AUBURN UNIVERSITY

SYLLABUS

Spring 2019

# Course Details:

Course Number: PHED 1300

Course Title: CrossFit

Day/Time: M/W/F 10:00-10:50; 11:00-11:50; 1:00-1:50; 2:00-2:50; 3:00-3:50

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

Prerequisites: None

# Contact Information:

Instructor: Dalton Ard

Office Address: 467 N Dean Rd Auburn, AL 36830

Email: jda0019@auburn.edu

Office Hours: By Appointment

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

# Texts or Major Resources:

None for this class.

# Course Description:

Basic concepts and physical activities associated with the development and maintenance of general physical fitness. Activities may include, but are not limited to Plyometrics, calisthenics and weight training.

# Course Objectives:

Improved work capacity across broad time and modal domains; through the use of constantly varied, functional movements, performed at relatively high intensity. A progression of learning proper mechanics, then consistently performing the mechanics properly, and lastly ramping up the intensity to the desired stimulus over time will be used.

# Course Content: (assignment due dates/exams are in bold and highlighted)

Week 1: **Classes Begin – (1/9/19)**. Orientation; Student waivers; Gym Rules, What is CrossFit and Wodify Intro; Basic intro workout; Movement Intro - Burpees, Box Jumps, Sit-ups, Rowing

Week 2: **First Baseline Test (1/16/19);** Movement Intro – Squat, Kettle Bell Swings, GHD Sit-ups, Push-ups, Romanian Deadlift, Ball Slams, Wall Balls, Press, Push Press, Push Jerk, Pull-ups

Week 3: **No Class-M.L. King Jr. Day (1/21/19;** Movement Intro – Front Squat, Kipping Pull-ups

Week 4: Movement Intro – Hang Power Clean, Double-unders

**- *Last day to drop a course with no grade assignment* – 1/30/19**

Week 5: Movement Intro – Deadlift, Thrusters

Week 6: Movement Intro - Hang Power Snatch; Benchmark WOD “Cindy”

Week 7: Workout of the day; Benchmark Workout “DT”

Week 8: Front Squat strength day; **Second Baseline (3/1/19)**

Week 9: Hang Power Clean strength day; Benchmark WOD “Jackie”

Week 10: **Spring Break (3/11/19-3/15/19)**

Week 11: Clean and Jerk strength day; Benchmark WOD “”; Workout of the day

***NOTE: Last day to withdraw from course with no grade penalty. "W" assigned* – 3/29/19**

Week 12: Front Squat strength day; Benchmark WOD “DT”; Workout of the day

Week 13: Hang Power Clean strength day; Benchmark WOD “The Chief”; Workout of the day

Week 14: Deadlift strength day; Benchmark WOD “Jack”

Week 15: Clean and Jerk strength day; Benchmark WOD “”; Workout of the day

Week 16: Front Squat strength day; Workout of the Day; Benchmark WOD “DT”; **Third Baseline and Final Exam 4/29/19**(or last scheduled day of class)

# Course Requirements / Evaluation:

Item Percentage

Participation 40%

3 Baseline workouts 30%

Final Exam 30%

Total 100%

Participation - requires students be dressed appropriately and fully take part in daily activities and exercises from beginning to the end of class. Participation will be graded based on instructor observation.

Final Exam – A comprehensive written assessment of concepts and techniques used in the course. (NOT AU-Evaluate)

## Grading Scale:

A = 100 – 90%

B = 89 – 80%

C = 79 – 70%

D = 69 – 60%

F = Below 60%

## \*\*College of Education SONA EXTRA CREDIT OPPORTUNITY

Your class has the opportunity to participate in the online research participation system, College of Education SONA. You will receive an email from SONA that enables you to sign up for research solicitations. If you do not receive this email by the third week of classes, please email [**sona@auburn.edu**](mailto:sona@auburn.edu). If you are under 19 years of age you must get your parents’ consent to participate in each study. Forms are available online. It is your job to make sure that your earned extra credit goes to the correct course. You can modify this in your student SONA account. If you sign up for a study that has appointments, you are expected to attend. If you need to cancel, follow the directions for cancelling an appointment for that study. Please pay attention to cancellation deadlines for that study. If you fail to do so you will be marked as a “no-show” in SONA. Two “no-show” designations will result in you being locked out of SONA for the semester and you will not be able to receive extra credit through research participation for that semester.

Your instructor is not affiliated with SONA, so participation or non-participation will not influence your status in this course, other than the extra credit points you can earn. SONA will report the number of credits you have earned to the instructor of the course you select when registering for research solicitations.

There are several SONA systems on campus. To receive credit in this course you must participate in the College of Education SONA.

The School of Kinesiology or your instructor is not responsible for the availability or lack of availability of SONA extra credit.

½ points will not be credited to final grade.

1 30-minute session = 1 credit

2 credits = 1 point added to final grade

4 credits = 2 points added to final grade

6 credits = 3 points added to final grade

8 credits = 4 points added to final grade

10 credits = 5 points added to final grade (maximum allowed)

# 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.” Once a student has accrued more than five (5) 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 more than 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. Excused absence documentation should be submitted to the Instructor within one week of the absence. Appropriate documentation for all excused absences is required. Please refer to the [Auburn University Student Policy eHandbook](http://www.auburn.edu/studentpolicies) 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](http://www.auburn.edu/studentpolicies) 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).

Please note that accommodations are not retroactive. Accommodations begin after: (1) a meeting with the Office of Accessibility to determine appropriate accommodations; and (2) a meeting with the Instructor arranged by the student.