

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

**Contact Information**

Instructor:	Dr. Richard Montgomery
Office Location:	SPX 173A
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Office Hours:	6:30-7:15 MW or by appointment
Class Meetings & Location	In person beginning Feb 14 @ YUH 126
Prerequisites:	In consideration for being allowed to participate in this class 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. Any pre-existing medical conditions that require adaptation must be reported to the instructor prior to participation in any activity

**Course Description**

Beginning weight training utilizes a variety of weight training equipment, exercises, techniques and lectures to produce a training effect resulting in increased muscle strength and endurance, flexibility, and cardio respiratory efficiency.

**Course Content (skills)**

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

## Course Content (concepts/knowledge)

- 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 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.

## 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 campus email for information and messages. Login using your mysjsu username and password.

## Text/Readings

No text is required. Cognitive material comes from a variety of sources provided in class and online/Canvas. Students are expected to keep lecture notes, utilize handouts and may be asked to reference some outside reading sources. Reading materials will be distributed in class and/or emailed to the student.

## Course Notes

1. Assignments received or completed late will receive a deduction of 2 points for each day late.
2. **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.**
3. All material is available on Canvas. Use Canvas as your guide to success or consult me.

4. Quizzes will be given unannounced throughout the semester. You can only receive credit by being in attendance and on time for the quiz. You may make up one quiz at the end of the semester if necessary.
5. 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.

**Course Requirements, Assignments, and Grading: Evaluation**

- Skill/cognitive quizzes – 5 @ 8 points each
- Outside Assignment - 20 points
- Final Assignment – 25 points
- Goals/bio – 10 points
- Release of Liability Form – 2 points
- Agreement for Activity Form - 3 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

## **Course Calendar (subject to change with fair notice by announcement via email)**

January 26 – First Day of Class (on line)

January 9 – Goals/Bio due and Release of Liability Form on Canvas

January 14 - First day of in person activity

January 23 - Goals/Bio due

March 20-April 1 - Spring Break

April 27 - Outside Assignment handed out on Canvas

May 9 - Outside Assignment due on Canvas

May 16- Final handed out on Canvas and last day of instruction

May 23 - Final due (last day accepted)

February 10 – Template for skill/cognitive evaluation/assessment log sent out

## **University Policies**

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

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