Instructor: Coach Willes  
Phone: 526-1495  
Textbook: Fitness and Wellness-Hoeger (optional)  

Course Description: This boot camp class is a type of indoor/outdoor group exercise class that mixes traditional calisthenics and body weight exercises with interval training and strength training. The course is designed to promote the overall health and wellness benefits of strength training by incorporating High Intensity Interval Training (HiIT) in a motivating boot camp setting. Bootcamp classes combine functional training exercises, partner and group training exercises to create a fun energetic workout. This class incorporates running, plyometric drills, body weight exercises, medicine balls, battle ropes, tires, free weights, sand bags and more to create an intense full body workout!

Objectives:
1. To provide students with the necessary guidelines to implement a lifetime exercise and healthy lifestyle program.
2. To learn basic concepts of strength training using different types of resistance formats.
3. To learn proper technique of a wide range of strength exercises.
4. To experience improvements in muscular endurance and muscular strength.
5. To push students harder than they would push themselves in workouts that mix traditional calisthenics and body weight exercises with interval training and strength training. We use traditional and non-traditional equipment (tractor tires, battle ropes, sandbags, etc.) to create an intense workout.

Requirements for class:
1. Towels are required.
2. Attend and sign in for all class sessions.
3. Dress appropriately for scheduled activities (athletic shirts and shorts).
4. Engage in activities with full effort.
5. NO CELL PHONES ALLOWED IN CLASS!!
6. Pass written examinations.
7. Have a good attitude and have fun!

Grade Computation:
1. Participation = 80%  
Participation grade will include suiting out in proper attire (athletic), positive contribution to class and team efforts, promptness in beginning activities, constant and maximum effort toward activity objectives and demonstration of good sportsmanship. Student's participation grade will be based on individual performance and effort, not the comparison to others. Court shoes or athletic shoes, shorts and t-shirts are the accepted
uniform for Kinesiology activity classes. Dress for weather! Students will be counted absent if not properly suited out. Students may not participate in street clothes jeans, slacks, dress shirts, boots, dress shoes, etc.). Students may not wear midriff or half-shirts with derogatory or otherwise questionable content. Shorts must be worn around the waist.

2. Written Examinations (Mid-Term/Final) =20%
   Student will need to provide a documented excuse to make-up an exam. Students are responsible for making arrangements for make-up exam. Students who fail to make arrangements immediately upon their return to class will not be allowed to take the test.

3. Absences and Tardies (excused and/or unexcused):
   • Absences one (1) and two (2)-no penalty
   • Absence number three (3)-5 points will be deducted from your final grade (based on a 100-point scale).
   • Absence number four (4)-10 points will be deducted from your final grade (based on a 100-point scale).
   • Should you exceed number four (4) absences you will be withdrawn from class. (See "eTCAbsentee Policy • (incollege handbook).
   • Tardies one (1) and two (2)-no penalty
   • Tim> (2) points will be deducted from your final grade for each tardy following the initial tim> (2).
   • There will be no make-up classes.

4. Attendance Procedure:
   It will be the responsibility of the student to sign the attendance sheet before beginning class. Students arriving 5 minutes after class has started will be counted tardy. Students who arrive 15 minutes after class time will be counted absent, even if they have signed in on time, but are not in class ready to participate. Students who leave class early without consulting with the instructor will be counted absent. Students who sign in and leave without participating in class will be penalized and subject to administrative withdrawal. This action is considered academic dishonesty. Students who are unable to participate in class (i.e. not suited out, injury, etc.) will be counted absent for that class. Absences begin with the first day of class. There will be no make-up classes!

5. Class Attire
   Court shoes or athletic shoes, shorts, and t-shirts are the accepted uniform for physical education activity classes. For cold weather outside activities, sweats are acceptable. Because of the special nature of the class, the instructor may make exceptions to the dress policy. Students will not be allowed to attend class unless properly suited out. Students may not participate in street clothes or street shoes, (i.e. jeans, sweaters, shirts, etc...). Students may not wear tank tops or midriff type t-shirts.

6. Medical:
   Students who have a health problem should obtain a document from a physician explaining the problem and an approval for participation in the activity in which the student is involved. A current physical is recommended.