

San José State University
Kinesiology
KIN 35A, Beginning Weight Training- Section 05, Spring 2022

Contact Information

Instructor: Nicole Levine

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Office Hours: By appointment via zoom

Class Days/Times: Mondays and Wednesdays, 2:30pm-3:20pm

Location: Yoshihiro Uchida Hall 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 principles involved in weight training and the health-related components of fitness through a variety of exercises.

Web Resource

Course materials can be found on the [Canvas Learning Management System course login website](#) at <http://sjsu.instructure.com>. You are responsible for regularly checking Canvas as well as email through [MySJSU](#) on the [Spartan App Portal](#) at <http://one.sjsu.edu>. For help with using Canvas, see the Canvas Student Resources page at http://www.sjsu.edu/ecampus/teaching-tools/canvas/student_resources.

Course Learning Objectives (CLO)

Students will be able to demonstrate through class assignments/activities, skills tests, and written exams, the following:

1. Knowledge of fundamental skills and techniques for beginning weight training.
2. Understand how to work out regularly using resistance exercises.
3. Ability to demonstrate safe and correct lifting techniques.
4. Improve muscle strength/endurance and flexibility.

5. Demonstrate knowledge of basic terminology, guidelines, principles and benefits of weight training, muscle structure and function, appropriate exercises for each major muscle group.
6. Understand the basics of using a variety of resistance equipment and training techniques.
7. Apply training principles to design personal training programs.
8. 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 (APLO)

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.

Textbook/Other Readings

No required textbook. Cognitive materials come from a variety of sources and will be provided via Canvas each week.

Course Requirements and Assignments

- If you have a pre-existing medical condition, you should consult your physician prior to participation in this class and notify the instructor of any required limitations.
- Please alert the instructor of any medical problems, medications, or accidents that might affect your involvement in class.
- 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.
- **Face masks are required when indoors (will be updated per SJSU COVID policies)**

- Intellectual property: Course materials developed by the instructor (e.g. videos, lecture notes, exams) are the instructor's intellectual property and cannot be shared or uploaded in any form publicly without the instructor's approval.
- **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.**
- Students are expected to keep a fitness journal during the semester as one way of meeting and assessing APLO 3.
- Students are expected to complete ten physical assessments during the semester as one way of meeting and assessing APLO 1.
- Two knowledge tests will be given to assess APLO 2.
- **All tests and assignments cannot be made up** (for serious circumstances, please contact the instructor). **No late work will be accepted.**
- Report any accidents/injuries to the instructor immediately.
- Drop requests will not be accepted after the SJSU drop deadline.
- Activities/assignments for another class cannot be counted for this course.

Skills Tests:

Skills Tests will be used throughout the semester to test understanding and technique of given movement. Students must attend class to get credit for assessment of technique (no makeups or exceptions). Rubrics will be provided for grading purposes.

- Baseline Tests – 1) Plank; 2) T-Hold
- Throughout semester – 3) Deadlift; 4) Squat; 5) Vertical Pull; 6) Vertical Push; 7) Horizontal Pull; 8) Horizontal Push
- Final Tests (repeat of baseline tests) – 9) Plank; 10) T-Hold

Knowledge Tests:

Two knowledge tests will be given as an assessment of the weekly topics and readings. Tests will be given via Canvas.

Participation:

An online fitness journal will be required for the course and submitted via Canvas. Students will be required to use the journal prompts and guidelines given each week.

Determination of Grades

50 points – Skills Tests (5 points each)

20 points – Knowledge Tests (10 points each)

30 points – Participation/Journal (2 points each)

****Note -** If a weekly journal gets cancelled throughout the semester, the remaining journal points will be reallocated to the final journal assignment. For example, if journal assignment 6 gets cancelled, then the final journal assignment will be worth 4 points instead of 2 points, and so forth. This will all depend on when we return to in-person classes and how long it takes to get through skills tests each week. Since there is no final project or exam, your final skills test and your final journal assignment will count as your final exam. For this reason, any assignment points that we need to make up from changes to the schedule will be attributed to the final journal assignment in lieu of a written exam.

Grading Scale used to determine final course grade.

Percentage	Equivalent Grade	Percentage	Equivalent Grade
97% - 100%	A+	73% - 76%	C
93% - 96%	A	70% - 72%	C-
90% - 92%	A-	67% - 69%	D+
87% - 89%	B+	63% - 66%	D
83% - 86%	B	60% - 62%	D-
80% - 82%	B-	below 60%	F
77% - 79%	C+		

University Policies

Information pertaining to university programs and policies designed to facilitate student success can be found here: <http://www.sjsu.edu/gup/syllabusinfo/>

KIN 35A/Beginning Weight Training, Spring 2022, Course Schedule

*****subject to change with notice via canvas or email**

All class readings, assignments, and due dates will be provided on Canvas each week

Tentative Course Schedule

Week	Course Content	Assignments/Submissions
1/26-1/28	Zoom meeting – Review syllabus	<u>Liability Form</u>
1/31-2/4	Safety during physical activity Dynamic warmup Baseline Skills Tests – Plank/T-Hold	<u>Fitness Journal 1</u>
2/7-2/11	Types of muscular contractions Foundations of Core Pillaring	<u>Fitness Journal 2</u>
2/14-2/18	Core Variations Cont'd Introduction to movement patterns Movement pattern #1 – Lower body (hip hinge/deadlift)	<u>Fitness Journal 3</u>
2/21-2/25	Lower body cont'd Movement pattern #2 – Knee dominant (squat)	<u>Fitness Journal 4</u>
2/28-3/4	Movement patterns 1 & 2 cont'd	<u>Fitness Journal 5</u>
3/7-3/11	Skills Tests – Deadlift/Squat Movement pattern #3 – upper body pull (vertical/horizontal)	<u>Knowledge Test 1</u> <u>Fitness Journal 6</u>

3/14-3/18	Upper body pull cont'd	<u>Fitness Journal 7</u>
3/21-3/25	Upper body pull cont'd Skills Tests – Vertical Pull/Horizontal Pull	<u>Fitness Journal 8</u>
3/28-4/1	Spring Break	
4/4-4/8	Movement pattern #4 – upper body push (vertical/horizontal)	<u>Fitness Journal 9</u>
4/11-4/15	Upper body push cont'd	<u>Fitness Journal 10</u>
4/18-4/22	Skills Tests – Vertical Push/Horizontal Push	<u>Fitness Journal 11</u>
4/25-4/29	Introduction to Accessory Muscles	<u>Fitness Journal 12</u>
5/2-5/6	Full body integration	<u>Knowledge Test 2</u> <u>Fitness Journal 13</u>
5/9-5/13	Full body integration	<u>Fitness Journal 14</u>
5/16-5/20	Final Skills Tests – Plank/T-Hold	<u>Fitness Journal 15 – due by May 24th at 2:30pm (per final exam schedule)</u>