

## San José State University

### CHHS/Department of Kinesiology KIN 31 – Body Sculpting, Section 3, Fall 2024

#### Course and Contact Information

Instructor:	Jordan Yamiguez
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Office Hours:	W 11:00am-12:00pm in DH 547 Zoom by Appointment
Class Days/Time:	T/R 1:30pm-2:20pm
Classroom:	SPX 107A

**Course Format:** In-Person

#### 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

- Delavier, Frederic, Strength Training Anatomy, Human Kinetics, 3<sup>rd</sup> ed. and up (suggested)
- Kaminoff, Leslie & Matthews, Amy, Yoga Anatomy, Human Kinetics 2<sup>nd</sup> ed. and up (suggested)
- 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 **class attendance** and **submitting the weekly reflections** on CANVAS is **REQUIRED** to meet the course objectives (**60%** of your overall grade).
  1. Appropriate shoes and clothing are required for class. Bare feet, socks only, sandals, "heels", slippers, jeans are not appropriate during activity. Students who come to class in clothing that is not appropriate, may lose attendance points for that class.
  2. 1 point is given to attendance.
  3. 1 point is given to each weekly reflection, **no points will be given for reflection submissions for weeks where the student did not attend a minimum of 1 workout session. Reflections are due Saturdays at 11:59pm weekly.**
  4. Each skill test is worth 3 points. Where students will demonstrate proficiency of learned movements.
- B. Absence Policy: Students are to notify the instructor before the starting time of missed class or skills test. Alternative assignment may be provided with approved documentation.
- C. Pre/Post Test (10 points total): BOTH Pre and Post test must be submitted by the end of the semester. Pretest will be submitted at the end of week 2. Posttest will be submitted at the end of week 15. Both must be submitted in order to receive full points.
- D. Quizzes (5 total, 3 points each) are due **Saturdays at 11:59pm** will be based on material covered and assigned readings.
- E. Final Exam (15 points) will be comprehensive based on all material covered during the semester.

## Grading Policy

1 Active Participation	<b>60 Points</b>
	<b>22 Points Attendance</b>
	<b>13 Points Weekly Reflections</b>
	<b>10 Points Course Reflection</b>
	<b>15 Points Skills Tests (5 Total)</b>
2 Pre/Post Test	<b>10 Points</b>
3 Quizzes	<b>15 Points (5 Total)</b>
4 Final Exam	<b>15 Points</b>
Total	<b>100 Points</b>

## Grading Information

A plus = 97-100%    A = 93-96%    A minus = 90-92%

B plus = 87-89%    B = 83-86%    B minus = 80-82%

C plus = 77-79%    C = 73-76%    C minus = 70-72%

D plus = 67-69%    D = 63-66%    D minus = 60-62%

F = 0-59%

## University Policies

*More guidelines on grading information and class attendance can be found from the following university policies:*

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

[University Policy S16-9](#) describes the expected time commitment for SJSU classes: "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 practice. Other course structures will have equivalent workload expectations as described in the syllabus.”

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 the [SJSU’s Syllabus Information web page](#). Make sure to visit this page to review and be aware of these university policies and resources.

Find global level academic support at:

<https://nacada.ksu.edu/Resources/Clearinghouse/academicsupport.aspx>

## **Diversity Statement**

Respect for Diversity: It is our intent that students from all diverse backgrounds and perspectives be well served by this course, that students’ learning needs be addressed both in and out of class, and that the diversity that students bring to this class be viewed as a resource, strength, and benefit. It is our intent to present materials and activities that are respectful of diversity: gender, sexuality, disability, age, socioeconomic status, ethnicity, race, and culture. Your suggestions are encouraged and appreciated.

## **Accessibility Statement**

It is our goal to create a learning experience that is as accessible as possible. If you anticipate any issues related to the format, materials, or requirements of this course, please meet with us outside of class so we can explore potential options. Students with disabilities may also wish to work with the [SJSU’s Accessible Education Center](#) to discuss a range of options to removing barriers in this course, including official accommodations. If you have already been approved for accommodations through the Office of Accessible Education, please meet with us so we can develop an implementation plan together.

Week	Session	Area of Focus	Homework
Week 1 8/20-8/22	T Th	<b>No Class</b> Review Syllabus and Canvas Sign Release of Liability Form	SJSU Waiver
Week 2 8/27-8/29	T Th	<b>Pretest</b> Workout 1 Squat	Reflection 1 Pretest
Week 3 9/3-9/5	T Th	Workout 2 Lunge Workout 3 Hip Hinge/Deadlift	Quiz 1 Reflection 2
Week 4 9/10-9/12	T Th	<b>Skill Test 1 - Lower Body</b> Workout 4 Pushup	Reflection 3
Week 5 9/17-9/19	T Th	Workout 5 Overhead Press Workout 6 Row	Reflection 4 Reading 1: Carbohydrates
Week 6 9/24-9/26	T Th	Workout 7 Lateral Delts/Rear Delts Workout 8 Biceps/Triceps	Quiz 2 Reflection 5
Week 7 10/1-10/3	T Th	<b>Skill Test 2 – Upper Body</b> Workout 9 Plank	Reflection 6
Week 8 10/8-10/10	T Th	Workout 10 Crunch Workout 11 Obliques (Rotation/Anti-Rotation)	Reflection 7 Reading 2: Fats
Week 9 10/15-10/17	T Th	Workout 12 Obliques (Bending/ Lateral Stabilization) Workout 13 Back Extensions/Bends	Quiz 3 Reflection 8
Week 10 10/22-10/24	T Th	<b>Skill Test 3 – Core</b> Workout 14 Clean/Snatch	Reflection 9
Week 11 10/29-10/31	T Th	Workout 15 Burpee/Modifications Workout 16 Hand Balances	Reflection 10 Reading 3: Protein
Week 12 11/5-11/7	T Th	Workout 17 Single Leg Balances Workout 18 Other Advanced Movements	Quiz 4 Reflection 11
Week 13 11/12-11/14	T Th	<b>Skill Test 4 – Full Body/Advanced Techniques</b> Workout 19 Hips	Reflection 12
Week 14 11/19-11/21	T Th	Workout 20 Lower Body Workout 21 Core	Reflection 13 Reading 4: Body Composition
Week 15 11/26-11/28	T Th	Workout 22 Upper Body <b>No Class</b>	Quiz 5
Week 16 12/3-12/5	T Th	<b>Skill Test 5 Post Test</b>	Course Reflection
<b>Final Friday December 13 12:15pm-2:30pm</b>			