

## San José State University

### CHHS/Department of Kinesiology

## KIN 35 – Beginning Weight Training, Section 13, Fall 2025

#### Course and Contact Information

Instructor:	Jordan Yamiguez
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Office Hours:	T 3:00pm-4:00pm in SPX 170 Zoom by Appointment
Class Days/Time:	M/W 3:30pm-4:20pm
Classroom:	YUH 126

**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. Quizzes and final exam

## Class Protocol

- A. **ACTIVE** participation in the form of **daily participation** and **submitting the weekly reflections** on CANVAS is **REQUIRED** to meet the course objectives.
  1. Appropriate shoes and clothing are required for class. Bare feet, socks only, sandals, "heels", slippers, jeans are not appropriate during activity.
  2. Reason for loss of daily points may include but is not limited to: dressing in clothing that is not appropriate for activities, cellphone usage, disregard for class instruction, leaving class for extended periods, showing up excessively late (10+ minutes) or leaving early (10+ minutes) without permission.
  3. 0.5 points are given to daily skills practice. Submit a recording of the last working set of the main lift for the day. **Must be recorded in class. Due Saturdays at 11:59pm.**
  4. 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.**
- B. Each skill test is worth 5 points (8 total). Students will demonstrate proficiency of learned movements. **Students may only make up 1 skills test.**
- C. 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. Maximum of 3. Must be turned in within 48 hours.
- D. Quizzes (5 total, 4 points each) are due **Saturdays at 11:59pm** will be based on material covered and assigned readings.
- E. **No late work will be accepted.**
- F. Final Exam (15 points) will be comprehensive based on all material covered during the semester.

## Grading Policy

1 Active Participation	<b>25 Points Total</b>
	<b>10 Skills Practice</b>
	<b>15 Points Weekly Reflections</b>
2 Skills Test	<b>40 Points (8 Total)</b>
3 Quizzes	<b>20 Points (5 Total)</b>
4 Final Exam	<b>15 Points</b>
Total	<b>100 Points</b>

## 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 = 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	W	Review Syllabus and Canvas Sign Release of Liability Form Safety Basics	SJSU Waiver Syllabus Quiz <b>Due 8/23 at 11:59pm</b>
Week 2 8/25 & 8/27	M W	Barbell Squat Introduction Workout 1: Squat Overhead Press Introduction Workout 2: Overhead Press	Reflection 1 Workout 1: Squat Workout 2: Overhead Press <b>Due 8/30 at 11:59pm</b>
Week 3 9/3	W	Barbell Deadlift Introduction Workout 3: Deadlift	Quiz 1 Reflection 2 Workout 3: Deadlift <b>Due 9/6 at 11:59pm</b>
Week 4 9/8 & 9/10	M W	Barbell Bench Introduction Workout 4: Bench Barbell Power Clean Introduction Workout 5: Barbell Power Clean	Workout 4: Bench Workout 5: Barbell Power Clean Barbell Reflection 3 <b>Due 9/13 at 11:59pm</b>
Week 5 9/15 & 9/17	M W	Basic Linear Programming Workout 6: Squat Main + Upper Body Push Alternate Bent Over Row Introduction Workout 7: Overhead Press Main + Bent Over Row	Reflection 4 Reading 1: Carbohydrates Workout 6: Squat Main Workout 7: Overhead Press <b>Due 9/20 at 11:59pm</b>
Week 6 9/22 & 9/24	M W	Pulldown and Pullup Introduction Workout 8: Bench Main + Pullup or Pulldown Workout 9: Deadlift Main + Overhead Press	<b>Quiz 2</b> Reflection 5 Workout 8: Bench Main Workout 9: Deadlift Main <b>Due 9/27 at 11:59pm</b>
Week 7 9/29 & 10/1	M W	<b>Skills Test 1: Squat</b> <b>Skills Test 2: Overhead Press</b>	Reflection 6 <b>Due 10/4 at 11:59pm</b>
Week 8 10/6 & 10/8	M W	<b>Skills Test 3: Deadlift</b> <b>Skills Test 4: Bench Press</b>	Reading 2: Fats Reflection 7 <b>Due 10/11 at 11:59pm</b>
<b>Unit 2 Accessory Work: Joint Balance and Synergists</b>			
Week 9 10/13 & 10/15	M W	Glutes and Hamstrings Workout 10: Squat Main Muscle Group: Deltoids Workout 11 Overhead Press	<b>Quiz 3</b> Reflection 8 Workout 10: Squat Main

			Workout 11 Overhead Press <b>Due 10/18 at 11:59pm</b>
Week 10 10/20 & 10/22	M W	Muscle Group: Abdominals Workout 12: Deadlift Main Muscle Group: Latissimus Dorsi Workout 13: Bench Press Main	Reflection 9 Workout 12: Deadlift Main Workout 13: Bench Press Main <b>Due 10/25 at 11:59pm</b>
Week 11 10/27 & 10/29	M W	Muscle Group: Quadriceps Workout 14: Squat Main Muscle Groups: Biceps and Triceps Workout 15: Overhead Press Main	Reflection 10 Reading 3: Protein Workout 14: Squat Main Workout 15: Overhead Press Main <b>Due 11/1 at 11:59pm</b>
Week 12 11/3 & 11/5	M W	Muscle Group: Obliques Workout 16: Deadlift Muscle Groups: Rear Delts and Rhomboids Workout 17: Bench	Quiz 4 Reflection 11 Workout 16: Deadlift Workout 17: Bench <b>Due 11/8 at 11:59pm</b>
Week 13 11/10 & 11/12	M W	Workout 18: Lower Body Skills Test Practice Squat or Deadlift Workout 19: Upper Body Skills Test Practice Bench or Overhead Press	Reflection 12 Workout 18 Workout 19 <b>Due 11/15 at 11:59pm</b>
Week 14 11/17 & 11/19	M W	Workout 20: Student's Choice for Skills Test Practice and Feedback <b>Skills Test 5RM Squat</b>	Reflection 13 Workout 20 <b>Due 11/22 at 11:59pm</b>
Week 15 11/24	M	<b>Skills Test 5RM Overhead Press</b>	Reflection 14 <b>Due 11/29 at 11:59pm</b>
Week 16 12/1 & 12/3	M W	<b>Skills Test 5RM Deadlift</b> <b>Skills Test 5RM Bench</b>	Reflection 15 <b>Due 12/6 at 11:59pm</b>
Week 17 12/8	M	<b>Skills Test Make-Up</b>	
<b>Final Monday December 15 3:15pm – 5:15pm</b>			