Swim, Cycle, Run Syllabus

Fall Sessions 1 & 2, 2017

# Instructor Information

|  |  |  |
| --- | --- | --- |
| Instructor | Email | Class Location & Hours |
| **Thom Figueroa** | thomfigueroa@tri-ingforlife.com | BH-SJ YMCA - Tuesdays - 1 pm to 2:45 pm |

# General Information

## Description

Fitness development through swim, cycle, run in a supportive group setting.

## Expectations and Goals: (circle one): Pass/Fail

# Student should be able to swim 200 meters, cycle 5 miles and run 1 mile with a time improvement from the initial test at course start to the course completion test.

* Student should be able to demonstrate proper running and cycling cadence as demonstrated through the course duration.
* Student to participate in all class sessions
* Student to demonstrate an open learning mindset without disruption to other students.

# Course Materials

## Required Materials (most should be provided by teacher covered in course fee, indicate if provided by student, i.e. sewing kit)

* Swim Goggles (Provided by Student)
* Running Shoes (Provided by Student)
* Swim Suit (Provided by Student)

# Course Schedule

|  |  |  |  |
| --- | --- | --- | --- |
| Week | Topic |  |  |
| 1 | Initial Testing in Swim, Cycle, Run |  |  |
| 2 - 7 | Swim Form and Balance / Proper Running Form / Spin Bike Fitting and Spin Bike Technique |  |  |
| 8-12 | Fitness Development |  |  |
| 13 | Final Testing in Swim, Cycle, Run |  |  |

# End of Semester: Finished Work

* Evidence of Learning (circle one): post-test score improvement, fine arts recital, work of art/art show, class/parent/public performance, achievement of a higher level or rank, product creation, scrapbook, written examination or report.
  + Improvement from initial testing to final testing
  + Attendance of 90% or greater
  + A score of 2 or better on a 1 is lowest to 4 is best scoring range for classroom behavior