

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

TIME OF THE WEEK: Tuesday-Thursday @ 4pm-5pm

TOTAL REQUIRED HRS: 18 hours

TOTAL SEMESTER: 36 hours

HOURS POSSIBLE: 36 hours (2hrs/2 classes per week)

LOCATION: 102 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 the student is new to this class.

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" and be sure to note that it's for "teen class registration".

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 1-6 (Jan-Feb): Front Squats

Week 7-12 (March-Mid April): Pull-ups

Week 13-18 (Mid Apr-May): Deadlifts

COURSE OBJECTIVES AND APPROXIMATE TARGET DATES:

In the course of 18 weeks, we will go over the 3 movements (specified above) which will be broken down into 3, 6-week lessons. For each of the 6 weeks, we will focus on performing and (hopefully) “perfecting” the form of one movement. At the end of the 6-week lesson, each student will be tested on that movement.

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 into 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 movement 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.

GROUP MOVEMENT SCREEN ASSESSMENT

CLIENT NAME	SLPF	AD L	AD R	RRH	PRH L	PRH R	SHF L	SHF R	WE L	WE R	SA L	SA R	SF L	SF R

***Full=CHECK
 ***Limited=X
 ***N/A=NYN

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

N/A

CLASS POLICIES: ATTENDANCE, BEHAVIOR, WEATHER, ETC.

Attendance: Students must commit to attending one class a week. If unable to attend, parent or guardian must contact instructor ahead of time.

Weather: In an event of uncooperative weather, all students will be contacted and class will be canceled. **Other:** During a pandemic, there will be safety protocols that will take place.