**AUBURN UNIVERSITY**

**SYLLABUS**

1. **Course Number:** PHED 1383 - 001

**Course Title:** Kettlebell Training

**Term:** Fall 2014

**Day/Time:** Distance Learning

**Instructor:** Adam Jagodinsky

**Office Address:** 301 Wire Road, Kinesiology Research Facility, Rm # 20

**Contact Information:** aej0015@auburn.edu

**Office Hours:** By appointment

**Secondary Contact:** Dr. Sheri Brock, brocksj@auburn.edu

1. **Credit Hours:** 2 credit hours – LECTURE 1 / LAB 2

**Prerequisites:** None

1. **Texts or Major Resources:**

This PHED course will utilize compiled online resources that will be available on the Canvas web page.

1. **Course Description:**

This course is designed to teach students the fundamental concepts of hardstyle kettlebell training and provide students a conceptual basis for developing kettlebell exercise routines.

1. **Course Objectives:**

After taking this course you will have a working knowledge of training modalities and techniques used in hardstyle kettlebell training.

1. **Course Content: (assignment due dates/quizzes are in bold)**

Week 1: Introduction to hardstyle kettlebell training – **Syllabus Quiz & Content** **Quiz**

Week 2: Kettlebell deadlift/precursor to the swing **– Content Quiz**

Week 3: Kettlebell swing **- Content Quiz & Video (include deadlift)**

Week 4: Kettlebell swing practice/program

Week 5: Kettlebell one hand swing – **Content** **Quiz**

Week 6: Kettlebell one hand swing practice/program

Week 7: Kettlebell goblet squat – **Content** **Quiz & Video**

Week 8: Kettlebell goblet squat practice/program

Week 9: Kettlebell clean **– Content Quiz & Video**

Week 10: Kettlebell clean practice/program

Week 11: Kettlebell one arm press – **Content Quiz & Video**

Week 12: Kettlebell one arm press practice/program

Week 13: Get up – **Content Quiz & Video**

Week 14: Get up practice/program

Week 15: Complex training

Week 16: Complex training

\*Schedule subject to change by instructor

1. **Course Requirements / Evaluation:**

Item Points Percentage

Syllabus Quiz 10 10%

Content Quizzes 40 40%

Video submission 50 50%

Total 100 100%

**Participation** - requires students be dressed appropriately, using correct equipment and fully take part in video submissions and exercises. Participation will be graded based on instructor observation. Students should perform exercises barefoot or with flat soled shoes, and should be wearing athletic attire.

**Syllabus Quiz** - Week 1 posted on Canvas.

**Content Quizzes** – Electronic documents and video tutorials will be posted weekly based on the corresponding course content listed on the schedule. Students are required to read and watch the given content and complete the respective quiz. There will be a total of eight content quizzes worth five points each.

**Video Submissions** - For each week on the schedule that lists “**Video**”, students will be required to send a video to the instructor via email ([aej0015@auburn.edu](mailto:aej0015@auburn.edu)). The video will consist of performing the corresponding exercise. There will be a total of five video submissions worth 10 points each.

**Grading Scale**:

A = 100 – 90%

B = 89 – 80%

C = 79 – 70%

D = 69 – 60%

F = Below 60%

1. **Course Policy Statements:**

A. Attendance:

**Physical Activity and Wellness Program Attendance Policy**

The material and experiences in this class are important and if you are not in class, you cannot take an active role as a student. Class attendance and appropriate participation is paramount to your success as a student. Participation is defined as, but not limited to, “fully engaging in the course content and activities at a level that is deemed appropriate by the instructor.” Failure to appropriately participate in the course content and activities will result in a deduction of points from a student’s overall course grade. Students arriving tardy to class will lose 1 point from their final grade per offense. Unexcused absences cannot be made up and will result in a 3 point deduction from the student’s final grade per absence. **Once a student has accrued five unexcused absences he/she will not be permitted to take the final examination and will receive a grade of FA (as stipulated by the Physical Activity and Wellness Program guidelines). Moreover, students who accrue eight (8) absences (excused, unexcused and/or combination of each type) will not be permitted to take the final examination and will receive a grade of FA.**

B. Excused Absences:

Students are granted excused absences from class for the following reasons: illness of the student or serious illness of a member of the student’s immediate family, the death of a member of the student’s immediate family, trips for student organizations sponsored by an academic unit, trips for university classes, trips for participation in intercollegiate athletic events, subpoena for a court appearance, and religious holidays. Students who wish to have an excused absence from class for any other reason must contact the instructor in advance of the absence to request permission. The instructor will weigh the merits of the request and render a decision. When feasible, the student must notify the instructor prior to the occurrence of any excused absences, but in no case shall such notification occur more than one week after the absence. Appropriate documentation for all excused absences is required. Please refer to the Auburn University Student Policy eHandbook [www.auburn.edu/studentpolicies](http://www.auburn.edu/studentpolicies) for more information on excused absences.

C. Make-Up Policy:

Arrangement to make up missed examinations due to properly authorized excused absences must be initiated by the student within one week from the end of the period of the excused absences. The format of the make-up exam will be as specified by the instructor. If the student fails to follow these instructions the excused absence in question will be calculated as an unexcused absence.

Course Contingency: If normal class and/or lab activities are disrupted due to illness, emergency, or crisis situation, the syllabus and other course plans and assignments may be modified to allow completion of the course. If this occurs, an addendum will be made to your syllabus and/or course assignments will replace the original material.

Inclement Weather: In case of inclement weather, check your Auburn email account for alternative class location and/or assignments.

**9. Academic Honesty Policy:**

All portions of the Auburn University student academic honesty code (Title XII) found in the Auburn University Student Policy eHandbook www.auburn.edu/studentpolicies will apply to this class. All academic honesty violations or alleged violations of the SGA Code of Laws will be reported to the Office of the Provost, which will then refer the case to the Academic Honesty Committee.

**10. Disability Accommodations:**

Students who need accommodations are asked to electronically submit their approved accommodations through AU Access and to arrange a meeting during office hours the first week of classes, or as soon as possible if accommodations are needed immediately. If you have a conflict with my office hours, an alternate time can be arranged. To set up this meeting, please contact me by e-mail. If you have not established accommodations through the Office of Accessibility, but need accommodations, make an appointment with the Office of Accessibility, 1228 Haley Center, 844-2096 (V/TT).