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: Monday-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

Week 1 (Sep 7-9): Movement Screen Assessment (attend only 1 class/hr this week)

Week 2-Week 5: Strength/Conditioning Cycle 1

Week 6-Week 9: Strength/Conditioning Cycle 2

Week 10-Week 13: Strength/Conditioning Cycle 3

Week 14-Week 17: Strength/Conditioning Cycle 4

Week 18 (Jan 3-6): Movment Screen Re-Assessment (attend only 1 class/hr this week)

COURSE OBJECTIVES AND APPROXIMATE TARGET DATES:

Week 1&18: All Students will go through a movement assessment in the beginning and end of the semester.

Only 1 hour to attend is required for these weeks since this is all we will be doing. Week 2-17: All Students

are required to attend at least 1 hour each week, but are able to attend at MOST 2 hours each week. Every

Monday/ Tuesday the programming will be the same and every Wednesday/Thursday the programming will

also be the same. It is recommended that the student

attend 2 different programming days each week if they are attending more than 1 class a week.

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 movment 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.

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.