

Berrien Springs Partnership Lab Syllabus and Instructor Qualifications

LABS (CLASSES) ARE PROVIDED AS AN EDUCATIONAL SOURCE FOR PBL (PROJECT BASED LEARNING)

COMMUNITY CLASS TITLE: Teen Strength/Conditioning Fitness

GRADE OR AGE LEVELS: 13+

FORMAT: IN-PERSON ONLINE DAY AND FLEXIBLE

TIME OF THE WEEK: Tuesday-Thursday @ 4pm-5pm

TOTAL REQUIRED HRS: 18 hours POSSIBLE HRS OFFERED (to choose from): 72 hours

TOTAL SEMESTER HOURS POSSIBLE: 34 hours

LOCATION: 100 N. Mechanic St. Berrien Springs, MI 49103

INSTRUCTOR: Rosanne Ornopia

CONTACT INFORMATION: phone: 269-815-0115 email: liferxfit@gmail.com website:

<https://www.liferx.fit>

ADDITIONAL REGISTRATION AT SITE REQUIRED? YES

IF YES, INSTRUCTIONS FOR REGISTRATION: Registration must be completed in-house. Contact us to schedule an appointment or schedule an appointment through our website by clicking "Free Consultation".

INSTRUCTOR QUALIFICATIONS (may attach a separate page if necessary):

B.S. Exercise Science/USA Weightlifting Certified/CrossFit Level 1 Coach/Active Life Professional Certified/Personal Trainer

COURSE DESCRIPTION (OVERVIEW):

The objective of Teen Strength/Conditioning is to introduce all attendees to General Physical Preparedness (GPP) training which helps each student improve strength, speed, endurance, flexibility, structure and some skills. This class does not cover any Specific Physical Preparation (SPP), but will lay the groundwork for it.

SYLLABUS/OUTLINE: WEEKLY BREAKDOWN OF PROJECT-BASED LEARNING LAB ACTIVITIES

Sep. 1, 2022 @ 4pm- Movement Screen Assessment/new student registration (all students must attend)

Jan. 19, 2023 @ 4pm-Last Day of Class

Week 1 (Sep 6-8): Class Begins

September Lesson: "Front Squat"

October Lesson: "Pull-ups"

November Lesson: "Deadlifts"

December-January Lesson: "Front Squat/Pull-ups/Deadlifts"

COURSE OBJECTIVES AND APPROXIMATE TARGET DATES:

Each month we will focus on performing and hopefully "perfecting" the form of each movement. At the end of each month, each student will be tested on that movement. For the last 2 months of the semester, we will review all the movements from the semester and retest to note any improvements.

STUDENT ASSESSMENT - what will be used to evaluate student progress and/or end of semester pass/fail status?

- 1) Student agrees to attend at least 80% of class sessions/lessons offered. Attendance is kept online and tracked by Partnership staff. Failure to meet 80% or be on track to meet 80% may result in program discontinuation. Please notify instructor of any excused absences so that a makeup class may be arranged.
- 2) The Partnership Student Assessment or Performance Form is filled out by the teacher and turned in to Partnership staff. The link to this form is found on the web page for this class. Failing marks for lack of participation, behavior issues, practice time, etc. may result in program discontinuation.

Class-specific assessment: At the beginning of the semester programming (Week 1), each student will go through a flexibility and mobility assessment that will help the instructor better coach each student throughout all movement exercises. During the last week (Week 18), each student will be reassessed to see if any improvement has been made. A copy of the Movement Screen Assessment is below.

GROUP MOVEMENT SCREEN ASSESSMENT														
CLIENT NAME	SLPF	AD L	AD R	KB2H	PB2H L	PBRH R	SHF L	SHF R	WE L	WE R	SA L	SA R	SF L	SF R

***Full=CHECK
***Limited=X
***Injury=I

ADDITIONAL RESOURCES: (online, books, video, etc.):

- o Once registered as a client at our facility, students will download and gain access to our gym portal, WODIFY, where they will get access to their fitness programming as well as reserve and check-in to all their classes.
- o Access to ZOOM in case we go virtual.

CLASS POLICIES: ATTENDANCE, BEHAVIOR, WEATHER, ETC.

Attendance: In order to attend a class, students must *first* reserve their spot in the class by using WODIFY.

Once they arrive, they must check-in on WODIFY to show that they are present. If they are unable to attend, it is important that they cancel their reservation to allow others to take their spot.

Weather: In an event of uncooperative weather, all students will be contacted and switched to ZOOM.

Other: During a pandemic, there will be safety protocols that will take place.