



*Course Title:* KFIT 3.2, Intermediate Body Conditioning

*Department:* KAD

*Course Code:* Section 6005

*Units:* 1.5

*Days:* M/W

*Class Hours:* 10:30am-12:00

*Instructor:* Ben Buechner

*Classroom:* Bailey Football Field

*E-mail:* [bbuechner@santarosa.edu](mailto:bbuechner@santarosa.edu)

*Office:* Tauzer 904

*Office Hours:* Monday/Wednesday 8am-9am

*Office Phone:* 527-4389

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COURSE OUTLINE OF RECORD: [http://busapp02.santarosa.edu/SRweb/SR\\_CourseOutlines.aspx](http://busapp02.santarosa.edu/SRweb/SR_CourseOutlines.aspx)

**COURSE EQUIPMENT NEEDED:**

A workout towel, comfortable workout clothes, and athletic shoes.

**COURSE CONTENT**

**Student Learning Outcomes:**

1. Identify and demonstrate the components of physical fitness (cardiovascular endurance, muscular strength and endurance, flexibility, and body composition).
2. Demonstrate and explain intermediate level exercises for specific muscle groups.
3. Identify and apply intermediate level exercises and methods for improvement in flexibility, body awareness, and body composition.

**Objectives:**

Upon completion of this course, students will be able to:

1. Perform 20-30 minutes of aerobic activity within exercise heart rate zone.
2. Calculate exercise heart rate.
3. Perform exercises specific to individual muscle groups through repetition.
4. Perform a variety of exercises to develop flexibility.
5. Perform movement activities to increase the level of body awareness.
6. Identify specific muscles involved in performing resistance exercises.
7. Monitor exercise intensity using exercise heart rate and rate of perceived exertion.
8. Explain methods of measuring body composition.

**Topics and Scope**

- I. Warm-up Activities
  - A. low intensity cardio/respiratory exercise
  - B. Stretching
- II. Cardio/respiratory conditioning - frequency, intensity, duration
  - A. Jogging/walking

1. increase intensity
  2. increase duration
  - B. Jump Rope
    1. increase intensity
    2. increase duration
  - C. Cycling/Spinning
    1. increase intensity
    2. increase duration
  - D. Step exercise
    1. Bench stepping
      - a. increase intensity
      - b. increase duration
    2. Bleachers
      - a. increase intensity
      - b. increase duration
- III. Muscular Development
- A. Strength
    1. hand held weights
    2. resistance bands
    3. exercise balls
  - B. Endurance
    1. increased repetition
    2. sustained muscle contraction
  - C. Flexibility
- IV. Exercise Theory
- A. Fitness Testing (fitness level assessment)
  - B. Heart Rate
    1. Calculate exercise training zone
    2. Rate of perceived exertion
  - C. Muscle identification
  - D. Body Composition
  - E. Injury prevention and care

**ASSIGNMENTS AND GRADING POLICY: *(may include)***

1. 1 Fitness assessment- pre-testing
2. Exercise heart rate calculation
3. Cardio-respiratory conditioning, muscular strength and endurance, and/or flexibility exercises
4. Exercise 1 hour per week per unit in addition to scheduled class meetings (Fitness Journal)
5. Fitness assessment- 1<sup>st</sup> post testing
6. Written Midterm
7. 1 page written report on fitness topic
8. Body composition calculation
9. Fitness assessment- 2<sup>nd</sup> post testing (Last week of class)
10. Written Final Exam (Final Exam Date)

*Writing- 10%*

-1 page written summary of a Fitness Journal article, include reference

*Problem Solving- 10%*

-SMART goal and the execution of the process of accomplishing goal (fitness journal)

*Skill Demonstrations- 10%*

-Fitness assessments, as well as instructor observation on various exercises techniques

*Exams- 20%*

-Midterm and Final exam

*Attendance and Participation-50%*

-Consistent attendance and completion of various in class worksheets, **Written fitness journal (Recommended 3-days a week journal entry on fitness/health/body awareness)**

Attendance- 75 points

Participation/Class assignments (completion of various worksheets)- 25 points

Midterm-15 points

Final Exam-25 points

Skill Demonstration/Fitness assessments- 30 points

Fitness Journal-30 points

TOTAL: 210 points

A=200-180

Pass/No Pass you need to obtain a C or better.

B=179-160

C=159-140

D=149-120

F= -119

#### 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:	1/13/2020	Date Class Ends:	5/13/2020
Last Day Add w/o add code:	1/19/2020	Last Day Add with add code:	2/2/2020
Last Day Drop for Refund:	1/26/2020	Last Day for P/NP option:	2/23/2020
Last Day Drop w/o W:	2/2/2020	Last Day Drop with W:	4/19/2020
FIRST CENSUS DATE:	2/3/2020	Date Final Exam:	5/18/2020

Final Exam Date: Monday, May 18, 10:00am-12:00am

#### 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](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 Education 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 3<sup>rd</sup> 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.