San Diego State University  
Department of Exercise and Nutritional Sciences  
ENS 138 Functional Fitness Training  
1.0 Unit  
Fall 2016  
ARC EXPRESS – ASU Room 360  
Monday/Wednesday 11:00-11:50am

Instructor: Antonio Brito  
Contact: Brito.a@icloud.com  619-838-8935  
Office Hours: By Appointment

Course Prerequisites
Aztec Recreation membership is required.

Course Registration Process and Registration Fee Payment:

- Registration for the ENS credit class is completed on SDSU WebPortal (see more information under Student Add Policy for WebPortal).
- Courses located in Aztec Recreation Center (ARC), ARC Express and Aquaplex require an Aztec Recreation membership that may be purchased in person at each location during operating hours. Refer to class description at arc.sdsu.edu/ensclasses or your instructor to confirm membership requirement.
- The course registration fee payment is required for all registered students taking for credit or non-credit (if applicable).
- Course registration fee payment must be made within one week after the student drop date through Aztec Recreation (AR) at the Aztec Recreation Center, Aztec Aquaplex, Aztec Lanes, ARC Express or online at arc.sdsu.edu. The registration fee may ONLY be paid through one of these AR locations or website and is NOT included with university billing for tuition and lab fees.
- Students that have not paid fee directly to Aztec Recreation by the deadline will not be permitted to continue participation until payment is made. Please provide copy of your receipt to instructor to verify payment.
- A student’s space in class is not guaranteed until registration fee and membership (if applicable) are paid.

Important Dates to Remember:

8/29/16  First Day of Classes  
9/5/16   Labor Day – No Class  
9/12/16  Student Add/Drop Deadline  
9/19/16  Deadline to pay registration fee at Aztec Recreation or arc.sdsu.edu
Course Materials


Purpose

To expose students to a variety of functional fitness modalities that are common at most gyms.

Course Description

This course provides students with the theoretical concepts, basic skills, and knowledge necessary to participate in Functional Fitness Training. There will be both lectures and activities on a variety of topics concerning the development of individualized training programs that enhance or develop muscular strength, endurance, power, and flexibility based on the principles of Functional Fitness Training.

Learning Outcomes

By the end of the semester, the student should be able to demonstrate the following skills and knowledge through in-class demonstration and examination:

1) Demonstrate the acquisition and application of motor skills for functional fitness training.
2) Demonstrate understanding of the applicable history, rules, strategies, current research, safety and etiquette for functional fitness training.
3) Identify appropriate conditioning methods and equipment needs for functional fitness training.
4) Show improvement of fitness level from participation in class.

School of ENS/Aztec Recreation Learning Goals and Objectives

1) Demonstrate a positive change in personal fitness and wellness.
2) Demonstrate skills and knowledge necessary to participate in the course-specific activity.
3) Demonstrate an understanding of the course-specific activity as it relates to health for overall wellness and student success.

Assessment & Grading

Course assignments will consist of questions and tasks based on the textbook, class handouts, and material covered in class. Assignments will cover essential concepts, and you may use class notes, handouts, text, and/or other resources to complete them.

A practical exam will be administered during the last week of class. Each student will complete a skills test assessing his/her ability to perform and teach skills.

Grading Criteria:

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<th>Evaluation Areas</th>
<th>Points</th>
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<tr>
<td>Daily Participation</td>
<td>100 points</td>
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<tr>
<td>Assignments</td>
<td>50 points</td>
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<td>Practical</td>
<td>50 points</td>
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<td>Total</td>
<td>200 points</td>
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Grading Scale:

- 90-100%   A
- 80-89%    B
- 70-79%   C or Credit
- 60-69%    D or No Credit
- <60%      F or No Credit

Incomplete (I): If portion of the coursework has not been completed and evaluated due to unforeseen, but fully justified reasons, there is a possibility of earning credit. This grading option will be used when a student unable to complete practical requirements for the course due to illness, injury, or emergency situation. The missed assignments will typically made up the in the following semester but no later than one calendar year immediately following the end of the term in which the incomplete grade is assigned.

Withdrawal Unauthorized (WU): This indicates you enrolled in the course, did not withdraw from the course but failed to complete the requirements. It is typically used when a student stops coming to class and therefore misses a significant number of assignments, course activities, or both.

**Expectations and Class Policies**

**Daily Participation:**

This class is designed to provide students with a mix of theoretical concepts and practical experience. You will be expected to participate in each day’s activities since the best way for you to develop practical knowledge is to experience the movements. Your participation is critical.

Participation points may be deducted if the following are not adhered to:

- Wear proper attire (active wear allowing freedom of movement, socks and closed toed athletic shoes)
- Be on time for class and stay for the entire class
- Be physically engaged in activity demonstrating sincere effort for all tasks
- Demonstrate respectful behavior at all times and be supportive of your classmates
- Cell phones must be turned off and put away during class
- No food or beverages other than water in closed container

**Absence Policy:**

- Attendance is required every class period.
- Students will be given two unexcused absences for class that meets 2 times/week without being penalized and that do not need to be made up.
- If a student misses more than maximum unexcused absence(s), they will need to complete a make-up or bonus assignment, if available, from the instructor to make up points.
- Absences due to illness, which is documented by the University Health Center or from a personal physician, will not be penalized and these absences will be considered excused. If you are sick (contagious, running a fever) or you have injured yourself (rolled your ankle, twisted your knee) and are unable to attend but have not gone to the doctor, you need to contact the instructor to confirm an excused absence. Instructor may require documentation. Students should notify the instructor of any injury or long-term medical condition as soon as possible.
- Students need to notify the instructor regarding absences that will occur during the semester due to religious observances or university sponsored activities. Students will not be penalized for these absences and they will be excused if instructor is notified in advance.
- If you know you have a demanding schedule and are likely to have a spotty attendance record for this class, please consider taking the class for credit/no credit grading or for non-credit (if applicable).
Assignments:

- All assignments are due in class on designated submission date given in syllabus or by instructor.
- Failure to submit assignments on time will result in a daily penalty of 10% with no credit awarded for the assignment after one week past due unless previously arranged.
- Complete all work independently unless it is a group assigned project.

Other Policies:

- All students in credit classes are expected to adhere to university and Aztec Recreation policies and conduct standards.
- If student is injured during class, immediate notification of instructor is required.

Student Add Policy for WebPortal

- Students can register for open course sections from their registration assignment time through the fifth day of classes.
- If a course selection is full, students can join the wait list for a course section on their registration date and time through the tenth day of classes.
- Students must join the wait list for all course sections beginning on the sixth day of classes through the tenth day of classes even if there are available seats.
- Faculty/Instructors must add seats to their course sections in order for students to be added from the wait list.
- Course Registration fee payment is required to participate in this course and must be made directly to Aztec Recreation after registration completed in WebPortal and before fee deadline, which is one week after student drop date.

Students with Disabilities

If you have a documented disability and anticipate needing accommodations in this course, please make arrangements to meet with me soon. Please request that the Counselor for Students with Disabilities send a letter verifying your disability. You will receive the appropriate accommodations from the day that you provide me with the necessary documentation. Course accommodations will not be applied retroactively (e.g. after an exam).

Academic Integrity

All work submitted in this course must be your own and produced exclusively for this course. The use of sources (ideas, quotations, and paraphrases) must be properly acknowledged and documented. If in doubt, you are encouraged to review guidelines for the proper use of sources. (e.g. [http://www.hamilton.edu/resource/wc/usingsources.html](http://www.hamilton.edu/resource/wc/usingsources.html)), as well as university guidelines, including definition and policy, regarding cheating and plagiarism [http://its.sdsu.edu/resources/turnitin/pdf/Plagiarism_AcadSen.pdf](http://its.sdsu.edu/resources/turnitin/pdf/Plagiarism_AcadSen.pdf).

Course Outline

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