

San José State University
College of Health and Human Science/Department of Kinesiology
KIN 01, Adapted Physical Activity, Fall 2025
Monday/Wednesday, 4:30 – 5:20 pm
YUH 216

Instructor: Lemi Hayashi, M.A., CAPE

Email: lemi.hayashi@sjsu.edu

Office Hours:

Tues/Thurs, 3:00 – 4:00 pm via Zoom or phone call,
by appointment only

SJSU KIN Diversity Statement

The Department of Kinesiology is committed to developing and implementing equitable curricula and teaching practices that reflect the diversity of our student body and departmental core values. The faculty strives to foster an inclusive learning environment where all students feel valued, supported, welcomed, and empowered to succeed in ALL classes. All students, inclusive of all, but not limited to ethnicities, socioeconomic and cultural backgrounds, gender identities and expressions, castes, religions, ages, sexual orientations, abilities, bodies, political affiliations, statuses, and nationalities, are encouraged to share their rich array of perspectives and experiences. KIN department faculty, staff, and students all have something of value to contribute. Everyone is expected to respect differences and demonstrate diligence in understanding how others' perspectives, behaviors, and views may be different from theirs.

Course Description

Structured individualized physical activities to enhance physical/motor fitness and develop an active, health-oriented lifestyle for students unable to participate in the general activity program. Repeatable for credit with instructor consent.

Course Format: Activity Course

This is an activity course that requires in class physical activity participation. In addition to in class participation, students will complete assignments online using Canvas. Internet connectivity and a computer are needed to complete assignments.

Faculty Web Page and MYSJSU Messaging

Course materials such as syllabus, handouts, notes, assignment instructions, etc. can be found on [course login website](#). You are responsible for regularly checking with the messaging system through [MySJSU](#) on [Spartan App Portal](#) (or other communication system as indicated by the instructor) to learn of any updates. **For help with using Canvas see [Canvas Student Resources page](#).**

Course Goals

Activity Program Learning Outcomes

Upon successful completion of the physical activity graduation requirement, students will 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.

Course Learning Outcomes (CLO)

Following activities and assigned readings, students will be able to demonstrate through class activities/assignments, skills tests, and written exams:

1. Knowledge of fundamental skills and techniques related to general physical activity.
2. Proficiency in execution of the general physical activity skills covered.
3. An understanding of the history, rules, strategies, current research, safety, and etiquette associated with general physical activity.
4. An understanding of the mental and physical health benefits to be derived from general physical activity.
5. An appropriate level of proficiency in personal fitness as it relates to components such as cardiovascular endurance, muscular strength, muscular endurance, and flexibility.

Required Texts/Readings

Textbook – Digital copy provided via Canvas

Prentice, W. E. (2016). *Get fit, stay fit*. FA Davis. ISBN-13: 978-0-8036-4464-9

This is the newer 7th edition. Quizzes and assignments are based off the 7th edition. You may use the 6th edition but are responsible for any differences in content.

Other technology requirements / equipment / material

All course content and graded assignments are available on Canvas. It is your responsibility to check the Canvas course at least once a week. All assignments, quizzes and exams will be administered through Canvas.

Course Requirements and Assignments

Workout Log/Active Participation

Students are responsible for creating and maintaining a fitness log to track and evaluate their progress. These logs will be submitted for review periodically throughout the semester. Students are expected to perform physical fitness activities and log it for participation. Students are not permitted to participate while under the influence of drugs or alcohol.

Assessments & Skills Tests

There will be multiple fitness assessments throughout the semester to determine appropriate fitness plans and evaluate progress. Due to the varied individual student needs and the nature of this activity class, the fitness assessments will vary for each student based on their individual fitness and motor development needs. Additionally, each student will complete two skills assessment throughout the semester. Skills tests will test knowledge and understanding of proper technique, execution of movements, and specific muscles used.

Quizzes

There will be weekly online quizzes through Canvas. They will consist of fill in the blank, multiple choice, matching and true/false type questions. They will be due at the end of each week and will relate to the readings and in class lessons of that week. There are no make-ups for these quizzes so plan accordingly.

Midterm

There will be a midterm check to see how you are progressing on the goal set at the beginning of the semester. More information will be provided in class and on Canvas during the semester and will cover all the information covered up until that point. 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.

Final Examination or Evaluation

There will be a written final. The final will cover material presented over the entire semester. More information will be provided in class and on Canvas.

Grading Information

Assignment	Points per assignment	Total points
Participation (Workout logs)	24 Workout entries @ .75pt each	18 points
Quizzes	10 quizzes @ 1 pts each	10 points
Pre-Assessment & reflection		5 points
Skills Test 1		25 points
Skills Test 2		25 points
Post-Assessment & reflection		5 points
Midterm		2 points
Final		10 points
Total point possible		100 points

Determination of Grades

- At SJSU all grades are earned as either a base letter grade (i.e. B) or with a plus (i.e. B+) or minus (i.e. B-). To earn a plus on a letter grade the students will need to earn above the 7th percent in that grade category (i.e. 67%, 77%, etc.). To earn a minus on the letter grade the students will need to earn at or below the 2nd percent in that grade category (i.e. 62%, 72%, etc.).
- Extra credit options, if available will be announced in class only. No additional or individual extra credit options will be made available.
- It is each student's responsibility to know when each assignment is due, due dates are listed on the schedule and on Canvas. Each assignment is due by 11:59pm of the due date unless otherwise stated.
- Late assignments will NOT be accepted unless prior arrangements have been made with the instructor.

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

Classroom Protocol

- Dress and be prepared to be active in class. If you need a locker, you may request one. Students are not allowed to change in the hallway or classroom.
- Use of cell phones for personal music is permitted with headphones only during individual workout time. Calls, texting, photography (personal or group) and posting not permitted in class.
- Interactions with classmates and the instructor are expected to be respectful, always.
- Instruction may not be recorded. If classmates, ask you to record their performance for later review make sure it is done before or after class rather than during class. Do not post or otherwise share the recording unless otherwise approved by the instructor.
- Course materials developed by the instructor (e.g., exam/quiz items, videos, lecture notes), are the instructor's intellectual property and cannot be shared or uploaded in any form publicly without the instructor's approval.
- If you have pre-existing medical conditions or physical ailments, you should consult your physician before participating in this class and alert the instructor to any required limitations.
- Report any accidents or injuries to the instructor immediately.
- Written exams, quizzes and assessments cannot be made up except under extreme circumstances.
- Drop requests will not be accepted after the drop deadline.

University Policies

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 [Syllabus Information web page \(https://www.sjsu.edu/curriculum/courses/syllabus-info.php\)](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.

Forms of Address

Emails: All emails need to have the course number in the subject line followed by any other relevant information (e.g., KIN 1 – quiz question). They should begin and end with a salutations and a closing (e.g., Hi/Hello/Greetings Lemi, and Best or Regards). Emails should be clearly written and follow general grammar rules.

Names and Pronouns: Many people might go by a name in daily life that is different from their legal name. In this classroom, we seek to refer to people by the names that they choose to go by. Pronouns can be a way to affirm someone's gender identity. They are simply a public way in which people are referred to in place of their name (e.g. "he" or "she" or "they" or "ze" or something else). You are invited to share what pronouns you go by, and we seek to refer to people using the pronouns that they share. The pronouns someone indicates are not necessarily indicative of their gender identity. My pronouns are she/her/hers. I will do my best to address and refer to all students accordingly and will support you in doing so as well.

Ability: This class supports and respects all levels of ability. We will engage a variety of movement and activities. Each student is encouraged to participate to the fullest extent possible. If you need an accommodation or modification for any reason, please let me know. I also strongly encourage you to work with AEC to setup a more formal accommodation request.

Self-Identifications: SJSU recognizes the importance of a diverse student body, and we are committed to fostering equitable classroom environments. How you identify in terms of your gender, race, class, sexuality, religion, and dis/ability, among all aspects of your identity, is your choice whether to disclose (e.g. should it come up in classroom conversation about our experiences and perspectives) and should be self-identified, not

presumed or imposed.

KIN 1 / Adapted Physical Activity, Fall 2025, Course Schedule

This is a tentative schedule and may change as needed. No additional coursework or assignments will be given. Students will be notified of any changes at least one week in advance in-class and/or via Canvas. Normal text - the topics for that class, *italicized text* - assigned readings, **bolded text** – assignment that is due.

Week	Date	Topics, Readings, Assignments, Deadlines
1	8/20/25	Course Introduction & Syllabus; Set Semester goals with individual students; Submit Release of Liability Form – Due Friday by midnight
2	8/25/25	Pre-Assessment; Review Workout log Example; Create workout plan; <i>Reading: Ch. 1 – Getting Fit: Why Should You Care?</i>
	8/27/25	Workout log 1; Ch. 1 Quiz – Due Friday by midnight
3	9/1/25	LABOR DAY – CAMPUS CLOSED
	9/3/25	Workout log 2; Review for Skills Test 1
4	9/8/25	Workout log 3; <i>Reading: Ch. 2 – Creating a Healthy Lifestyle</i>
	9/10/25	Workout log 4; Student Packet; Ch. 2 Quiz – Due Friday by midnight
5	9/15/25	Workout log 5; <i>Reading: Ch. 3 – Starting Your Own Fitness Program</i>
	9/17/25	Workout log 6; Ch. 3 Quiz – Due Friday by midnight
6	9/22/25	Workout log 7; <i>Reading: Ch. 4 – Developing Cardiorespiratory Fitness</i>
	9/24/25	Workout log 8; Ch. 4 Quiz – Due Friday by midnight
7	9/29/25	Workout log 9; <i>Reading: Ch. 5 – Improving Muscular Strength, Endurance, & Power</i>
	10/1/25	Workout log 10; Ch. 5 Quiz – Due Friday by midnight
8	10/6/25	Skills Test 1; <i>Midterm – available on Canvas</i>
	10/8/25	Workout log 11; Student Packet; Midterm due Friday by midnight
9	10/13/25	Workout log 12; <i>Reading: Ch. 6 – Increasing Flexibility Through Stretching</i>
	10/15/25	Workout log 13; Review for Skills Test 2; Ch. 6 Quiz – Due Friday by midnight
10	10/20/25	Workout log 14; <i>Reading: Ch. 7 – Eating Right to Fuel the Body</i>
	10/22/25	Workout log 15; Ch. 7 Quiz – Due Friday by midnight
11	10/27/25	Workout log 16; <i>Reading: Ch. 8 – Developing and Maintaining a Healthy Body Image Through Diet and Exercise</i>
	10/29/25	Workout log 17; Student Packet; Ch. 8 Quiz – Due Friday by midnight
12	11/3/25	Workout log 18; <i>Reading: Ch. 9 – Practicing Safe Fitness</i>
	11/5/25	Workout log 19; Ch. 9 Quiz – Due Friday by midnight
13	11/10/25	Workout log 20; <i>Reading: Ch. 10 – Becoming a Wise Consumer</i>
	11/12/25	Workout log 21; Quiz 10 – Due Friday by midnight
14	11/17/25	Workout log 22
	11/19/25	Workout log 23
15	11/24/25	Skills Test 2
	11/26/25	THANKSGIVING-CAMPUS CLOSED
16	12/1/25	Post Assessment; Student Packet
	12/3/25	Final Exam Review
Finals	12/10/25	Per University Guidelines - Exam time: 3:15 – 5:15 - Location: YUH 126