

**San José State University
CHHS/Kinesiology**

KIN 31, Body Sculpting, sections 80 & 81, Fall 2025

Course and Contact Information

Instructor:	Alev Tug
Email:	alev.tug@sjsu.edu
Office Hours:	by appointment at https://sjsu.zoom.us/j/8362141360
Class Days/Time:	Asynchronous online
Classroom:	Online at https://sjsu.instructure.com/courses/1609921 (sect. 80) https://sjsu.instructure.com/courses/1616264 (sect. 81)

Course Description

Body sculpting employs exercise augmented with moderate weights to enhance fitness. The course is designed to improve muscle tone and endurance, flexibility, balance, and core stability. Letter Graded. Movement Area 2 Fitness.

Course Goals and Student Learning Objectives

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

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 the completion of the class, the student shall be able to:

1. demonstrate the acquisition and application of motor skills appropriate to the specific activity.
2. demonstrate an understanding of the applicable history, rules, strategies, current research, safety, and etiquette appropriate to the specific activity.
3. demonstrate an understanding of the benefits of a specific activity as it relates to physical and mental health.

4. demonstrate a positive change in personal fitness as it relates to component such as cardiovascular endurance, muscular strength and endurance, flexibility, and body composition (classes in the fitness category are encouraged to include this APLO, and other classes should include it where applicable to the specific activity).

Required Text/Readings

- Kravitz, Len, Anybody's Guide to Total Fitness, Kendall Hunt Publishing Co.10th ed. and up (suggested, not required)
- Lecture Handouts created by the instructor (available on CANVAS)
- The links to the videos, files, and assignments can be found in the Modules. The video workouts are stored in course's Panopto depository. You will need to be logged in to your SJSU account to be able to watch them on Panopto.

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 assignments.
4. Pre- and post-fitness assessments
5. Quizzes and final exam

Class Protocol

- A. This course is taught fully online and asynchronous. There is no set day/time for classes. However, the two weekly workout assignments are spaced out to be due on separate days to have a healthy pace of physical exertion. A typical week (a module on Canvas) is comprised of two video workout assignments, and a reading assignment/video lecture related to each class discussion/workout. It is important that students listen to video lectures or read the lecture notes before attempting the workouts for safety!
- B. Students are required to have an electronic device (laptop, desktop, or tablet) with a camera. SJSU has a free [equipment loan](#) program available for students.
- C. Students are required to have hand weights, resistance band (min. 6 ft. long), and exercise mat for completing the required workouts.
- D. **ACTIVE** participation (**60%** of overall grade) in the form of **performing the assigned video workouts** and **submitting the accompanying assignments** on CANVAS is **REQUIRED** to meet the course objectives. This includes pre- and post-fitness tests.
 1. Participation means students actively and enthusiastically participate by doing the movements and exercise with full effort.
 2. Students are required to complete two workout assignments per week. To receive participation points, students must submit a time lapse video of themselves demonstrating full participation and mastery of the assigned video workout and submit it under the respective assignment posted within the Module for that week.
 3. The video workouts may not be broken into segments. They may not be completed and recorded in multiple parts. Students are not allowed to submit several videos to a Canvas assignment. A SINGLE video file (mp4) must be submitted on Canvas. This means that when

the student is ready to complete the workout, they must hit the record button starting with the warm-up and record the entire session including the cool-down (if it was included in the video assignment) continuously without pausing the video. This is the case for EVERY assignment in this course.

4. Students may not 'attach' any video file or images to the assignment comments in lieu of the assignment submission. Any videos 'attached' to the comment section of the assignment or sent to the instructor on email will not be considered to be graded.
5. Participation points are fully credited if the recorded time lapse video:
 - demonstrates the movement beginning with the warm-up and ending with the cool down in an uninterrupted fashion;
 - clearly captures their entire body from head to toe (including the step board and risers) in bright light;
 - demonstrates that the workouts were completed in appropriate shoes and clothing. Bare feet, socks only, sandals, "heels", slippers are not allowed during activity (excluding yoga and similar relaxation workouts that can be done barefoot). Working out with pulled up hoodies or hats and/or similar accessories and/or outfits that disguise student's identity and hinders being recognized by the instructor is not allowed and will cause point deduction;
 - demonstrates that the workouts were completed using the resistance equipment demonstrated in the video workout (i.e., weights/bands);
 - demonstrates that the floor workouts were completed using an exercise mat or a similar supporting surface (like a thick carpet, or your step board with a towel laid on top etc.) for the back; not on bare hard floor;
 - that is submitted as a single mp4 media file.
6. Not adhering to these guidelines will result in zero or minimal partial participation points.
7. The first assignment of the week will open on Monday morning at 12:01 am and must be submitted by Wednesday midnight (11:59 pm). The second assignment of the week will open on Thursday morning at 12:01 am and must be submitted by Sunday midnight (11:59 pm). If the workout assignments are not submitted by their deadline, the student will receive zero credit for that assignment. The due dates are firm. Late workout assignment submissions for weekly assignments are not an option in this class with **NO EXCEPTIONS!**
8. If a student misses the first three consecutive instructional days of the semester (workouts 1:1 and 1:2, and the pre-test assignment), they will automatically be dropped from the course (instructor drop). These activities demonstrate and discuss the safe execution of exercise and are mandatory for continuing the course.
9. Students are eligible to have **four** absences excused (sick days without notice) and may make up for an additional **two** absences by doing a make-up video assignment per missed class in the last week of school (posted at the end of Modules). This gives them a chance for a total of six absences to be excused. Students do not need to notify the professor of their absences and are encouraged to use these 'free' days when they actually need them (i.e., when they are sick and/or not feeling well or have a legitimate reason to miss class). There is an exception to the workouts that can't be made up or excused. Those workouts include pre- and post- fitness assessments, and workouts 1:1, 1:2, 2:1, 3:1, 4:1, 5:1, 6:1, 7:1, 8:1. These workouts demonstrate and discuss the safe execution of exercise and are mandatory for safety reasons. If students miss those days, they will lose those points and receive zero (in other words,

absences for those days can't be counted towards the excused absence credit nor can they be made up).

10. The implementation of the excused day(s) will take place by manually changing the zero grade to 'excused' on Canvas (except for those workouts listed above) by the instructor at the end of the semester before finalizing grades. The missed workout assignment grade will remain zero until the end of the semester. Students should practice patience to see these edits take effect on Canvas and should refrain from emailing the instructor about missing the class during the semester.
11. Outings/assignments completed for another class cannot be counted for participation credit for this course.

E. Pre- and post-test fitness assessments will be performed. This is part of active participation. They are mandatory and not eligible to be excused with free day credits.

1. Pre-test will assess the fitness level of the student in the beginning of the semester with standardized fitness tests.
2. Post-test will assess the fitness level of the student at the end of the semester with the same standardized fitness tests used in the pre-test to acknowledge the progress made in this class.
3. The scores will be posted as an assignment; the grade will **NOT** depend on the scores.

F. Other topics:

1. Students are responsible for reading and understanding all the instructions and directions provided on Canvas. *For help with using Canvas see [Canvas Student Resources page](#).*
2. Communication will be handled as follows:
 - Instructor to class: Canvas Announcements (text/audio/video), participating in Canvas Q&A Forum discussion board, Canvas Inbox, mySJSU email (sparingly), and all the detailed descriptions/instructions in the Canvas Modules, Pages, and Assignments
 - Instructor to individual students: Canvas feedback via Speedgrader marked/annotated on the submission, feedback left in the comment box of the assignment (text/audio/video), Canvas Inbox, regular email, virtual office hours.
 - Student to Student: Canvas Q&A Forum discussion board
3. Students are responsible for knowing when quizzes and exams are due. It is the instructor's policy NOT to re-open tests once they are closed.
4. Intellectual Property: Course materials developed by the instructor (e.g., exam/quiz items, videos, lecture notes), are the instructor's intellectual property and cannot be photographed, shared, or uploaded in any form publicly without the instructor's approval.
5. Students with a history of physical problems or who have been inactive for a long period of time are urged to have a comprehensive physical examination or receive medical clearance before beginning a vigorous exercise program. Body Sculpting is an activity class that requires vigorous physical effort. Individuals who choose not to have a medical examination should be aware of the risks and understand that participation in this class is at their own risk.
6. If students require course adaptations or accommodations due to special needs, or they have medical information, the instructor should know, they should notify the instructor as soon as possible by e-mail.

7. Students must report any accidents to the instructor immediately. Students should notify the instructor of any medical problems, medications, or accidents that might affect their involvement in class.
8. If a serious illness or an accident occurs that requires an extended absence, the student should obtain a medical statement and withdraw from the class.
9. It is the ultimate responsibility of the student to formally drop a class. The student should not rely on the instructor to drop them from a class for non-attendance.

Course Requirements and Assignments

1. ACTIVE PARTICIPATION (workouts, pre- and post- tests; **60%** of overall grade)
2. WEEKLY QUIZZES (**20 %** of overall grade)
 - Weekly quizzes will test the previous week's material covered in the lecture.
 - Weekly quizzes will open on CANVAS and **on Monday mornings (12:00 am) until Sunday midnight (11:59pm) of the week**. There will be only one attempt available to take the quiz.
 - There is **NO MAKE UP** for the missed quizzes.
3. FINAL EXAM (**20%** of overall grade)
 - It will be administered on Canvas according to the university's final schedule.
 - The final will be available all day on the day it is scheduled; but there will be only one attempt to take it.
 - The Final will be **comprehensive** covering all material covered in lectures.
 - There is **NO MAKE UP** for the final exam.

Grading Policy

1. Active participation	45%
2. Pre/Post Tests	15%
3. Quizzes * 10 (2 points each)	20%
4. Final exam	20%

TOTAL 100%

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

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.

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.

KIN 31 / Body Sculpting, Fall 2025, COURSE SCHEDULE

The schedule is subject to change with fair notice posted on Canvas.

Week	Topic, Lecture	Assignment
GETTING STARTED AUG 20 - 22	<ul style="list-style-type: none"> Review of Syllabus and Canvas Sign the Release of Liability form Workout 1:1 (Dynamic Warm-Up workshop) 	<ul style="list-style-type: none"> Workout 1:1
Week 1 AUG 25 - 29	<ul style="list-style-type: none"> Lecture 1 Workout 1:2 (Dynamic Warm-Up workshop REPEAT) Pre-test 	<ul style="list-style-type: none"> Workout 1:2 Pre-test
Week 2 SEP 1 - 5	<ul style="list-style-type: none"> Lecture 2 Workout 2 (Lower Body anatomy and training workshop) and its REPEAT 	<ul style="list-style-type: none"> QUIZ 1 Workout 2:1 Workout 2:2
Week 3 SEP 8 - 12	<ul style="list-style-type: none"> Lecture 3 Workout 3 (Core anatomy and training workshop) and its REPEAT 	<ul style="list-style-type: none"> QUIZ 2 Workout 3:1 Workout 3:2
Week 4 SEP 15 - 19	<ul style="list-style-type: none"> Lecture 4 Workout 4 (Upper back & chest anatomy and training workshop) and its REPEAT 	<ul style="list-style-type: none"> QUIZ 3 Workout 4:1 Workout 4:2
Week 5 SEP 22 - 26	<ul style="list-style-type: none"> Lecture 5 Workout 5 (Lats & deltoid anatomy and training workshop) and its REPEAT 	<ul style="list-style-type: none"> QUIZ 4 Workout 5:1 Workout 5:2
Week 6 SEP 29 – OCT 3	<ul style="list-style-type: none"> Lecture 6 Workout 6 (Core & biceps triceps training workshop) and its REPEAT 	<ul style="list-style-type: none"> QUIZ 5 Workout 6:1 Workout 6:2
Week 7 OCT 6 - 10	<ul style="list-style-type: none"> Lecture 7 Workout 7 (design and perform your own CORE workout) and its REPEAT 	<ul style="list-style-type: none"> QUIZ 6 Workout 7:1 Workout 7:2
Week 8 OCT 13 - 17	<ul style="list-style-type: none"> Lecture 8 Workout 8:1 (Full Body Functional Training Workout) Workout 8:2 (Recovery Day Routine) 	<ul style="list-style-type: none"> QUIZ 7 Workout 8:1 Workout 8:2
Week 9 OCT 20 - 24	<ul style="list-style-type: none"> Lecture 9 Workout 9:1 (HIIT Workout) Workout 9:2 (One Hour Active Flexibility Flow) 	<ul style="list-style-type: none"> QUIZ 8 Workout 9:1 Workout 9:2

Week	Topic, Lecture	Assignment
Week 10 OCT 27 – 31	<ul style="list-style-type: none"> Lecture 10 Workout 10:1 (30 Minute Full Body Dumbbell Strength Workout) Workout 10:2 (30 Minute Full Body Strength and Mobility Flow) 	<ul style="list-style-type: none"> QUIZ 9 Workout 10:1 Workout 10:2
Week 11 NOV 3 -7	<ul style="list-style-type: none"> Lecture 11 Workout 11: 1 (Corona Days Full Body Cardio Sculpting Workout) Workout 11:2 (30 min. Full Body Flexibility Routine) 	<ul style="list-style-type: none"> QUIZ 10 Workout 11:1 Workout 11:2
Week 12 NOV 10 -14	<ul style="list-style-type: none"> Lecture 12 Workout 12:1 (40 Minute Fat Blasting Total Body Strength Training and Toning Workout) Workout 12:2 (Relaxation Workout) 	<ul style="list-style-type: none"> Workout 12:1 Workout 12:2
Week 13 NOV 17 - 21	<ul style="list-style-type: none"> Workout 13:1 (45 Minute Strength & Conditioning Workout [Dumbbells + Cardio-HIIT]) Workout 13:2 (Full Body Stretch & Mobility Routine) 	<ul style="list-style-type: none"> Workout 13:1 Workout 13:2
Week 14 NOV 24 -28	<ul style="list-style-type: none"> Workout 14 (Full Body Strength Workout with Dumbbells) 	<ul style="list-style-type: none"> Workout 14
Week 15 DEC 1 – 5	<ul style="list-style-type: none"> Workout 15 (Yoga for Discipline) Post-test 	<ul style="list-style-type: none"> Workout 15 Post-test
Week 16 DEC 8 only	<ul style="list-style-type: none"> Make-up workouts (optional) 	<ul style="list-style-type: none"> Two optional make-up assignments
Final Exam	<p>Cumulative Final Exam on Canvas</p> <p>Friday, December 12 (open on Dec .8)</p>	<p>DUE by 11:59 pm on December 12</p>