



Functional Fitness & Aerobic Conditioning Syllabus

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Course Objective:

The objective of this course is for the student to develop a well rounded fitness routine, which includes the following areas: weights, conditioning through cardio exercises, plyometrics, and stretching. Students will work to increase their level of knowledge while performing the correct techniques, principles, and progressions of weight training to gain muscular strength, muscular endurance, and flexibility. Students will work to improve their body composition, jumping ability, and coordination. Students will also perform movements that increase the strength of soft tissues and focus on injury prevention. We will be using weights, body weight, videos, and guest instructors for this class. These workouts have been tested and proven to be a great workout for athletes in and out of season. We will also be incorporating other types of exercise.

Course Outcomes: Upon successful completion of this course students will be able to implement, understand and/or accomplish the following:

1. Students can demonstrate appropriate safety practices. While lifting and spotting partners, students can apply proper and safe techniques.
2. Students can demonstrate proper techniques with designated lifts.
3. Students will improve performance in their upper body, lower body, and core lifts.
4. Students will improve their agility and jumping ability.
5. Students will improve their flexibility.
6. **REST and RECOVERY**

Expectations:

- Students are **expected to dress down every day**. Failure to do so will result in lost points.
 - Proper clothes include athletic shoes (no open toes, or muddy/dirty shoes) and comfortable clothes (shorts/sweats, and a T-shirt). Socks are required. You must always wear your shirt.
- Students are **expected to exercise every day and** for the entire class period, every day and have a good attitude. Exceptions can be made for specific circumstances.
 - **Only a doctor's note** will completely excuse a student from exercising.
- There will be **absolutely no cell phone use** in the weight room for any reason. If a cell phone is used it will result in a complete loss of points for the day.
- Students are expected to help keep the weight room clean and organized. They must put back whatever they use **every time** and help clean at the end of class.
- Students are to always follow safety expectations. If you do not follow any of these expectations (through horseplay, misuse of equipment, etc.) it will result in a decrease in your grade and possibly a removal from the class.
- Students will stay in the gym until the bell rings
- The student is to respect other students as well as the teacher.
- Foul language will not be tolerated to any extent.
- The student is to use safety precautions at all times.
- Failure to meet these expectations could result in the removal of the student from this class or a failing grade.

Additional Exercises: If a student would like to use a different exercise program than the one provided to them, the following is required. The student must present a minimum 8-week exercise program. This program must follow the F.I.T.T. formula and build the five components of fitness. The program must also include progressive overload, accommodating resistance, plyometrics, and the principle of progression. They must also provide the instructor with a minimum two-page paper explaining the reasoning behind this exercise program. This paper will include at least 4 different reliable/academic sources supporting the effectiveness of this exercise program. All of this must be introduced before this exercise program is approved.

Doctors Note: Only a note from a doctor can fully excuse a student from participating in the class. Exercises can be adapted to accommodate injuries.

Cell phones are not allowed. I see it you will lose all of your points for the day and take a zero. They need to be kept in the lockers, backpacks, or locked box provided by the teacher. Also, air pods are not allowed and will be considered like a cell phone. If I see you with your phone, there will be consequences. See handbook for policy.

Grading: Students have 5 points a day for participation grade. A student will lose a point if they do not dress down for class or if they do not exercise in class. A student will lose all remaining points if they use their cell phone in class. Additional assignments may be added to the course grade book as the semester.

Make-up Policy: There are make up assignments on Canvas. Fridays can also be a way to come in and make up participation points. If you miss school for an excused athletic event, funeral, or medical you will receive points when makeup is completed. See district policy for timeline.

5 Points per day

2 points for dressing down

3 points for participation

- 1) **Participation and dress (Largest portion of grade @ 5 points/day)**
- 2) **Timed Runs/Skills and Improvements (3 timed runs and 3 lifting max tests)**
- 3) **Final**

CHAT GPT-See the handbook and work submitted using it will be considered plagiarized and a zero will be given.

90% to 100% A

80% to 89% B

70% to 79% C

60% to 69% D

0% to 59% F

Bring plenty of water. Students are encouraged to bring water bottles.