/) at <http://www.sjsu.edu/at/ec/canvas/>. You are responsible for regularly checking the Canvas discussion board and email for information and messages. Login using your mysjsu username and password.

**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 exams,

- Knowledge of fundamental skills, techniques for beginning weight training.
- Understand how to work out regularly using resistance exercises.
- Be able to demonstrate safe and correct lifting techniques.
- Improve muscle strength/endurance and flexibility.
- Demonstrate knowledge of basic terminology, guidelines, principles and benefits of weight training, muscle structure and function, appropriate exercises for each major muscle group.
- Understand the basics of using a variety of resistance equipment and training techniques.
- Apply training principles to design personal training programs.

- Demonstrate knowledge on weight training concepts, muscle structure and function, appropriate exercises for developing specific muscle/muscle groups, program design considerations for a specific training goal, variety in resistance training systems and general knowledge on nutrition and supplementation.
- Apply this knowledge on executing a safe and effective weight training program by conforming with safety rules (use of equipment and weight room, proper form and alignment, spotting).

### **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**

- Resources will be posted on Canvas
- Notebook

### **Course Notes**

- 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.
- Class protocol: Students are expected to arrive on time and participate fully in all activities throughout the class period with appropriate active wear including shoes. 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. No food or gum allowed in the weight room.
- 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.
- Report any accidents to the instructor immediately.
- Course grades will be posted on Canvas by the end of finals week.
- Drop requests will not be accepted after the SJSU drop deadline.

## Course Requirements, Assignments, and Grading

1. Regular participation is required to meet the course objectives.
2. If a serious illness or an accident occurs that requires an extended break in engagement, the student should obtain a medical statement and withdraw from the class.
3. Quiz and skills tests will be used to assess exercise understanding.
4. Completion of workout log to be turned in at the end of the semester.
5. Completion of the final exam.

### Tests:

- Skills Test will be used throughout the semester to test understanding and technique of given movement. A baseline skills test will be given to assess beginning capabilities to then be tested again at the end of the semester. Students must attend class to get credit for assessment of technique. Rubrics will be provided for grading purposes.

### Skills Test (cannot be made up except for serious and compelling reasons):

Skills Tests will cover proper technique during performance of the following exercises:

- Plank
- T-Hold
- Core variations: side plank, dead bug, carry
- Deadlift
- Squat
- Vertical Pull
- Vertical Push
- Horizontal Pull
- Horizontal Push

\*Skills tests will be graded on safe technique while performing the exercise (not the amount of weight lifted)

**All submissions will be due via Canvas video**

### Test/Quizzes:

- 3 quizzes will be given via Canvas to test knowledge of course material
- All quizzes will be available on Monday's and Due the same week by Friday
- Final Written Exam on Canvas

### Assignments/Projects:

- Training Log: Students will be tasked with logging and creating their own training program by using knowledge provided throughout the course (components of a training session, including warm up/prep, movement patterns, and periodization). Details on the assignment will be provided at a later date.

### Grading

- Grading will be based on point totals.
- Grades will be determined by doing tasks on time, participation, accuracy, and improvement.
- Late work will not receive full credit. Five points will be deducted for each day late.

### Grading Plan

50% Skills Tests (50 points - 10 points each)

10% Participation (10 points (1/2 point each class) possible for active participation will be given throughout the semester including discussions and group activities)

5% Training Log - Draft (5 points)

10% Training Log - Final (5 points) with Reflection (5 points)

25% Written Test - Quiz (15 points) & Final Exam (10 points)

\*Extra credit opportunities provided throughout the semester

Total: 100 points

### 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

## **Campus Resources**

Per University Policy S16-9 (<http://www.sjsu.edu/senate/docs/S16-9.pdf>), 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 the 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.

## **SJSU Technical Support:**

Email: [itservicedesk@sjsu.edu](mailto:itservicedesk@sjsu.edu)

Phone: (408) 924-1530

Web: <https://www.sjsu.edu/it/support/service-desk/index.php>

**Course Calendar (subject to change with fair notice by announcement in class, on canvas and/or email)**

Virtual Zoom meeting

In person meeting

No meeting- turn in on Canvas

<b>Course Content (Assignments, Quizzes, Skills Test)</b>			
1	1/26	W	Welcome Syllabus Review, Liability form & Q/A
2	1/31	M	Introduction of safety during physical activity + Components of strength training (Dynamic warm up, movement patterns, and types of modalities etc.)
	2/2	W	<b>Baseline Skills Test #1</b> (Plank, T-Hold)  <b>Quiz 1 on Canvas due Friday (2/4)</b>
3	2/7	M	Injury prevention & Foundations of Core Pillaring
	2/9	W	Variations of Core Training
4	2/14	M	Types of muscular contractions
	2/16	W	Breathing
5	2/21	M	<b>Core Skills Test #2</b> (Supine, Side, Carry)
	2/23	W	Lower body -Hip Dominant Movements (Hinge)
6	2/28	M	Continued Lower body
	3/1	W	Lower body- Knee dominate Movements (Squat, lunge)
7	3/7	M	Continued Lower body
	3/9	W	<b>Lower body Skills Test #3</b> (Deadlift, Squat)
8	3/14	M	Upper body- Push v. Pull
	3/16	W	Upper body Training
9	3/21	M	Upper body Training
	3/23	W	<b>Upper body Skills Test #4</b> (Vertical push/pull, horizontal push/pull)  <b>Quiz 2 on Canvas due Friday (3/25)</b>

10	3/28	M	Spring Recess- NO CLASS
	3/30	W	Spring Recess- NO CLASS
11	4/4	M	Full body review of exercises and practice. Understanding Periodization & Progressive Overload
	4/6	W	Progression and modifications Soreness & Signs of overtraining, Start of Program- Push/Pull Hinge <b>Training Log Draft uploaded to Canvas due Friday (4/8)</b>
12	4/11	M	Mobility v. Flexibility, Recovery & Accessory Muscles
	4/13	W	Push/Pull Single leg
13	4/18	M	Hydration Post on Canvas – NO CLASS
	4/20	W	Push/Pull Hinge <b>Quiz 3 on Canvas due Friday (4/22)</b>
14	4/25	M	Q&A Final Training Program Via Zoom
	4/27	W	Push/Pull Squat
15	5/2	M	Push/Pull Single Leg
	5/4	W	<b>Baseline Skills Retest #5</b> (Plank, T-Hold) <b>Training Log Final uploaded to Canvas due Friday (5/6)</b>
16	5/9	M	Push/Pull Hinge
	5/11	W	Push/Pull Squat
	5/16	M	<b>Skills Test Make up on Canvas</b>
	5/18	W	<b>FINAL WRITTEN EXAM on Canvas due by 2:30pm</b>