



KINESIOLOGY, ATHLETICS & DANCE

FALL 2017

Course Title: KFIT 8.1 Beg. Weight Lifting
KFIT 8.2 Int. Weight Training

Department: KAD

Course Code: Sections 0877/0880

Units: 1.5

Days: Tues/Thurs 5:30-7:00 PM

Room: Tauzer 999

Instructor: Debbe-Ann Medina

Office: Tauzer 955

E-mail: dmedina@santarosa.edu

Office Hours: Tues/Thurs – 5:00-5:30 PM

Office Phone: 522-2621

Or by appointment

Instructor homepage: <http://online.santarosa.edu/homepage/dmedina/>

Final Exam Date: Tuesday, Dec. 19, 2017 between 4:00-6:45PM
(probable meeting time will be 5:30)

TEXTS: Instructor prepared materials

COURSE OUTLINE OF RECORD:

http://portal.santarosa.edu/SRwebSR_CourseOutlines

COURSE DESCRIPTION: Weight lifting for the purpose of establishing muscular strength and fitness. In addition to various weight lifting techniques, this class may also include cardio and core workouts.

PREREQUISITES: None Required

COURSE CONTENT:

Student Learning Outcomes:

Independently use weight room equipment and weight lifting techniques to safely and successfully engage in weight lifting activities.

COURSE OBJECTIVES:

Upon completion of the course students will be able to;

1. Identify basic musculo-skeletal anatomy.
2. Demonstrate proper skills in use of equipment and in weight lifting techniques.
3. Incorporate basic nutritional concepts in relation to a weight lifting program.
4. Explain the use of specific muscle groups in relation to various weight lifting exercises.
5. Construct personalized weight-training programs based on analysis of personal levels of fitness and goals.

EQUIPMENT: The following equipment will be used:

1. Journal and writing implement
2. Appropriate, loose, comfortable & flexible layers of exercise clothing
3. A towel for perspiration and wiping of machines
4. You may wish to bring a water bottle
5. Proper supportive footwear
6. Be sure long hair is secured up and away from the face and limit jewelry

INSTRUCTIONAL METHODS:

Lecture Journaling Research Small Group/Partnering Student Participation

EVALUATION AND GRADING POLICY:

Skill Demonstration and Work Ethic: 27% of grade (27 points)

Demonstration of proper lifting techniques - (12 pts.)

The working knowledge and application of weight training exercises.

Dedication toward the workout program is expected for each workout session, students need to consistently apply themselves.

Journal (15 pts.) Daily use of properly recorded workouts.

Note: each day without journal could result in .5 deduction from grade – random checking throughout semester.

Objective Examinations: 20% of grade (25 points)

Midterm (5 pts)

Final Exam (20 pts)

Participation: 48% of grade (48 points)

There are 32 class meetings with each class meeting worth 1.5 points

An absence is anytime you are not physically present in the class; this includes illness! Attendance is very important as we will be meeting only two days a week. There will be no distinction between “excused” or “unexcused” absences, with the exception of a death in the family or jury duty. Students can miss 2 classes without any effect on the attendance portion of their grade. These are the classes to miss when you are sick. No doctor notes necessary. Only the next 2 classes missed can be made up-- for the entire semester. Weight Lifting classes can be made up in weight training or circuit training classes, or you can go to a gym and write up your workout and have it signed/dated by the front desk. You can *actively* observe **2** class meetings and receive credit for class if you are not feeling up to exercising.

Four (4) tardies will equal one absence.

FINAL GRADE: All *points* will be totaled and a grade assigned:

Pass/No Pass Option: Full participation and execution of ALL class exams is expected by all students. 70 points or more will be considered passing, if enrolled in P/NP status.

A = 90-100

B = 80-89

C = 70-79

D = 60-69

F = 59 - downward

GRADING POLICY: It is the student’s responsibility to be aware of his/her grade at all times. It is suggested a folder be maintained with class notes, handouts, and submitted papers/work. Keep record of attendance and participation in class with specific dates. ***It is your responsibility to do a weekly check of your work.*** This will assure “no surprises” arise. Please keep your rubric(s) in this folder.

CELL PHONES/LAPTOPS /GUM CHEWING: It is the professor's expectation that each and every student, and the professor, will take into consideration respect for the learning environment by turning off all devices with noise and therefore limiting use within the class time. Regarding gum, it has proved to be a major distraction and potential safety hazard; therefore, it is not allowed in the classroom at any time. If an emergency exists that precludes adherence to this request, special permission may be granted by the professor to keep a device on a vibration setting.

SOCIAL UTILITY USE: Be aware that the professor is also on social networking sites and checks in often to those sites to be attuned to what is going on and stay in touch. Please know that what is posted on these types of pages is viewed by a wide array of people. Use wise judgment when posting. Do not try to conduct important SRJC business with the instructor through Facebook.

STUDENT CONDUCT

We will conduct ourselves in a manner which reflects our awareness of common standards of decency and the rights of others. All students are expected to know the Student Conduct Code

(http://www.santarosa.edu/for_students/rules-regulations/scs/section1.shtml) and adhere to it in this class. Students who violate the code may be suspended from two (2) classes and referred to Vice President of Student Services for discipline.

SRJC CAMPUSES: Please remember that SRJC is not crime free.

Please practice safety awareness procedures such as using the buddy system and being vigilant in all closed areas (restrooms/locker rooms) and in parking lots when coming or going from your car. If you would like a police escort to your car, contact the campus police. In case of Emergency: **CALL CAMPUS POLICE AT 527-1000 (just the extension 1000 from an on-campus phone) or call the POLICE at 911.**

EMERGENCY EVACUATION PLAN

In the event of an emergency during class that requires evacuation of the building, please leave the class immediately, but calmly. If you are a student with a disability who may need assistance in an evacuation, please see me during my office hours as soon as possible so we can discuss an evacuation plan.

In the event of instances that involve the presence of blood and/or other body fluids, universal precautions will be followed. These precautions include: using gloves, careful waste disposal, adequate disinfections, modification of CPR, and hand washing.

ACCOMMODATIONS FOR STUDENTS WITH DISABILITIES

If you need disability related accommodations for this class, such as a note taker, test-taking services, special furniture, etc., please provide the Authorization for Academic Accommodations (AAA letter) from the Disability Resources Department (DRD) to the instructor as soon as possible. You may also speak with the instructor privately during office hours about your accommodations. If you have not received authorization from DRD, it is recommended that you contact them directly. DRD is located in Analy Village on the Santa Rosa campus, and Jacobs Hall on the Petaluma Campus.

If you have medical concerns or any other personal problem that may be a factor in your performance within this class structure, please feel welcome to **confidentially** discuss this with your instructor.

DISCLAIMER: This syllabus may need to be amended from time to time. Students will be notified of specific changes **during a regularly scheduled class meeting**. The course schedule is a guideline for you to follow, but changes are possible as we progress through the material and course. The professor reserves the right to make changes that benefit the majority of the students and allow for student learning outcomes to be enhanced. **It is the responsibility of the student to ensure he/she has the latest version of the course syllabus. When in doubt, check with the Professor.**

Important Dates for FALL 2017 semester:

August 21, 2017	CLASSES BEGIN
August 27, 2017	Last day to register/add without instructor's signature or add code
September 3, 2017	Last day to drop semester length class and be eligible for a refund
September 4, 2017	Labor Day Holiday
September 5, 2017	Professional Development Flex Day (No classes or activities)
September 10, 2017	Last day to register/add with the instructor's signature or add code
September 10, 2017	Last day to drop a class without "W" symbol
September 11, 2017	First Census Day
September 18, 2017	Constitution Day and Citizenship Day (Classes will meet)
October 1, 2017	Last day to opt for P/NP
Oct 16- Nov 19, 2017	Midterm progress indicators posted in student portal
November 10, 2017	Veterans Day Holiday
November 19, 2017	Last day to drop a class with "W" symbol
November 23-26, 2017	Thanksgiving Day Holidays
November 24, 2017	Professional Development 1/2 Flex Day (No classes or activities)
December 16-22, 2017	Final Examinations