

Berrien Springs Partnership Syllabus and Instructor Qualifications

CLASS TITLE: Youth Strength and Fitness

GRADE OR AGE LEVELS: Various

START DATE: 1/3/2021 END DATE: 4/17/2021

WEEKS TOTAL: 14

DAY/TIME REQUIRED: Tuesday and Thursday 430p-530p

HOURS (REQUIRED): 16

LOCATIONS/ADDRESSES:

YMCA

Benton Harbor-St. Joseph-3665 Hollywood Rd., St. Joseph, MI 49085

DIRECTIONS TO LOCATION (if needed): Upon request.

MAIN INSTRUCTOR: Various

CONTACT INFORMATION: Allison Kiggins Phone: 269.683.1552

Email: akiggins@ymcagm.org Website: YMCA.org

ADDITIONAL REGISTRATION AT SITE REQUIRED? YES NO

IF YES, INSTRUCTIONS FOR REGISTRATION: Please be sure to register online with the Berrien Springs Partnership and be mindful of your YMCA branch locations. You will be contacted by the YMCA, via e-mail or telephone, regarding course specifics. *For late registrations (outside registrations dates), or changes, please contact the partnership as well as the YMCA.

COURSE DESCRIPTION (complete overview shown on website):

Youth Strength and fitness is a combination of cardiovascular exercise and strength training. This class offers a sampling of agility, cardio and strength training activities.

Youth strength and fitness incorporates a combination of strength exercise that will provide your child with a fun, safe, and effective workout. This is a low/moderate level wellness program that will incorporate all major muscle groups and help students to understand proper lifting technique, form, and endurance/strength training.

***Students are to wear appropriate athletic attire and bring a water bottle.**

SYLLABUS/OUTLINE: -

S3.2.K,1,2,3,4,5 S4.2.K,1,2,3, 5b

S4.1.K,1,2,3,4,5,6 S4.5.K,1,2,3,4,5

S4.6.K,1,2,3,4,5

COURSE OBJECTIVES AND APPROXIMATE TARGET DATES:

Final Project Approximate Timeline:

Weeks 1-3 Driving question

Weeks 4-5 – Project ideas approved

Weeks 1-14- Gather information/ research

Weeks 14-15- Final projects due

Weeks 15-16- Project showcase

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

Final projects will be presentations (in-person or video) of things such as: ♦ Project boards or detailed slide presentations of the class subject given to any audience – anything from a microscopic, detailed part of what was learned or a 30,000 ft view of the subject matter AND how it relates to the student or the student's family life, peers, environment, community, or even wider still. ♦ Public service announcement or commercial, etc. ♦ An original composition (song, skit, play, etc.) ♦ Poster, book pamphlet ♦ 3D models ♦ Any other creative, approved project, presented to an audience

Class-specific assessment: Project topics will be discussed and chosen during the first few weeks of class.

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

Optional Items: Weightlifting Gloves, wraps or tapes.

CLASS POLICIES: ATTENDANCE, BEHAVIOR, WEATHER, ETC.

Attendance: Attendance will be recorded each day. If the student is going to be absent, we request prior notification.

Behavior: "Positive anything is better than negative nothing." Elbert Hubbard

Weather: NA

Other: 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.

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.

