



EMORY | OXFORD  
COLLEGE

### **CIRCUIT AND PLYOMETRIC TRAINING-FALL 2014**

Instructor: Ella O'Kelley

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Class Meeting Time: Mon/Wed/Fri., 2:30-3:20pm, Weight Room

Office Hours: Mon-Thurs by appointment

#### **COURSE DESCRIPTION:**

A basic health course using a variety of physical activities to experience and practice the principles of fitness related to cardiovascular conditioning, muscular strength and resistance, and plyometric training.

#### **COURSE OBJECTIVE:**

As a result of this course, the student will be able to:

1. Identify various types of exercises and how it impacts the muscles in the body and/or cardiovascular system.
2. Gain an appreciation for proper form and identify improper mechanics.
3. Demonstrate the basic knowledge to write an effective workout plan.
4. Understand how to properly use weight equipment or their body as weight.
5. Improve physical fitness and health level.

#### **ATTENDANCE POLICY:**

In accordance with the Oxford College of Emory University academic rules and policies.

- **A student may not miss more than three (3) classes without penalty. If you miss more than three (3) consecutive days it is my responsibility to report your name to the Office of Academic Services. (Religious holidays approved by the college may be observed without penalty but I must be informed of your intention to do so in writing and in advance of the holiday).**
- **There are no excused absences in this class. If you have to miss a class due to unusual circumstances (serious illness/emergencies), you must communicate your reasons to me prior to the absence via email or voice message; if that is impossible, you must communicate with me as soon as you are able. Unusual circumstances may warrant MAKE UP work by my discretion. I will consider 1) validity of absences; 2) medical documentation 3) scheduled appointment to present record of missed classes and your justification.**
- **After three (3) days of absences I will impose a 5% reduction of your final grade for each following absences. Nine (9) absences will result in an automatic final grade of "F."**

- **Attendance will be taken at the beginning of each class.** Students will be required personally to certify their attendance via either a roll call or a sign-in sheet *during each class*, at the instructor’s discretion. It is the student’s responsibility to ensure that he or she is in the classroom to answer any roll call and to ensure that any attendance sheet is signed. Students will not be allowed to answer or sign-in after class.

**CLASS PREPAREDNESS AND PARTICIPATION:**

- ***Regular and punctual class attendance is mandatory.*** Tardiness or early departure may result in a student being counted as absent for that class, and the instructor reserves the right to lock the classroom doors or reject a student once class has begun to avoid disruptions. **Any student who is unprepared but physically present will be counted as absent.**
- **No late work will be accepted.**
- **I will maintain a Blackboard website for the course. *You are responsible for checking the Blackboard sufficiently in advance of each class to make sure you have covered all of the assigned materials, as well as for any announcements about the course.***

**GRADING:**

Your grade will be determined by individual workouts worth **300** total points of final grade, performance tests worth **150** total points of final grade, one (1) midterm examination worth **125** points of final grade, and one (1) final examination worth **125** points of your final grade. The examinations may consist of multiple choice questions, essay questions, a physical performance test or any combination thereof. Additionally students may earn a total of **300** points for their final grade if they do not miss any class or do not miss more than three (3) classes, and actively participates in class activities. I have the discretion to adjust your grade up or down based on class participation, i.e. preparedness, motivation, attitude etc...

Grading Scale:

1000-920 = A	780-799 = C+
900-919 = A-	720-779 = C
880-899 = B+	700-719 = C-
820-879 = B	600-699 = D
800-819 = B-	< 599 = F

**THE OXFORD STUDENT HONOR CODE:**

I expect that you will have read the Honor Code and that you will abide by its dictates. Whenever you take a written test or skills test for this class, you are under dictates of the Honor Code. Please see <http://www.college.emory.edu/students/honor.html>. If you have any questions regarding my expectations, do not hesitate to ask. Ignorance will not be an acceptable plea.

**ASSIGNMENTS:**

Following is a tentative schedule of the topics I expect to cover. ***This schedule, however, is subject to change or modification at any time at my discretion.*** I will announce any changes or modifications as necessary and, when appropriate, will distribute a revised syllabus (or portions thereof). ***Please check the Blackboard sufficiently in advance of each class to make sure you have covered all of the assigned materials, as well as for any announcements about the course.***

Week 1 (August 27<sup>th</sup>-29<sup>th</sup>, 2014):

Course Overview & Introduction

*Objective: Understand the various practical methods of training to increase health and fitness levels.*

**Homework – TBA**

Week 2 (Sept. 1<sup>st</sup>-3<sup>rd</sup>-5<sup>th</sup>, 2014):

**\*No class Labor Day Sept. 1**

Overview of basic specific exercises and muscles worked

***Performance Testing – (50 points)***

*Objective: Students will be introduced to basic motor skills exercises and demonstrate their skill by completing a performance test.*

**Homework: TBA**

Week 3 (Sept. 8<sup>th</sup>-10<sup>th</sup>-12<sup>th</sup>, 2014):

Introduction to equipment (weights, accessories etc.)

*Objective: Students will gain a basic knowledge of weight equipment and body weight used in circuit and plyometric training.*

**Homework: TBA**

Week 4 (Sept. 15<sup>th</sup>-17<sup>th</sup>-19<sup>th</sup>, 2014):

Proper Form

*Objective: Students will learn injury prevention, self-assessment strategies and spotting for application during their exercise routines.*

Week 5 (Sept. 22<sup>nd</sup>-24<sup>th</sup>-26<sup>th</sup>, 2014):

Proper Form and recovery

*Objective: Students will learn injury prevention, self-assessment strategies and spotting for application during their exercise routines.*

Week 6 (Sept 29<sup>th</sup>- Oct. 1<sup>st</sup>-3<sup>rd</sup>, 2014):

Proper Form, recovery and combination training

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*Objective: Students will learn injury prevention, self-assessment strategies and spotting for application during their exercise routines.*

Week 7 (Oct. 6<sup>th</sup>-8<sup>th</sup>-10<sup>th</sup>, 2014):

**Midterm: (125 points)**

*Objective: Students will demonstrate their basic knowledge and understanding of Circuit and Plyometric Training by applying their knowledge in a written mini workout plan and demonstration.*

Week 8 (Oct. 13<sup>th</sup>-15<sup>th</sup>-17<sup>th</sup>, 2014):

**\*Fall break Oct. 13<sup>th</sup>-14<sup>th</sup>**

**Midterm review and group discussions**

*Objective: Students will thoroughly discuss and review the concepts learned up to date.*

**Homework: TBA**

Week 9 (Oct. 20<sup>th</sup>-22<sup>nd</sup>-24<sup>th</sup>, 2014):

Overview of intermediate specific exercises and muscles worked

**Performance Testing –(50 points)**

*Objective: Students will be introduced to intermediate motor skills exercises and demonstrate their skill by completing a performance test.*

**Homework: TBA**

Week 10 (Oct. 27<sup>th</sup>-29<sup>th</sup>-31<sup>st</sup>, 2014):

Overview of intermediate specific exercises and the muscles worked

*Objective: Students will be introduced to intermediate motor skills exercises and demonstrate their skill by completing a performance test.*

Week 11 (Nov. 3<sup>rd</sup>-5<sup>th</sup>-7<sup>th</sup>, 2014):

Perform assigned workout regimen **(75 points)**

*Objective: Students will gain practical experience by applying learned knowledge, skills and abilities to a full workout to improve their overall health and/or strength.*

Session 12 (Nov. 10<sup>th</sup>-12<sup>th</sup>-14<sup>th</sup>, 2014):

Perform assigned workout regimen **(75 points)**

*Objective: Students will gain practical experience by applying learned knowledge, skills and abilities to a full workout to improve their overall health and/or strength.*

Week 13 (Nov. 17<sup>th</sup>-19<sup>th</sup>-21<sup>st</sup>, 2014):

Overview of advanced specific exercises and the muscles worked

**Performance Testing (50 points)**

*Objective: Students will learn various exercises that require a higher level of skill knowledge*

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### Week 14 (Nov. 24<sup>th</sup>-26<sup>th</sup>-28<sup>th</sup>, 2014):

Overview of advanced specific exercises and the muscles worked

Perform assigned workout regimen **(75 points)**

*Objective: Students will gain practical experience by applying learned knowledge, skills and abilities to a full workout to improve their overall health and/or strength.*

### Week 15 (Dec. 1<sup>st</sup>-3<sup>rd</sup>-5<sup>th</sup>, 2014):

Perform assigned workout regimen **(75 points)**

*Objective: Students will gain practical experience by applying learned knowledge, skills and abilities to a full workout to improve their overall health and/or strength.*

### Week 16 (Dec 8<sup>th</sup>, 2014):

**Final Exam (125 points)**

**TBD**