



\*Course Title: KFIT 8.1 – Intermediate Weight Training \*Department: KAD

\*Course Code: Section 5729 \*Units: 1.5

\*Days: Monday /Wednesday \*Class Hours: 4:30 – 6:00 pm

\*Instructor: Jim McCray \*Classroom: Tauzer 999

\*E-mail: [jmccray@santarosa.edu](mailto:jmccray@santarosa.edu) \*Office: Tauzer 999

\*Office Hours: Monday/Wednesday – 4:00-4:30 pm \*Office Phone: 237-1762

\*Final Exam Date: May 20, 4:00 pm

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## Course Outline of Record

[https://portal.santarosa.edu/SRWeb/SR\\_CourseOutlines.aspx?mode=1&CVID=36537&Semester=20167](https://portal.santarosa.edu/SRWeb/SR_CourseOutlines.aspx?mode=1&CVID=36537&Semester=20167)

### Course Description:

Weight training for the purpose of establishing and building muscular strength and fitness. In addition to various weight training techniques, this class may also include cardio and core strengthening workouts.

### Student Learning Outcomes:

Independently use weight room equipment and weight lifting techniques to safely and successfully engage in intermediate weight lifting activities. Apply basic nutritional concepts. Apply weight training techniques for specific fitness and strength related goals.

### Course Objectives:

1. Identify basic musculoskeletal anatomy in relation to weight training exercises.
2. Demonstrate proper skills in use of equipment for weight training techniques.
3. Explain muscle actions in relation to various weight training exercises
4. Construct personalized level weight training programs based on analysis of personal levels of fitness and goals.
5. Explain proper safety considerations of weight training.
6. Incorporate basic nutritional concepts in relation to a weight lifting program.

### Assignments:

In class assignments:

1. Weight training workouts
2. Development of a personalized weight training program
3. Identify personal weight training goals

Out of class assignments:

Independent free weight workout for 1 hour per week per unit

**\*EVALUATION AND GRADING POLICY:** This is where you outline how you will evaluate and the grade process.

1. SKILL DEMONSTRATION 25% - 40%.
2. EXAMINATIONS (written and practical) 15% - 25%
3. ATTENDANCE/CLASS PARTICIPATION 40% - 60%
4. MAKEUP POLICY - MAKEUPS NONE AVAILABLE

### **Grading Policy:**

It is the student's responsibility to be aware of his/her grade at all times. It is suggested an online folder be maintained with class notes, handouts, and submitted papers/work. Keep record of attendance and participation in class with specific dates.

A = 90-100

B = 80-89

C = 70-79

D = 60-69

F = 59 - downward

### **Attendance:**

Attendance is very important in this class as we will be meeting two days a week and moving through significant amounts of material in class. Also, class participation represents a portion of your grade, so all students are expected to complete the assigned readings, writing assignments, and be ready to participate in class and on responses. Reading responses, class writes, quizzes, and class participation missed due to absences **may not** be made up. There will be no distinction between "excused" or "unexcused" absences, with the exception of an emergency or death in the family. Your professor has been around long enough to surmise that poor attendance is almost always related to poor performance in class. It is definitely in your best interest to attend faithfully. If you have an emergency which precludes you from attending class, please arrange to get notes from a classmate. To this end, I recommend you get the phone number/email of someone in this class on whom you may depend.

For those who have written components in the course, the following is an example.

### **Papers:**

All essays/assignments are due on the posted due date, as an attachment to Moodle. Late papers will be marked down one letter grade for each day past due. Extensions will only be permitted in the case of an emergency. **Plagiarism will result in a failing grade on the plagiarized assignment.**

### **Late Work and Make-up Policy:**

Weekly homework assignments and essays are not subject to makeup. As long as you get your work in on the day it is due, it will be accepted. Be aware that the deadline given is exactly that, a deadline. Therefore plan ahead for any technical problems that may arise. We have rare problems that may occur, but again, they are rare. Do not try to submit within the last 15 minutes of the end of the submission time.

If you are a student who represents SRJC in an off campus activity, you must get a schedule to the professor ASAP and email at least one week before the absence that you will be gone. All work must be handed in ahead of the absence or online per Instructor's directions.

### **Academic Dishonesty:**

Any student who employs dishonest tactics shall be subject to action ranging from severe reprimand to a grade of "F." Academic work is evaluated on the assumption that the work presented is the student's own newly composed, unless designated otherwise. Plagiarism (including self-plagiarism), cheating, and other forms of academic dishonesty or facilitating any such act are not acceptable conduct at Santa Rosa Junior College. Every student is responsible for understanding the categories as listed in the SRJC Student Handbook.

### **Cell Phone, MP3, Laptops, etc.:**

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 limiting use within the class time. Regarding gum, it has proved to be a major distraction; 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. ***The penalty for breach of this mandate is simple and swift; the offending party will graciously provide a healthy treat for the entire class at the next scheduled class session.***

### **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.

### **Student Conduct:**

We will conduct ourselves in a manner which reflects our awareness of common standards of decency and the rights of others. Interference with the districts mission, objectives, or community life shall be cause for disciplinary action. (Policy 8.2.8: The full policy can be found here <https://www.boarddocs.com/ca/santarosa/Board.nsf/goto?open&id=A8JTGP775682>) (Procedure 8.2.8P: The full procedure can be found here <https://www.boarddocs.com/ca/santarosa/Board.nsf/goto?open&id=A8QUHT7C30C3>).

### **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. 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.**

### **Respect:**

The best way to learn is through active participation; therefore, we respect others when talking by being on-time, listening actively, and by being polite even when we disagree with another's viewpoint. Please turn off all electronic devices. If you use a laptop for note taking, please sit in the front row with the sound off. No food in class please.

### **Academic Integrity:**

All written work is to be original; plagiarism of any kind will result in a failing grade on that assignment. Students who plagiarize or cheat may be suspended for one or two class meetings by the instructor and referred to the Vice President of Student Services for discipline sanction, in cases of egregious violation. Please read the college policy/procedure on academic integrity at: <http://www.santarosa.edu/polman/3acadpro/3.11P.pdf>

### **Emergency Evacuation Plan:**

In the event of an emergency during class that requires evacuation of the building, please leave the class immediately, but calmly. Our class will meet at to make sure everyone got out of the building safely and to receive further instructions. *(If the class is on a second or higher floor, provide clear directions to the stairs).* 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 which 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 Analay Village on the Santa Rosa campus, and Jacobs Hall on the Petaluma Campus.

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

### IMPORTANT DATES

January 20<sup>th</sup> – Last day to Register/Add without Instructor's signature or an add code

January 20<sup>th</sup> – Dr. Martin Luther King Jr. Holiday

January 27<sup>th</sup> – Last Day to drop with a full refund

February 3<sup>rd</sup> – Last day to Register/Add with Instructor's signature or an add code

February 3<sup>rd</sup> – Last day to drop a class without a W

February 14<sup>th</sup> – Instructor Professional Development Day (no classes)

February 15<sup>th</sup> – Lincoln's Day Holiday

February 18<sup>th</sup> – Washington Day Holiday

February 24<sup>th</sup> – Last day to opt for Pass/No Pass

March 18<sup>th</sup> – 24<sup>th</sup> – Spring Break

April 21<sup>st</sup> – Last day to drop a class with a W

May 20<sup>th</sup> – Final Exam