IDAHO STATE UNIVERSITY

**Department of Human Performance and Sport Studies**

**(SAMPLE SYLLABUS, EXAMPLE): PEAC 1136-01: Targit-Fit, CRN #13315**

**FALL 2015-SUMMER 2016**

**Tuesday / Thursday 8:00 to 8:50 AM**

**Reed Gym, Room 237**

**Aug. 24, 2015 to Dec. 18, 2015**

# INSTRUCTOR: Elaine Foster

**OFFICE: Reed Gym, Room 205**

**OFFICE HOURS: By appointment**

**PHONE: (208) 282-3967**

**E-MAIL:** [**davielai@isu.edu**](mailto:davielai@isu.edu)

**MOODLE SITE LOCATION :**

http://elearning.isu.edu/moodle/

[PEAC 1136 - 01: Targit Fit (TM) Conditioning (CRN# 13315)](http://elearning.isu.edu/moodle/course/view.php?id=2462)

**TEXT:**

There will not be a text for this course.

**COURSE DESCRIPTION:**

The TargtiFit course gives students the opportunity to engage in over 115 different weight room simulated exercises while learning about resistance training in a group atmosphere. The focus of the class will be on the learning and understanding of proper technique and exercise progression while emphasizing safety at all times. Students will be guided through various exercises while learning the appropriate muscle functioning during the different exercises. With effort and intensity, the TargitFit class may improve student’s strength, cardiovascular endurance, flexibility, and overall health and well-being.

**COURSE OBJECTIVES:**

1. ACADEMIC OBJECTIVES: To understand the history, philosophy, rules, equipment and strategies of TargitFit:
   1. TargitFit activity definition: Through the use of the TargitFit system, various resistance training exercises will be learned in an effort to enhance the knowledge and understanding of proper resistance training. Classes may be conducted in a group setting or individually through circuit workouts at the instructor’s discretion.
   2. TargitFit history summary: The TragitFit system was created to give participants a real gym feeling. The trainer can be used in many settings including schools and the military. The trainer is also portable and was designed with any fitness level in mind.
   3. TargitFit philosophy summary: Muscular strength and endurance are part of overall fitness and are encouraged to be trained in all people. The TargitFit class embraces this philosophy in an effort to teach and enhance these characteristics in the participants. With effort and intensity, students may improve their muscular strength, endurance, and overall health. Also, the skills learned in the TargitFit class may be transferred to a lifetime of resistance training.
   4. TargitFit rules summary: In an effort to create a safe and educational environment, specific rules must be adhered to throughout the semester. Proper use of equipment, appropriate dress, participation, attendance, and instructor communication are further discussed in this document.
   5. TargitFit equipment summary: The TargitFit trainer is a self-contained resistance training device. By manipulating various parts of the trainer, a variety of exercises may be performed. The TargitFit trainer incorporates the use of elastic bands of various resistances.

Note: As these resistance bands do break down over time, it is imperative to consistently check the bands before beginning to exercise with the trainer.

* 1. TargitFit strategy summary: As the TargitFit system is designed to improve overall strength and endurance, this must be done in an appropriate manner. Through the instructor’s guidance, exercises may be performed at different intensities to accommodate the fitness levels of each student. Proper progression of exercises and intensities will be taught throughout the course. By following the instructor’s guidance, students will appropriately improve their fitness levels. Note: See the attached course outline for general progression information.

1. To learn the fundamentals and progression of technique and skills of TargitFit:
   1. The semester course outline will be followed (and may be adapted) to facilitate proper progression
   2. Muscular anatomy will be discussed
   3. Proper technique will be emphasized and must be adhered to
2. To learn, execute, and demonstrate the fundamentals and progression of resistance training with the TargitFit trainer:
   1. Appropriate demonstration and cues will be used to enhance learning
   2. A midterm skills test will be given
3. To provide individuals with an appropriate atmosphere for learning and activity:
   1. Class rules will be followed. Anyone not adhering to the rules will be asked to leave class and may have a reduction in class points.
4. To appreciate and incorporate the activity for a lifetime:
   1. A midterm skills test will be given
   2. The creation of a 50 minute workout utilizing the TargitFit system will be required
   3. A field trip to the strength training area in the Recreation center will occur towards the end of the semester.

**COURSE REQUIREMENTS:**

1. Attendance is required (see attendance/grading policy).
2. Participation is required (see attendance/grading policy).
3. Students are required to dress appropriately for the class activity (see dress code).
4. Physical Education Assumption of Risk and Release form completion is required **PRIOR** to participation, no exceptions.
5. ***STUDENTS MUST RUN “ASSUMPTION OF RISK AND RELEASE FORM” OFF OF COURSE MOODLE SITE AND BRING IT TO THE FIRST DAY OF CLASS. STUDENTS WILL NOT BE ALLOWED TO PARTICIPATE WITHOUT A RELEASE, AND MAY LOSE PARTICIPATION/ATTENDANCE POINTS.***
6. ***STUDENTS WHO DO NOT ATTEND THE FIRST DAY OF CLASS, TO HEAR THE SYLLABUS LECTURE, MUST RUN “PEAC SYLLABUS STATEMENT OF UNDERSTANDING FORM” OFF OF COURSE MOODLE SITE AND BRING IT TO THE FIRST DAY OF CLASS. STUDENTS WILL NOT BE ALLOWED TO PARTICIPATE WITHOUT A FORM, AND MAY LOSE PARTICIPATION/ATTENDANCE POINTS.***
7. Students must carry a black/orange Bengal card for admission to Campus Recreation Building for courses held in that building.
8. ***ALL EQUIPMENT MUST BE DISINFECTED (SPRAYED DOWN WITH DISINFECTANT) AFTER EACH AND EVERY USE!!!***
9. ***Participation in an assessment is required for the mid-term and for the final.***

**COURSE COMMUNICATION:**

1. All instructor communication for this course will be posted on Moodle (NOT on email), the student is responsible for constantly reviewing the site for communication.
2. All course documents, including syllabus, for this course will be posted on Moodle, the student is responsible for constantly reviewing the site for document review.
3. All electronic communication between the instructor and student will be conducted through Moodle (NOT on Email), the student is responsible for constantly reviewing the site for course instruction (including course location and/or cancellation).

**ATTENDANCE/GRADING POLICY**:

ISU Attendance Policy (Undergraduate Catalog): Students are expected to attend all meetings or classes in which they are registered. Students who do not attend any sessions of a class during the first week, and have not made prior arrangements with the instructor, may be dropped from the class by the instructor to make room for students who are interested in adding the class.

SSPE Dept. Policy:

All attendance will be taken by the instructor on ISU grading sheets. All activity classes will be held through and including dead week. All make-ups, exams, and assignments must be handed to your instructor by the last day of dead week, no exceptions. All instructors grading will be finalized during finals week.

Attendance is mandatory. PEAC policy stipulates there are no “excused” absences. Attendance is required from the day of registration. Classes missed for athletic and other university sponsored activities are still counted as absences. If you feel you have special circumstances, it is the student’s responsibility to discuss them with the instructor AHEAD of time, when at all possible. These will be dealt with on a case-by case basis. It is the student’s responsibility to contact their instructor, **immediately** following any absence via MOODLE, for makeup work, and to determine if their individual instructor may allow it. In the case of emergencies, it is the student’s responsibility to communicate with the instructor by MOODLE **immediately**. Attendance also includes being in class on time and for the entire time that class is held.

\*\*Adding past Add/Drop (student online accessed) Final Date: Students will not be added to class after the final date students are able to add/drop online. Any exception must be approved by the PEAC Coordinator\*\*

\*\*Adding within Add/Drop (student online accessed) Final Date: Students who miss the first day of class, with the syllabus introduction, OR add within the final add/drop date online must sign the “PEAC Syllabus Statement of Understanding” form.

Students may only attend the section they enrolled in, no exceptions. In the event their section conflicts with their schedule, they must drop the class and enroll in a class that works for them.

**16 Week class POINTS**:

**100pts possible**

2.5 Pts per attendance & participation (32 classes = 80 pts)

10 pts for Midterm: Skill Test

10 pts for Final: Workout Creation

**ABSENSES**: Two make up absences will be allowed, which must be completed within 1 week from the day the absence occurred, no exceptions. ***You may make up******the absence :Attending another section of this class by Foster or a specific assignment given in person by instructor***

***ARRIVING LATE OR LEAVING EARLY****: 2.5 points for attendance/participation may not be earned if the student is over 10 minutes late or leaves before the end of class. Tardiness on three occasions will equals a 2.5 point drop in grade.*

**8 Week class POINTS Option:**

**100pts possible**

5.0 pts per attendance & participation (16 classes = 80 pts)

10 pts for Midterm: Written assignment, Written Test, or Skill Assessment Test

10 pts for Final: Written assignment, Final, Project, or Skill Assessment Test

**ABSENSES**: One make up absences will be allowed, which must be completed within 1 week from the day the absence occurred, no exceptions. ***You may make up******the absence :Attending another section of this class by Foster or a specific assignment given in person by instructor***

***ARRIVING LATE OR LEAVING EARLY****: 5.0 points for attendance/participation may not be earned if the student is over 10 minutes late or leaves before the end of class. Three tardies equals a 5.0 point drop in grade.*

**GRADING SCALE (ISU SCALE):**

A 93-100 C+ 78-80 D- 63-65

A- 90-92.9 C 75-77 F 62-below

B+ 87-89 C- 72-74

B 84-86 D+ 69-71

B- 81-83 D 66-68

**DRESS CODE:**

Students are expected and required to dress down and participate each class period. Proper activity attire is required (ie. appropriate/comfortable and modest clothing, proper athletic shoes, and proper safety equipment/eyewear. Baseball caps are NOT allowed in indoor activity classes). Street clothes & street shoes are NOT acceptable attire for activity classes. *Lack of proper activity attire will count as an absence.*

*Continuous respect and courtesy for each student is expected by all. Therefore, NO ELECTRONICS (Example: headphones, cell phones or ipods) are allowed in class. Please turn off ALL ELECTRONICS BEFORE entering the activity or teaching area. Students ignoring or abusing this policy will be asked to leave the activity or teaching area and will be marked absent for the day.*

**POLICIES & PROCEDURES FOR SSPE ACTIVITY COURSES:**

1. Children and/or guests are not allowed in class.
2. Students are encouraged to bring water and remain hydrated during all activity classes.
3. Students are required to adhere to all activity safety rules, issues, and precautions.
4. During poor weather, or instructor illness, classes will be scheduled to meet at the instructor’s discretion. All instructor communication for changes in class site and/or cancellation for this course will be posted on the course site on Moodle ONLY (not email), the student is responsible for constantly reviewing the site for communication.

**RISK ACKNOWLEDGEMENT & RELEASE OF LIABILITY WAIVER:**

Activity technique classes involve inherent risk. With that in mind, all

SSPE activity class students are required to read and sign the “Assumption of Risk and Release” form PRIOR to class participation, NO EXCEPTIONS.

***STUDENTS MUST RUN “ASSUMPTION OF RISK AND RELEASE FORM” OFF OF COURSE MOODLE SITE AND BRING IT TO THE FIRST DAY OF CLASS. STUDENTS WILL NOT BE ALLOWED TO PARTICIPATE WITHOUT A RELEASE, AND MAY LOSE ATTENDANCE POINTS.***

***NOTE: THE FORM MAY BE RUN OFF FROM THE SSPE WEBSITE, LIABILITY***

**REASONABLE ACCOMMODATION FOR STUDENTS WITH DISABILITIES:**

If you have a diagnosed disability or believe that you have a disability that might

require “reasonable accommodation” on the part of the instructor, please call the

Director, Center of Services for Students with Disabilities, 282-3599. As a part of the Americans with Disabilities Act, it is the responsibility of the student to disclose a disability prior to requesting reasonable accommodation.

**SAMPLE OUTLINE: Targit Fit Course SAMPLE Outline**

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**FALL 2015\_MON/WED CLASS**

|  |  |  |  |
| --- | --- | --- | --- |
| **MONTH** | **DAY** | **COURSE TOPIC** | **ASSIGNMENTS** |
| AUG. | 24-M | COURSE OVERVIEW:REVIEW SYLLABUS ACADEMICS AND POLICY/PROCEDURE | WAIVER DUE: REQUIRED FOR PARTICIPATION POINTS |
|  | 26-W |  | INITIAL SKILL ASSESSMENT |
|  | 31-M |  |  |
| SEPT. | 2-W |  | SEPT 4 LAST DAY ADD/  DROP FULL SEM CLASS |
|  | 7-M | LABOR DAY HOLIDAY, NO CLASS HELD | SEPT. 8 TUES LAST DAY  TO ADD/DROP EARLY 8 WEEK CLASSES |
|  | 9-W |  |  |
|  | 14-M |  |  |
|  | 16-W |  |  |
|  | 21-M |  |  |
|  | 23-W |  | SEPT 25 LAST DAY “W”  EARLY 8 WK CLASS |
|  | 28-M |  |  |
|  | 30-W |  |  |
| OCT. | 5-M |  |  |
|  | 7-W |  |  |
|  | 12-M | COLUMBUS DAY-CLASS HELD | OCT 12-16 MIDTERM WEEK, MIDTERM SKILL ASSESSMENT 10 PTS.. |
|  | 14-W | LAST DAY EARLY 8 WEEK |  |
|  | 19-M | LATE 8 WK COURSES BEGIN |  |
|  | 21-W |  | FRI. OCT 23 LAST DAY TO  ADD/DROP LATE 8 WK |
|  | 26-M |  |  |
|  | 28-W |  | OCT 30 LAST DAY “W”  FULL SEM CLASS |
| NOV. | 2-M |  |  |
|  | 4-W |  |  |
|  | 9-M |  |  |
|  | 11-W | VETERANS DAY-CLASS HELD |  |
|  | 16-M |  |  |
|  | 18-W |  | NOV 20 LAST DAY “W”  LATE 8 WK CLASS |
|  | 23-M | FALL RECESS, NO CLASS |  |
|  | 25-W | FALL RECESS, NO CLASS |  |
|  | 30-M |  |  |
| DEC. | 2-W |  |  |
|  | 7-M | DEAD WEEK, CLASS HELD | PEAC FINAL WEEK, FINAL SKILL ASSESSMENT, 10 PTS |
|  | 9-W | DEAD WEEK, CLASS HELD | PEAC FINAL WEEK, FINAL SKILL ASSESSMENT, 10 PTS |
| DEC | 14-18 | FINALS WEEK, NO CLASS | GRADES SUBMITTED FOR ALL PEAC CLASSES |

MON/WED CLASS SCHEDULE

1. FULL SEMESTER CLASSES: ATTEND 29 TIMES, EACH CLASS 2.76 ATTENDANCE POINTS=72.5 POINTS. MIDTERM 10 POINTS, FINAL 10 POINTS, TOTAL 100
2. EARLY 8 WEEK CLASSES: ATTEND 15 TIMES, EACH CLASS 5.34 ATTENDANCE POINTS. MIDTERM 10 POINTS, FINAL 10 POINTS, TOTAL 100
3. LATE 8 WEEK CLASSES: ATTEND 14 TIMES, EACH CLASS 5.72 ATTENDANCE POINTS MIDTERM 10 POINTS, FINAL 10 POINTS, TOTAL 100

5/14/15 pp