AUBURN UNIVERSITY
KETTLEBELL TRAINING

SYLLABUS

Summer 2020

# Course Details:

Course Number: PHED 1383-002

Course Title: Kettlebell Training

Day/Time: N/A (Online)

Credit Hours: 2 credit hours

Prerequisites: None

# Contact Information:

Instructor: Abby Brittain

Email: arb0075@auburn.edu

Office: 301 Wire Road, Kinesiology Building, Rm #122

Office Hours: Zoom meetings by appointment

Secondary Contact: Robin Thornburg-Brock: thornr1@auburn.edu

# Texts or Major Resources:

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

# Course Description:

This course is designed to teach students the fundamental concepts of hardstyle kettlebell training and program development incorporating kettlebells.

# Course Objectives:

After taking this course you will have a working knowledge of skill and techniques used in kettlebell training for exercise.

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

Week 1: Classes Begin - **5/20/20 – Syllabus Quiz 5/31/20**

***NOTE: Last day to drop a course with no grade assignment* – 5/27/20**

Week 2: Introduction to Kettlebell Training – **Quiz 5/31/20**

Week 3: Kettlebell Deadlift/Precursor to the Swing – **Quiz 6/7/20**

Week 4: Kettlebell Swing – **Quiz 6/14/20**

Kettlebell One Hand Swing – **Quiz 6/14/20**

Week 5: Kettlebell Swing Practice – **Video (include deadlift) 6/21/20**

***NOTE: Last day to withdraw from course with no grade penalty. "W" assigned* – 6/23/20**

Week 6: Kettlebell Goblet Squat – **Quiz 6/28/20**

Week 7: Kettlebell Goblet Squat Practice – **Video 7/5/20**

Week 8: Kettlebell Clean – **Quiz 7/12/20**

Week 9: Kettlebell Clean Practice – **Video** **7/19/20**

Week 10: Kettlebell One Arm Press – **Quiz 7/26/20**

Kettlebell One Arm Press Practice – **Video 7/26/20**

Week 11: Get Up – **Content Quiz 7/31/20**

Get Up Practice – **Video 7/31/20**

 **Course Survey 7/31/20**

# Course Requirements / Evaluation:

Item Points Percentage

Syllabus Quiz 5 5%

Course Survey 5 5%

Content Quizzes 40 40%

Video Submissions 50 50%

Total 100 100%

\*\*Extra Credit – SONA

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 Canvas. 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%

## \*\*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**. 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:

There is no in-person attendance for this class since it is online. However, students are expected to upload content quizzes and videos as shown in the schedule above for work.

## 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.