



Course Title: KFIT 11.1, Periodized Weight Training

Department: KAD

Course Code: Section 2319

Units: 1.5

Days: M/W

Class Hours: 1:30pm-3pm

Instructor: Ben Buechner

Classroom: 999 Tauzer

E-mail: bbuechner@santarosa.edu

Office: Tauzer 904

Office Hours: M/W 8am-9am

Office Phone: 527-4389

COURSE OUTLINE OF RECORD: http://busapp02.santarosa.edu/SRweb/SR_CourseOutlines.aspx

COURSE EQUIPMENT NEEDED:

A WORKOUT TOWEL, comfortable workout clothes, and athletic shoes. (You will be asked to leave and will not get attendance points for the day if you do not bring a towel.)

COURSE DESCRIPTION:

Periodization is a systematic, progressive weight training program that involves cycling through different phases of training in a planned time frame for optimal levels of adaptation and to prevent overtraining. Programs are designed based on intensity, volume, exercise order, rest periods, and workout frequency. Fitness assessments along with short term and long term goals will be developed to create and implement an appropriate training plan.

STUDENT LEARNING OUTCOME:

Create, implement and perform a periodized training plan based on personal goals and fitness level.

Objectives:

1. Identify basic musculo-skeletal anatomy.
2. Demonstrate proper form and technique in use of weight training equipment.
3. Explain the use of specific muscle groups in relation to various weight training exercises.
4. Construct a personalized periodized training plan.
5. Create short and long term fitness goals.
6. Assess personal fitness level.
7. Explain proper safety considerations in training.
8. List and describe the principles of periodized training.
9. Implement and perform a periodized weight training program

Topics and Scope

- I. Basic musculo-skeletal anatomy
- II. General weight training principles
 - A. Orientation to equipment
 1. Machines
 2. Free weights
 - B. Safety considerations for weight training exercises

- C. Technique, form, proprioception, and kinesthetic awareness
- III. Exercise order and arrangement
 - A. Large vs. small muscle groups
 - B. Single joint vs. multi-joint exercises
- IV. Types of muscular contraction
 - A. Concentric
 - B. Eccentric
 - C. Isometric
 - D. Isotonic
- V. Fitness assessment
 - A. Baseline
 - B. Post-test
- VI. Periodized Program Development (training plan)
 - A. Exercise selection
 - B. Linear, reverse linear, and non-linear (undulating)
 - C. Macrocycles, mesocycles, and microcycles.
 - D. Weight, sets, repetitions, intensity, tempo (training volume/load)
 - E. Rest periods
- VII. Adaptations of periodized training
 - A. Endurance
 - B. Stability
 - C. Strength endurance
 - D. Hypertrophy
 - E. Maximal strength
 - F. Power
- VIII. Program design based on goals
 - A. Body fat reduction
 - B. Increasing lean body mass (muscle)
 - C. Sport specific performance
- IX. Specific Adaptions to Imposed Demands (SAID Principle)
- X. Appropriate modifications and progressions based on fitness level

Optional Topics:

- I. Cardiovascular Fitness
 - A. Heart rate
 - 1. Resting heart rate
 - 2. Maximum heart rate
 - 3. Target heart rate
 - B. Rate of perceived exertion- beginning level 3-5 on a 0-10 scale
- II. Core Training
- III. Basic nutritional concepts
 - A. Healthy Eating
 - B. Pre and post workout meals
 - C. Critical evaluation of diets and supplements

ASSIGNMENTS AND GRADING POLICY: *(may include)*

In-class assignments:

1. Identify personal weight lifting SMART goal
2. Development and recording of a personalized weight lifting program
3. Various musculo-skeletal and nutrition worksheets
4. Observation of weight lifting techniques (Last week of Class)
5. Written final on various weight lifting topics and scopes (Final Date)

Out of class assignments:

Independent free weight workout for 1 hour per week per unit

Grading:

Skill Demonstrations- 25% of final grade

-Final instructor observation of various lifting techniques and equipment use (may include, but not limited to: squat, lat pull-downs, dead lifts, seated row, leg press, bi-cep curl, tri-cep extension)

Exams- 15% of final grade

-Written Final- Multiple Choice/True or False

Attendance and Participation- 60% of final grade

-Consistent attendance, development, and recording of weight lifting program

Attendance: 65 points

Participation: 40 points

Skill Demonstration: 40 points

Written Exam: 20 points

TOTAL: 165 points

A=148-165

Pass/No Pass= C or better

B=132-147

C=115-131

D=99-114

F= -99

ATTENDANCE AND LATENESS POLICY:

Two points will be deducted for each class missed/non-participation. One point will be deducted from participation points for each tardy (10 or more minutes late). Students who fail to attend the first two class meetings of a full semester course may be dropped by the instructor. A student may be dropped from any class when that student's absences exceed ten percent (10%) of the total hours of class time.

Important Dates:

Date Class Begins:	8/19/2019	Date Class Ends:	12/11/2019
Last Day Add w/o add code:	8/25/2019	Last Day Add with add code:	9/8/2019
Last Day Drop for Refund:	9/1/2019	Last Day for P/NP option:	9/29/2019
Last Day Drop w/o W:	9/8/2019	Last Day Drop with W:	11/17/2019
FIRST CENSUS DATE:	9/9/2019	Date Final Exam:	12/18/2019

Final Exam Date: 1:00pm, Wednesday 12/18/19

LATE WORK / MAKE-UP EXAM POLICY:

If you are a student who represents SRJC in an off campus activity, you must provide a schedule to the instructor at your earliest opportunity. As well, you must email your instructor at least one week before the scheduled absence. 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.

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.

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>

CELL PHONES / LAPTOPS / MP3 PLAYERS / GUM CHEWING: It is the instructor's expectation that each and every student, and the instructor, 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 class at any time. If an emergency exists that precludes adherence to this request, special permission may be granted by the instructor to keep a device on a vibration setting.

SOCIAL UTILITY USE: Be aware that the instructor 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.

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 DISTRICT POLICE at 527-1000 (just the extension 1000 from an on-campus phone) or call 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. Our class will meet at _____ Parking Lot Behind Physical Ed. Building 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 on the 3rd floor of the Bertolini Student Center 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 instruct