

F 2025- KIN-35A - Begin. Wt. Training

San José State University  
Kinesiology

Fall 2025, KIN 35A, Beginning Weight Training

**7:30-8:20 M/W 01 (40471)**

**10:30-11:20 MW 02 (40902)**

### **Contact Information**

Instructor: Dr. Richard Montgomery

Office SPX 173A  
Location:

Telephone: NA

Email: [richard.montgomery@sjsu.edu](mailto:richard.montgomery@sjsu.edu) **(Preferred)**

Office Hours: 6:30 to 7:15 AM or by appointment (email)

Class MW @ YUH 126  
Meetings &  
Location

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**

Beginning weight training utilizes a variety of weight training equipment, exercises, techniques and lectures to produce a training effect resulting in increased muscle strength and endurance, flexibility, and cardiorespiratory efficiency.

### **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 is 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 1-unit activity courses or by taking a single activity course of two or more units. Letter Graded.

### **Course Content (skills)**

- Improving muscular strength of major muscle groups
- Basic etiquette in a fitness center
- Developing accessory muscle/core strength
- Benefits of exercise in relation to health and aging
- Improving cardiovascular efficiency

### **Course Content (concepts/knowledge)**

- Use of various types of weight training and cardiovascular equipment
- Basic exercise physiology relating to strength and conditioning
- Developing a realistic exercise management plan
- Health benefits of physical activity
- Physical activity and the process of aging

### **Course Learning Outcomes (CLOs)**

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 take 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/attendance/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.**
5. **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.**

### **Course Requirements, Assignments, and Grading: Evaluation (100 points Total)**

Skill/attendance/cognitive quizzes – 10 @ 6 points each

Each quiz will be given unannounced throughout the semester two minutes after the official beginning of class. Class officially begins on the half hour. 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.

Final Assignment – 16 points

Release of Liability Form – 0 points

Agreement for Activity Form - 4 points

Personal Goals - 8 points

Body Comp Tests (2 @ 6 pts) - 12 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 - 100 Points Total**

<b>Percentage</b>	<b>Equivalent Grade</b>
93% - 100%	A
90% - 92%	A- (minus)
87% - 89%	B+ (plus)
83% - 86%	B
80% - 82%	B- (minus)
77% - 79%	C+ (plus)
73% - 76%	C
70% - 72%	C- (minus)
67% - 69%	D+ (plus)
63% - 66%	D
60% - 62%	D- (minus)
below 60%	F

### **Course Calendar (subject to change with fair notice by announcement via email)**

**This class is Beginning 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. We will cover such topics as:**

**Learn and Master Proper Form:** This is arguably the most critical initial goal. Focusing on correct technique ensures safety, prevents injuries, and maximizes the effectiveness of each exercise. Using lighter weights helps beginners refine their form and build muscle memory.

**Establish Consistency:** Regular weight training is essential for seeing results.

**Build Foundational Strength:** Even with lighter weights and proper form, beginners will experience rapid strength gains. Focus on gradually increasing the weight or resistance as the exercises become easier.

**Improve Overall Fitness:** Weight training offers numerous benefits beyond building muscle and strength. It can enhance cardiovascular health, increase bone density, improve flexibility, increase life span, and boost metabolism.

**Develop Muscle Endurance:** Starting with a higher number of repetitions and lower weights can improve muscle endurance, making everyday activities easier.

**Understand Different Exercise Types:** Familiarize yourself with compound exercises (working multiple muscle groups simultaneously, like squats and deadlifts) and isolation exercises (focusing on a single muscle group, like biceps curls).

**Discuss the differences between cardiovascular training and strength training.**

**Utilizing strength training for weight loss.**

**Set Realistic Expectations:** It takes time and consistent effort to build muscle and achieve aesthetic changes. Don't be discouraged if you don't see drastic transformations overnight. Focus on the positive changes you experience, like increased strength and improved energy levels.

**Remember, weight training is a journey, not a race. Setting small, achievable goals in the beginning helps build confidence and paves the way for continued progress and more advanced goals down the road.**

**Please allow me the academic freedom to present these concepts in an order that will best reflect the skills and readiness of this unique class.**

**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.**

**August 20 – First Day of Class**

**September 1 - No Class - Labor day**

**September 3 - Release of Liability Form due on Canvas (Assignment 1)**

**September 8 - Agreement for Activity due on Canvas (Assignment 2)**

**September 15 - Goals due (Assignment 3)**

**December 8 - Last Day of class and Final available on Canvas**

**December 15 - Final due (last day accepted)**

### **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>Links to an external site.). Make sure to visit this page to review and be aware of these university policies and resources.

## **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.
- President of American Volleyball Coaches Association (AVCA).
- 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 Spts). (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.
- 1<sup>st</sup>, Santa Cruz International Triathlon (Mixed Relay).
- 1<sup>st</sup>, Peak Season Santa Cruz County Cyclocross Championships (Masters).
- CRASH + CRASH = Retire from racing!!

#### **MEDIA**

- Television Color Commentator - Major League Volleyball