COURSE DESCRIPTION:
A self-paced course designed for students with advanced fitness level. Individual workouts are performed 2x per week on non-consecutive days and must include combinations of cardiovascular endurance, muscular strength exercises, core and stretching. Students must submit workout details in Courseworks for review by the instructor. There will be three touch points throughout the semester where the instructor will go over specific skills for enhanced training including overload principle, muscle confusion and heart rate checks (day and time TBD). Students must have previous knowledge and functional skills in the use of cardio and strength training equipment. Pre-test required. Requires self-motivation and focus.

STUDENT LEARNING OBJECTIVES:
● Perform appropriate warm up and cool down exercises.
● Demonstrate cardiovascular exercises for increased endurance.
● Demonstrate strength training exercises for increased strength/endurance.
● Demonstrate safety, set-up and care of all equipment.

COURSE REQUIREMENTS:
● Students must workout a minimum of 60 minutes, two times per week, on non-consecutive days. Note: the student’s goal will dictate the length of each workout and if more than two workouts per week is necessary.
● A “week” is considered Monday - Sunday.
● Workouts must be completed in Barnard Fitness Center or Dodge Fitness Center.
● Track workouts via app of choice and submit a screenshot or submit written details of the workout into the class Courseworks page under “Assignments”. Written reflections may be included for instructor viewing and self documentation.
● Students must accumulate at least 18 points to pass the course.
● Each workout session equals 1 point.
● Students receive up to 2 points per week.
● Students must participate in at least two touchpoint sessions with the instructor. A variety of days and times will be offered.
● Complete a pre-test of 1 mile completed in 10 minutes or less.
● Complete a pre-class survey of fitness experience.
● Complete in a post-test workout with the instructor.
● Students must follow the Barnard College Honor Code.
● Students registered with CARDS are highly encouraged to meet with me to discuss accommodations.

COURSE INFORMATION
● Wear appropriate athletic clothing.
● Fitness shoes are essential. Foot, ankle, and knee pain are often a sign that you need a new pair of athletic shoes.
● Warm up and cool down before and after workout.
● Stay hydrated before and after workout, and even during if necessary.
● Eat enough and allow time for digestion before your workout.

COURSE GRADING AND ATTENDANCE POLICY:
● This course is based on the Honor Code.
● Grading in Physical Education is Pass/Fail based on attendance and participation. Failure to adhere to the attendance policy will result in a grade of F.
● Attendance and participation is based on submitting workouts on Courseworks and attendance in touchpoint sessions.
● Any late submission or lack of submission is considered an absence.
● It is the student’s responsibility to keep track of runs/workouts.
● In order to participate in a course, students must be officially registered.

STATMENTS
● BARNARD COLLEGE WELLNESS STATEMENT: It is important for undergraduates to recognize and identify the different pressures, burdens, and stressors you may be facing, whether personal, emotional, physical, financial, mental, or academic. We as a community urge you to make yourself—your own health, sanity, and wellness—your priority throughout this term and your career here. Sleep, exercise, and eating well can all be a part of a healthy regimen to cope with stress. Resources exist to support you in several sectors of your life, and we encourage you to make use of them.
● BARNARD COLLEGE HONOR CODE: We, the students of Barnard College, resolve to uphold the honor of the College by engaging with integrity in all of our academic pursuits. We affirm that academic integrity is the honorable creation and presentation of our own work. We acknowledge that it is our responsibility to seek clarification of proper forms of collaboration and use of academic resources in all assignments or exams. We consider academic integrity to include the proper use and care for all print, electronic, or other academic resources. We will respect the rights of others to engage in pursuit of learning in order to uphold our commitment to honor. We pledge to do all that is in our power to create a spirit of honesty and honor for its own sake.
● CENTER FOR ACCESSIBILITY RESOURCES AND DISABILITY SERVICES (CARDS) STATEMENT: If you believe you may encounter barriers to the academic environment due to a documented disability or emerging health challenges, please feel free to contact me and/or the Center for Accessibility Resources & Disability Services (CARDS). Any student with approved academic accommodations is encouraged to contact me during office hours or via email. If you have questions regarding registering a disability or receiving accommodations for the semester, please contact CARDS at (212) 854-4634, cards@barnard.edu, or learn more at barnard.edu/disabilityservices. CARDS is located in 101 Altschul Hall.