

San José State University
CHHS/Kinesiology

KIN31, Body Sculpting, Spring 2022, Sect 80

Course and Contact Information

Instructor:	Alev Dietrich
Email:	alev.dietrich@sjsu.edu
Office Hours:	by appointment
Class Days/Time:	Asynchronous (50 min twice a week)
Classroom:	Online at https://sjsu.instructure.com/courses/1477865

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

Online Courses

Course materials such as syllabus, handouts, notes, assignment instructions, etc. can be found on [Canvas Learning Management System course login website](#) at <http://sjsu.instructure.com>. You are responsible for regularly checking with the messaging system through [MySJSU](#) 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 Handout & Muscles and Exercises Body Sculpting document created by the instructor (available on CANVAS)

Course Contents

1. Proper and safe warm-up, workout, and cool-down techniques.
2. Correct resistance training techniques and modifications
3. Assigned readings from text and outside assignments
4. Pre and post fitness assessments
5. Quizzes and final exam

Class Protocol

- A. **ACTIVE** participation in the form of **performing the assigned workouts** and **submitting the accompanying assignments** on CANVAS is **REQUIRED** to meet the course objectives (**60%** of your overall grade including pre- and post-fitness tests).
1. Students are expected to participate fully in all physical activities on their own and listen to the lectures (Check the Course Schedule section at the end of this syllabus for those specific dates.)
 2. Appropriate **shoes and clothing** are required for class activity. Bare feet, socks only, sandals, "heels", slippers are not recommended during activity.
 3. Hand weights (a set of light and a set of heavy), resistance bands/tubing, and a mat are highly recommended. Students may substitute these with water bottles, a heavy ball, watermelon, laundry soap containers, can of food, thick towel/carpet, and etc.
 - The weekly assignments 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!!**
 4. Outings/assignments completed for another class cannot be counted for this course.
 5. Only under **EXTENUATING** circumstances will a doctor's note be accepted by the instructor for missed assignments. (i.e., severe illness, injury, operation, etc.)

- 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.
 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 quiz (on the previous week's lecture topic), a lecture (cognitive component), a workout (physical activity component), and its assignment submission. Follow the order of lecture, workout, quiz for the given topic indicated by its number. For example, listen to lecture 1 first, and then do workout 1, finally take quiz 1.
- D. Assignments 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. 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.
- 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!!!
- 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 RESPONSIBLE** from reading and understanding all of the instructions and directions provided on Canvas in this online course.
 2. Communication will be handled as follows:
 - Instructor to class: 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
3. 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 quizzes/exams.
 4. 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.
 5. 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.
 6. 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.
 7. Report any accidents to the instructor immediately.
 8. Please alert the instructor of any medical problems, medications, or accidents that might affect your involvement in class.
 9. 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.
 10. 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.
 11. 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. WEEKLY QUIZZES (**20 %** of your overall grade)
 - Weekly quizzes will test the **previous week's material covered in the lecture**.
 - Weekly quizzes will be **open on CANVAS on Monday mornings (12:00 am) until Sunday midnight (11:59pm) of the week**. There will be only one attempt available to take the quiz. Take it when you are ready.
 - There is **NO MAKE UP** for the missed quizzes.
3. FINAL EXAM (**20 %** 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. Quizzes * 10 (2 points each)	20%
4. Final exam	20%

TOTAL 100%

Grading Information

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

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

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.

KIN 31 / Body Sculpting, Spring 2022, COURSE SCHEDULE

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

Week	Session #	Topics, Lecture	Meeting/Assignment
Week 0 JAN 24-28	2	Introduction to course content, policies and procedures; Review Syllabus and Canvas (Zoom Meeting 1/27, Thursday 4:30 pm)	<ul style="list-style-type: none"> Zoom Meeting 1/27 4:30pm
Week 1 JAN 31 – FEB 4	1	Workout 1: Dynamic Warm-Up Training Workshop	<ul style="list-style-type: none"> Workout 1 Assignment
	2		
Week 2 FEB 7-11	1	Lecture 1 <ul style="list-style-type: none"> Components of fitness Basic muscle anatomy (Muscles and Exercises handout) & Super Sets The essence of dynamic warm-up 	<ul style="list-style-type: none"> PRE-TEST assignment
	2	Pre- test activity	
Week 3 FEB 14-18	1	Lecture 2 <ul style="list-style-type: none"> Benefits of resistance training Lower Body anatomy and training 	<ul style="list-style-type: none"> QUIZ 1 Workout 2 Assignment
	2	Workout 2: Lower body training workshop	
Week 4 FEB 21-25	1	Lecture 3 <ul style="list-style-type: none"> 10 rules of strength training Core anatomy and training 	<ul style="list-style-type: none"> QUIZ 2 Workout 3 Assignment
	2	Workout 3: Core training workshop	
Week 5 FEB 28 - MAR 4	1	Lecture 4 <ul style="list-style-type: none"> Tips for exercise success Upper Back-Chest superset anatomy and training 	<ul style="list-style-type: none"> QUIZ 3 Workout 4 Assignment
	2	Workout 4: Upper back & chest superset training workshop	
Week 6 MAR 7-11	1	Lecture 5 <ul style="list-style-type: none"> Twelve common exercise mistakes & injuries & RICE & posture and back health Lats-Deltoid superset anatomy and training 	<ul style="list-style-type: none"> QUIZ 4 Workout 5 Assignment
	2	Workout 5: Lats-Deltoid superset anatomy and training workshop	
Week 7 MAR 14-18	1	Lecture 6 <ul style="list-style-type: none"> Health problems Biceps and triceps superset anatomy and training 	<ul style="list-style-type: none"> QUIZ 5 Workout 6 Assignment
	2	Workout 6: Core & biceps triceps training workshop	

Week 8 MAR 21-25	1	Lecture 7 • Hydration and nutrient timing	<ul style="list-style-type: none"> • QUIZ 6 • Workout 7 Assignment
	2	Workout 7: design and perform your own CORE workout	
Week 9 MAR 28 – APR 1		<i>SPRING BREAK</i>	=====
Week 10 APR 4-8	1	Lecture 8 • DOMS	<ul style="list-style-type: none"> • QUIZ 7 • Workout 8 Assignment
	2	Workout 8: Full Body Functional Training Workout	
Week 11 APR 11-15	1	Lecture 9 • HIIT	<ul style="list-style-type: none"> • QUIZ 8 • Workout 9 Assignment
	2	Workout 9: HIIT Workout	
Week 12 APR 18-22	1	Lecture 10 • Healthy eating tips • 13 exercise myths	<ul style="list-style-type: none"> • QUIZ 9 • Workout 10 Assignment
	2	Workout 10: Athlean-X The Perfect Home Workout	
Week 13 APR 25-29	1	Lecture 11 • Stress, cortisol, obesity • Stress maintenance • The eight energy boosters	<ul style="list-style-type: none"> • QUIZ 10 • Workout 11 Assignment
	2	Workout 11: Corona Days Full Body Workout	
Week 14 MAY 2-6	1	Lecture 12 • Exercise improves brain function • 10 fascinating facts about brain • Sleep	<ul style="list-style-type: none"> • Workout 12 Assignment
	2	Workout 12: Corona Days Full Body Workout REPEAT	
Week 15 MAY 9-13	1	Workout 13: Relaxation Workout	<ul style="list-style-type: none"> • Workout 13 Assignment • POST-TEST assignment
	2	Post- test activity	
Final Exam		Cumulative Final Exam (20 points) on Canvas available Wednesday, May 25	DUE by 11:59 pm