

**San José State University**  
**Kinesiology**  
**Spring 2022, KIN 035A Section 10, Beginning Weight Training**

**Contact Information**

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Office Hours: Thursday 2 until 3 p.m. Zoom, email or appointment

Class Meetings & location: Tuesday & Thursday 3:30 – 4:20 pm,  
Online until February 13<sup>th</sup>. After February 13<sup>th</sup> Uchida Hall 126

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**

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 principles 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:

- Improving muscular strength of all major muscle groups
- Basic etiquette in a fitness center
- Developing accessory muscle/core strength

Improving cardiovascular efficiency

Knowledge of fundamental skills, technique involved in beginning weight training.

Use of various types of weight training and cardiovascular equipment

Basic exercise physiology relating to strength and conditioning

Developing a realistic exercise management plan

Health benefits of physical activity

Physical activity and the process of aging

### **Activity Program Learning Outcomes**

After completion of the physical activity graduation requirement, students shall be able to demonstrate:

Proficiency in execution of beginning weight training skills covered.

An understanding of the history, rules, strategies, current research, safety and etiquette associated with beginning weight training.

An understanding of the mental and physical health benefits to be derived from beginning weight training

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.

### **Text/Readings**

**Text - None 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 some outside reading sources.**

### **Course Notes (lectures) and assessment tools are available on Canvas**

1. Unannounced quizzes will be completed On Line.
2. A skill assessment must be completed at the time given and cannot be made up.
3. 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.
4. All students must be dressed properly (see KIN policy) in order to participate in activity.
5. A skill assessment will only be recorded if activity for that class period is also completed.
6. Cell phones should not be used during class time. Personal music can be utilized in lieu of the music played during activity.
7. In order to receive an A+ grade you cannot include a make-up quiz.

**Class protocol: 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.**

**Recording class: Instruction may not be recorded without permission of the instructor.**

**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 any 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.**

## **Course Requirements, Assignments, and Grading**

**Tests: There will be a final examination over the material covered in lectures.**

**Skills:** An assessment will be completed to assess muscle strength and a YMCA bench press test will be completed to assess muscle endurance.

**Written Quizzes:** At least 8 unannounced quizzes will be completed. The lowest grade will be dropped.

### **Grading Plan**

Pre and Post Program Max Testing - 15 pts each (total 30 pts)

Pre and Post Program Endurance Testing – 15 pts each (total 30 pts)

Quizzes on Lectures -30 pts

Final Examination- 10 pts

**Grading Scale used to determine final course grade.**

<b>Percentage</b>	<b>Equivalent Grade</b>
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) There will be unannounced quizzes throughout the semester based on the Lecture being covered during that time frame.**

<b>Week</b>	<b>Course Content (Assignments, Exams/Quizzes, ...)</b>
1	Introduction; Lecture 1; begin assessments
2	Lecture 1; complete assessments
3	Lecture 1
4	Lecture 1
5	Lecture 2
6	Lecture 2
7	Lecture 2
8	Lecture 3
9	Lecture 3
10	<b>Spring Break</b>
11	Lecture 3
12	Lecture 4
13	Lecture 4
14	Lecture 4; begin final assessments
15	Lecture 4; complete final assessments
16	Review for final exam
	<b>FINAL EXAM FRIDAY, MAY 20 2:45 – 5:00 P M</b>