



Course Title :KFIT 8.2, KFIT 11.1 Weight Training – Intermediate & Periodized

Department: KAD

Course Code: Section 4540, Section 6016

Units: 1.5

Days: Tue/ Thur

Class Hours: 4:30PM – 6:00PM

Instructor: Duerr

Classroom: Tauzer 999

E-mail: fduerr@santarosa.edu

Office: Tauzer 959

Office Hours: Tues/Thurs. - 2:30 pm – 3:30pm

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.

-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.

PREREQUISITES: None

COURSE CONTENT: Student Learning Outcomes:

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

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

ASSIGNMENTS AND GRADING:

1. Weight lifting / exercise workouts during regularly scheduled class meetings
2. Fitness assessment such as pre and post-testing
3. Development of a personalized weight lifting program
4. Identify personal / weight lifting goals through the use of goal-setting
5. 1-3 Objective quizzes, midterms and/or final exams
6. Exercise heart rate calculation.

EVALUATION AND GRADING POLICY:

A = 90 – 100	B = 80 – 89	C = 70 – 79	D = 60 – 69	F = 59 – downward
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***GRADING POLICY:**

Participation = 60% of your grade

To count for participation you must be dressed appropriately and participate in the day's activity. An absence is anytime you are not present in this class; this will take away your 2 points of participation for the day. The department policies must be followed for make-ups. Make-ups, tardiness and leaving early lower your participation points. The department limits the number of make-ups you may have each semester to **two**, these must be in a like class and you must have a signed approval slip prior to attending the alternate class.

Assignments & Workout Journal(s)/ Log = 20% of your grade

After/during every workout you will have time to write down the workout, your performance and any notes about the workout. This journal will be part of your grade

Final = 20% of your Grade -

The final exam will be a combination of a written test and exercise.

Points will be totaled and a grade assigned according to the following scale.

90 plus points=A

80-89 points=B

70-79 points=C

60-69 points=D

59 or less=F

***ATTENDANCE and LATE POLICY:**

Late attendance will count as half points

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 _____ Bailey Field _____ 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 instructor.