

FALL 24: KIN-35B - Int. Wt. Training

San José State University
Kinesiology
Fall 2024, KIN 35B, Intermediate Weight Training
8:30-9:20 - MW 01 (40207)
9:30-10:20 MW 02 (40208)

Contact Information

Instructor: Dr. Richard Montgomery
Office Location: SPX 173A
Telephone: NA
Email: richard.montgomery@sjsu.edu (**Preferred**)
Office Hours: 6:30 to 7:15 AM or by appointment (email) @ YUH 126
Class Meetings & Location - 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. Additionally, all students must sign and submit the CSU Release of Liability Agreement to participate in this activity class.

Course Description

Designed for individuals with prior training experience and involves higher level exercises. Students will be exposed to a wide variety of machines as well as free weight exercises and will then design a program based on individual needs. Prerequisite: KIN 035A or equivalent experience.

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 email for information and messages. Login using your mysjsu username and password.

Classroom Protocol

Strategies include lecture, group discussion, and physical weight room training. This class will be conducted in an atmosphere of mutual respect. You are expected to be involved

in active physical participation and demonstrate respect for everyone's race, gender identity, or expression, sexuality, culture, beliefs and abilities.

Physical Education Requirement

SJSU's physical education graduation requirement reflects the conviction that educating the whole student, both mind and body, is critical. This two-unit requirement was designed to enhance learning and student success while laying a foundation for lifelong health and well-being. Students may satisfy this requirement by taking two distinct one-unit activity courses or by taking a single activity course of two or more units. Letter Graded.

Course Goals and Student Learning Objectives

- Knowledge of fundamental skills and technique of intermediate weight training
- Proficiency in the execution of intermediate weight training techniques.
- An understanding of the strategies, current research, safety and etiquette associated with intermediate weight training.
- An understanding of the mental and physical health benefits to be derived from intermediate weight training such as cardiovascular endurance, muscular strength and endurance, flexibility, body composition, balance, coordination, agility and aging.

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.

Required Text/Readings

No text is required. Cognitive material comes from a variety of sources provided in class and online/Canvas. Students are expected to keep lecture notes, utilize hand outs and may be asked to reference some outside reading sources. Reading materials will be distributed in class, posted on Canvas or emailed to students.

Course Requirements and 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. If for whatever reason (personal or physical), should you be unable to participate in class to the degree that your final grade will be unacceptable, you should consider dropping the class or taking 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. Skill/cognitive 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.

Course Requirements, Assignments, and Grading: Evaluation - 100 points Total

- **Skill/cognitive quizzes - 10 @ 6 points each**
Each quiz will be given unannounced throughout the semester two minutes after the official beginning of class and turned in at the end of the class period. If you are late, you will not be able to receive credit for that day. One quiz can be made up at the end of the semester.
- **Outside Assignment (see description when available on Canvas) - 10 points**
- **Final - 25 points**
- **Release of Liability Form - 0 points**
- **Agreement for Activity Form - 5 points**

Grading Information

Students are expected to take responsibility for their own learning. They are expected to practice the art of independent study and develop sound intellectual habits and skills. No extra credit options are available for this course.

Grading Scale used to determine final course grade.

A	93-100%	A-	90-92%
B+	88-89%	B	83-87%
		B-	80-82%
C+	78-79%	C	73-77%
		C-	70-72%
D+	68-69%	D	63-67%
		D-	60-62%
F	< 60%		

Course Calendar

This class is Intermediate Weight Training. We will gain cognitive knowledge with a brief lecture at the beginning of each class. Changes in the body can only be experienced by participating in activity. It is expected that many participants will have different expectations of the outcomes based on individual goals. Please treat me as your personal trainer and allow me to answer questions and assist you with your personal journey during activity this semester.

I believe that quality learning and change is not linear and reserve the right to present these topics in an order that will best support the learning environment, needs and success for this class.

Topics:

muscle structure and function,
warm up and cool down'

flexibility,

spotting/safety,

free weights/machines,

division of exercises,

nutrition,

recovery,

supplements/drugs,

formula for success,

motivation,

importance,

habit,

health,

progressive overload,

increasing exercise intensity,

total body and split routines,

fixed systems,

variable systems,

regularity,

aging,

body building,

zone training,

and the latest research and trends in exercise, aging and performance.

As you know, 2 days/week for 50 minutes of training is not enough for much change. It is your body, and you must take personal responsibility for managing it based on your personal goals.

Calendar Dates

August 21 – First Day of Class

September 2 – Holiday/Labor Day
September 4- Release of Liability Form due on Canvas (Assignment 1) and Agreement for Activity due on Canvas (Assignment 2)
November 6 – Outside Assignment available on Canvas
November 11 – Campus closed – Veterans Day
November 27 – Non-Instructional Day
December 2 - Outside Assignment due on Canvas
December 9 - Last Day of class and Final available on Canvas
December 16 - Final due on Canvas or before 12/16

Campus Resources

Per University Policy S16-9 (<http://www.sjsu.edu/senate/docs/S16-9.pdf>), 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 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.

SJSU Technical Support:

Email: itservicedesk@sjsu.edu

Phone: (408) 924-1530

Web: <https://www.sjsu.edu/it/support/service-desk/index.php>

Richard “Dick” Montgomery - Quick Facts

EDUCATION

- B.A. and M.A. - Long Beach State University (Kinesiology).
- Ph.D. - University of Southern California (Kinesiology).

MANAGEMENT

- Founder and Director of the Graduate Sport/Fitness/Management Program at SJSU.
- President of the American National Volleyball Association (ANVA).
- Director of the USA Women’s National Volleyball Team Program.
- Technical Editor of Volleyball Magazine.

COACHING

- San Jose State University (Women), Final Four.
- Mizuno Club Volleyball (Girls), National Champion.
- NCAA All Star Volleyball Team (Men), National Champion.

HONORS OF ATHLETES TRAINED

- NCAA Top 6 Award (1), first in the history of the CSU System.
- NCAA All America (4).
- US Volleyball All America (10).
- US Volleyball MVP (2).
- USA National Team (4).
- Olympic Participant (6).

- Olympic Gold Medal (4).
- Olympic Bronze Medal (1).
- California State High Schools Female Scholar/Athlete of the Year (All Sports). (1).

SCHOLARLY

- Publications (27).
- Presentations (150).

PROFESSIONAL COMMITTEES

- United States Olympic Committee (ad hoc).
- Mayor's Sports Advisory Committee, City of San Jose.
- Selection Committee, USA Olympic Volleyball Coach (Men and Women).

PERSONAL HONORS

- Inductee, San Jose State University Athletic Hall of Fame.
- MVP, USA Master's National Volleyball Championships.
- 12-time All-America, USA Master's National Volleyball Championships.
- 9-time National Champion, USA Master's National Volleyball Championships.
- Mayor's Commendation, City of San Jose.
- SJSU Meritorious Service and Achievement Award.

CYCLING

- Champion, Surf City Cyclocross Series (SCCX) Masters.
- Santa Cruz International Triathlon (Mixed Relay).
- Peak Season Santa Cruz County Cyclocross Championships (Masters).
- CRASH + CRASH = Retire from racing!!

MEDIA

- Television Color Commentator - Major League Volleyball