

San José State University

Kinesiology

Spring 2022, KIN 35B, Intermediate Weight Training

Contact Information

Instructor:	Dr. Richard Montgomery
Office Location:	SPX 173A
Telephone:	NA
Email:	richard.montgomery@sjsu.edu (Preferred)
Office Hours:	6:30 AM to 7:15 or by appointment (email)
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. <u>Additionally, all students must sign and submit the CSU Release of Liability Agreement to participate in this activity class.</u>

Course Description

Intermediate weight training is designed for individuals with prior resistance training and experience. It involves complex level exercises and utilizes a variety of techniques to produce a training effect resulting in increased muscle strength and endurance, flexibility, and cardio respiratory efficiency. Prerequisite: KIN 035A or equivalent experience.

Course Content (skills)

Improving strength of major muscle groups

Developing accessory muscle/core strength

Improving cardio vascular efficiency while weight training for strength

Improving efficiency of training utilizing intense compound exercises

Course Content (concepts/knowledge)

Use of various types of exercise programs that target specific goals

Intermediate exercise physiology relating to strength and conditioning

Developing an improved exercise management plan

Health benefits of physical activity

Physical activity and the process of aging

Differences in popular types of training disciplines

Supplements and diet for managing exercise objectives

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.

Text/Readings

No text is required. Cognitive material comes from a variety of sources provided online. Students are expected to utilize handouts and may be asked to reference some outside reading sources. Reading materials will be distributed via email to the student.

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.

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+

Percentage	Equivalent Grade
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/>