

San José State University
College of Health and Human Science/Department of Kinesiology
KIN 001, Adapted Physical Activity, Spring, 2022

Course and Contact Information

Instructor: Dr. Erin Siebert
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Office Hours: Tuesday/Thursday 2-3pm via Zoom
Class Days/Time: Tuesday/Thursday 10:30-11:20am
Classroom: YUH 126, Zoom link on Canvas

Course Description

Structured individualized physical activities to enhance physical/motor fitness and develop an active, health-oriented lifestyle for students unable to participate in the general activity program.

Repeatable for credit with instructor consent.

Course Format

Activity Course

This is an activity course that requires in class physical activity participation. In addition to in class participation, students will complete assignments online using Canvas. Internet connectivity and a computer are needed to complete assignments.

Faculty Web Page and MYSJSU Messaging

Course materials such as syllabus, handouts, notes, assignment instructions, etc. can be found on my faculty web page at <http://www.sjsu.edu/people/firstname.lastname> and/or on [Canvas Learning Management System course login website](#). You are responsible for regularly checking with the messaging system through [MySJSU on Spartan App Portal](#) (or other communication system as indicated by the instructor) to learn of any updates. For help with using Canvas see [Canvas Student Resources page](#).

Course Goals

Activity Program Learning Outcomes

Upon successful completion of the physical activity graduation requirement, students will 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.

Course Learning Outcomes (CLO)

Following activities and assigned readings, students will be able to demonstrate through class activities/assignments, skills tests, and written exams:

1. Knowledge of fundamental skills and techniques related to general physical activity.
2. Proficiency in execution of the general physical activity skills covered.
3. An understanding of the history, rules, strategies, current research, safety and etiquette associated with general physical activity.
4. An understanding of the mental and physical health benefits to be derived from general physical activity.
5. An appropriate level of proficiency in personal fitness as it relates to components such as cardiovascular endurance, muscular strength, muscular endurance and flexibility.

Required Texts/Readings

Textbook

Prentice, W. E. (2016). *Get fit, stay fit*. FA Davis. ISBN-13: 978-0-8036-4464-9

This is the newer 7th edition. Quizzes and assignments are based off of the 7th edition, you may use the 6th edition but are responsible for any differences in content.

Other technology requirements / equipment / material

All course content and graded assignments are available on Canvas. It is your responsibility to check the Canvas course at least once a week. All assignments, quizzes and exams will be administered through Canvas.

Course Requirements and Assignments

Daily Participation

Students are expected to perform physical fitness activities and log it for participation. Students are not permitted to participate while under the influence of drugs or alcohol.

Workout Log

Students are responsible for creating and maintain a daily fitness log to track and evaluate their progress. The log will be turned in by the end of the day that class is assigned.

Assessments

There will be multiple fitness assessments throughout the semester to determine appropriate fitness plans and evaluate progress. Assessments are not worth points but must be completed to pass the course. Due to the varied individual student needs and the nature of this activity class, the fitness assessments will vary for each student based on their individual fitness and motor development needs.

Quizzes

There will be weekly online quizzes through Canvas. They will consist of fill in the blank, multiple choice, matching and true/false type questions. They will be due at the end of each week and will relate to the readings and in class lessons of that week. There are no make-ups for these quizzes so plan accordingly.

Midterm

There will be a midterm check to see how you are progressing on the goal set at the beginning of the semester. More information will be provided in class and on Canvas during the semester and will cover all the information covered up until that point.

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.

Final Examination or Evaluation

There will be a written final. The final will cover material presented over the entire semester. More information will be provided in class and on Canvas.

Grading Information

Assignment	Points per assignment	Total points
Daily Participation/Workout log	5 points per day for 26 days	130 points
Quizzes	10 points per quiz for 10 quizzes	100 points
Assessments	Must be completed for credit	0 points
Midterm		25 points
Final		45 points
Total point possible		300 points

Determination of Grades

- At SJSU all grades are earned as either a base letter grade (i.e. B) or with a plus (i.e. B+) or minus (i.e. B-). To earn a plus on a letter grade the students will need to earn above the 7th percent in that grade category (i.e. 67%, 77%, etc.). To earn a minus on the letter grade the students will need to earn at or below the 2nd percent in that grade category (i.e. 62%, 72%, etc.).
- Final total grades will be rounded based on the tenths place, .49 rounds down to the next whole number and .5 rounds up.
- Extra credit options, if available will be announced in class only. No additional or individual extra credit options will be made available.
- It is each students responsibility to know when each assignment is due, due dates are listed on the schedule and on Canvas. Each assignment is due by 11:59pm of the due date unless otherwise stated.
- Late assignments will NOT be accepted unless prior arrangements have been made with the instructor.

Grade	Points	Percentage
A plus	291 to 300	97 to 100%
A	279 to 290	93 to 96%
A minus	270 to 278	90 to 92%
B plus	261 to 269	87 to 89 %

B	249 to 260	83 to 86%
B minus	240 to 248	80 to 82%
C plus	231 to 239	77 to 79%
C	219 to 230	73 to 76%
C minus	210 to 218	70 to 72%
D plus	201 to 209	67 to 69%
D	189 to 200	63 to 66%
D minus	180 to 188	60 to 62%

Classroom Protocol (Delete if not applicable)

- Dress and be prepared to be active in class. If you need a locker you may request one. Students are not allowed to change in the hallway or classroom.
- Use of cell phones for personal music is permitted with headphones only during individual workout time. Calls, texting, photography (personal or group) and posting not permitted in class.
- Interactions with classmates and the instructor are expected to be respectful at all times.
- 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 unless otherwise approved by the instructor.
- 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 pre-existing medical conditions or physical ailments you should consult your physician before participating in this class and alert the instructor to any required limitations.
- Report any accidents or injuries to the instructor immediately.
- Written exams, quizzes and assessments cannot be made up except under extreme circumstances.
- Drop requests will not be accepted after the drop deadline.

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 \(https://www.sjsu.edu/curriculum/courses/syllabus-info.php\)](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.

Forms of Address

Emails:

All emails need to have the course number in the subject line followed by any other relevant information (e.g., KIN 1 – quiz question). They should begin and end with a salutation (e.g., Hi Dr. Siebert or Hello Professor Siebert and Best or Regards). Emails should be clearly written and follow general grammar rules.

Names and Pronouns:

Many people might go by a name in daily life that is different from their legal name. In this classroom, we seek to refer to people by the names that they choose to go by. Pronouns can be a way to affirm someone's gender identity, but they can also be unrelated to a person's identity. They are simply a public way in which people are referred to in place of their name (e.g. "he" or "she" or "they" or "ze" or something else). In this classroom, you are invited (if you want to) to share what pronouns you go by, and we seek to refer to people using the pronouns that they share. The pronouns someone indicates are not necessarily indicative of their gender identity. My pronouns are she/her/hers.

Ability:

This class supports and respects all levels of ability. We will engage a variety of sports and activities. Each student is encouraged to participate to the fullest extent possible. If you need an accommodation or modification for any reason please let me know I will be happy to assist you. I also strongly encourage you to work with AEC to setup a more formal accommodation request.

Self-Identifications:

San Jose State University recognizes the importance of a diverse student body, and we are committed to fostering equitable classroom environments. How you identify in terms of your gender, race, class, sexuality, religion, and dis/ability, among all aspects of your identity, is your choice whether to disclose (e.g. should it come up in classroom conversation about our experiences and perspectives) and should be self-identified, not presumed or imposed.

I will do my best to address and refer to all students accordingly and will support you in doing so as well.

KIN 001 / Adapted Physical Activity, Spring 2022, Course Schedule

This is a tentative schedule and may change as needed. No additional coursework or assignments will be given. Students will be notified of any changes at least one week in advance in-class and/or via Canvas.

Normal text represents the topics for that class, *italicized text* represents when a reading is assigned, **bolded text** represents when an assignment is due.

Course Schedule

Week	Date	Topics, Readings, Assignments, Deadlines
1	1/27	Welcome, syllabus, assignments and grading
2	2/1	Meet Individual with students
2	2/3	Set semester goals with individual students
3	2/8	Workout log <i>Reading: Ch. 1 – Getting Fit: Why Should You Care?</i>
3	2/10	Workout log Quiz 1 – Due Friday by midnight
4	2/15	Workout log <i>Reading: Ch. 2 – Creating a Healthy Lifestyle</i>
4	2/17	Workout log Quiz2 – Due Friday by midnight
5	2/22	Workout log <i>Reading: Ch. 3 – Starting Your Own Fitness Program</i>
5	2/24	Workout log Quiz 3 – Due Friday by midnight
6	3/1	Workout log <i>Reading: Ch. 4 – Developing Cardiorespiratory Fitness</i>
6	3/3	Workout log Quiz 4 – Due Friday by midnight
7	3/8	Workout log <i>Reading: Ch. 5 – Improving Muscular Strength, Endurance, and Power</i>
7	3/10	Workout log Quiz 5 – Due Friday by midnight
8	3/15	Workout log <i>Midterm – available on Canvas</i>
8	3/17	Workout log
9	3/22	Workout log
9	3/24	Workout log Midterm Progress/Program Evaluation
10	4/5	Workout log <i>Reading: Ch. 6 – Increasing Flexibility Through Stretching</i>
10	4/7	Workout log Quiz 6 – Due Friday by midnight

Week	Date	Topics, Readings, Assignments, Deadlines
11	4/12	Workout log <i>Reading: Ch. 7 – Eating Right to Fuel the Body</i>
11	4/14	Workout log Quiz 7 – Due Friday by midnight
12	4/19	Workout log <i>Reading: Ch. 8 – Developing and Maintaining a Healthy Body Image Through Diet and Exercise</i>
12	4/21	Workout log Quiz 8 – Due Friday by midnight
13	4/26	Workout log <i>Reading: Ch. 9 – Practicing Safe Fitness</i>
13	4/28	Workout log Quiz 9 – Due Friday by midnight
14	5/3	Workout log <i>Reading: Ch. 10 – Becoming a Wise Consumer</i>
14	5/5	Workout log Quiz 10 – Due Friday by midnight
15	5/10	Workout log
15	5/12	Workout log
Final Exam	5/20	Due on Canvas by 12:00pm – noon (PST)