

GROSSMONT COLLEGE
Department of Exercise Science and Wellness

BOOTCAMP FITNESS - ES 299 Syllabus

INSTRUCTOR: Lisa Garrity
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OFFICE HRS: BY APPOINTMENT ONLY
Tuesday – 4:00- 5:00 pm

Required Text:

Kelley, Beth. Exercise Science and Wellness Department. The Way to a Long and Healthy Life. El Cajon, CA: Grossmont College, latest edition. - available in the Grossmont College bookstore

Additional study materials will also be distributed by the instructor.

COURSE DESCRIPTION:

This course presents a fast-paced, regimented style exercise regime that works the entire body through the use of calisthenics, running, body resistance training and agility drills designed to promote physical fitness and weight control. Emphasis will be placed on discipline, intensity and goal-oriented exercise programming including core strength as well as cardiovascular endurance. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness.

It is important to understand this is NOT JUST a workout class. This is a college course designed to provide instruction in fitness topics as well as participation in an interval training workout.

STUDENT LEARNING OUTCOMES:

ES 299B – Selected Topics in Health Education

Upon successful completion of this course, students will have the skills to:

1. Define and analyze components of Health Education within a specialized topic of the discipline; specifically, Boot Camp Fitness.

COURSE OBJECTIVES: My objectives for the course are to provide students with information and experiences which, by the conclusion of the course, will allow them to:

1. Analyze, discuss, and practice the functional aspects of physical fitness necessary to maintain the health and vigor of his/her body for a lifetime.
2. Develop sufficient training effects in order to demonstrate the impact of body maintenance on productivity, self-image, and a general feeling of well being.
3. Identify, explain and compare the interplay of variables which are essential to a healthy lifestyle including endurance, strength, flexibility, nutrition, stress management.
4. Develop and adhere to a structured exercise schedule.
5. Evaluate and practice attitudes concerning the positive relationship between lifelong physical fitness and total body health and maintenance.
6. Apply scientific perspective to the conditions and limitations of his/her own body through training and risk factor analysis.
7. Analyze and evaluate techniques to measure progress relative to individual goals and standard exercise parameters.

GRADING: This class is offered on a grade basis with the option to take the class Credit/No Credit. A student wishing to take it Credit/No Credit must file a form with the Admissions Office within the first four weeks of the semester. The final grades are assigned on an absolute scale (no curves) which is:

90-100% = A

80- 89% = B

70- 79% = C

60- 69% = D

Your grade will be based on the following:

- **PARTICIPATION (worth 50% of final grade) – 200 points**
- **FINAL EXAM (worth 25% of final grade) – 100 points**
- **FITNESS LEVEL IMPROVEMENTS (worth 25% of final grade) – 100 points**

EXPLANATION OF THE GRADING CRITERIA:

- **PARTICIPATION** (50% of grade) – 200 points possible.

Adequate participations consists of attending class, arriving on time prepared to exercise, participating the entire class period, and working out at a level that reflects effort to improve fitness. Just "showing up" and giving minimal effort will negatively affect this portion of your grade.

- **ABSENCE POLICY:** Any class missed is an absence, regardless of the reason. In other words, if you miss a class due to illness, or to keep an appointment you've made during class time, or to study for another class, or to get married, or to go to the beach, or whatever, it is an absence. Doctor's notes will not excuse an absence. All absences may be made up by attending an additional class - check the class schedule for other times you can work out. The make-ups must be done at Grossmont College and not at any outside gyms/clubs.

If you miss more than 3 classes you will be dropped from the class, so keep me posted if you are having trouble making it to class. Failure to make up absences will result in a 10 point deduction in this grade for every absence not made up.

Missing more than 3 classes (without make ups) will result in a full letter grade deduction.

- **ATTENDANCE CARDS** must be kept up by the student. These cards will be used to record class attendance, make ups, test scores, and fitness level measurements. The instructor will use this card to calculate your participation grade. Failure to keep up the card will negatively affect your participation grade
- **FINAL EXAM** (25% of grade) – 100 points

The test will cover material presented in the textbook, handout materials and lectures.

- The FINAL exam will be held on TUESDAY, JULY 21 during the regular class meeting. **MAKE-UP EXAMS WILL NOT BE GIVEN.** If you cannot make this test date you need to make arrangements with the instructor BEFORE the exam.

- **FITNESS LEVEL IMPROVEMENTS** (25% of grade) – 100 points possible

This involves a pre-test to measure your level of cardiovascular fitness, upper body and abdominal strength/endurance, body composition and blood pressure at the beginning of the semester, and a post-test the last week of class to assess your fitness improvements. **STUDENTS MUST BE PRESENT AND COMPLETE BOTH THE PRE-TEST AND POST-TEST TO EARN THIS PORTION OF THE GRADE.** The pre-test will take place at the beginning of the semester, and the post-test will occur the last week of class. *Makeups are not possible on these fitness assessments, so don't miss class on the days we do these tests!*

- FOR ACCOMMODATIONS DUE TO A DISABILITY, PLEASE SEE THE INSTRUCTOR WITHIN THE FIRST TWO WEEKS OF THE SEMESTER.

Track Etiquette for Grossmont College

1. Often there are users of varying abilities doing a variety of workouts on the track. It is advisable to understand the basic courtesies and customs of a running track so that we can all enjoy workouts without injuries.
2. Always look both ways and check for runners before stepping onto the track. The track is very similar to the freeway with the fastest lanes on the inside – lane 1 next to the field is the innermost lane, lane 8 is the outermost.
3. Lanes 1 and 2 are for the speedy runners. Lanes 1 and 2 are not to be used for walking, warm up, or cool down. For those activities, use the outer lanes if they are empty or go to the football field.
4. Do not use any part of the track for stretching or standing. Move off the track to chat and to stretch.
5. Faster runners should be permitted to pass "on the left" or "to the inside". If you are being "lapped", move out into the next lane.
6. Always look over your shoulder when switching lanes to make sure no one is right behind or to the side of you.
7. Faster runners approaching slower users should signal their approach by calling out "TRACK" loudly – this signal is also used to warn people who are standing on the track and need to move. If you hear "TRACK" called, check quickly for oncoming runners and move out of their path.
8. Do not form a blockade by walking or running more than 2 abreast.
9. Usually everyone should travel counter-clockwise. If space on the track permits, traveling clockwise occasionally is recommended to prevent injury.
10. Be aware of other runners' proximity and respect their running space.
11. Do not stop in the middle of the track for any reason – move to an outer lane after checking over your shoulder for oncoming runners.
12. When your workout is complete, move to the outside of the track and get out of the way of others who are also training. Stopping in the lane in which you ran your workout may get you knocked over