

Bodyweight Training

PHED 1520



COURSE DESCRIPTION:

A fitness course to build full-body strength and endurance. No equipment is required. All moves will be done only using body weight with focus on proper form. Includes squats, lunges, pushups and other basic body weight conditioning for the lower body, upper body, and core. This course is designed for all fitness levels with variations offered to increase and decrease the challenge.

COURSE SUMMARY

It is known that sufficient levels of physical fitness are correlated with a higher quality of life and help prevent many chronic diseases. Increased physical fitness is also linked to improved mental health, better mood, and higher cognitive function. The COVID-19 pandemic has quarantined everyone to their homes, making it harder to exercise on a consistent basis. *Bodyweight Training*, which is exercise using the weight of one's body, improves muscular strength, muscular endurance, cardiorespiratory fitness, balance, and flexibility. Students will learn how to exercise at home with no equipment and little space to increase their fitness level. Advantages of this type of training is that no equipment is required and all muscle groups are worked in a functional manner. This course is designed to provide instruction on form, variations to increase or decrease challenge, and motivation for all students to reach their desired fitness level in the comfort of their own home.

STUDENT LEARNING OUTCOMES

- Demonstrate proper form for effective bodyweight exercises.
- Perform warm up and cool down exercises and stretches.
- Explore modes of fitness to put together a full-body workout routine.
- Demonstrate safe exercise guidelines.

COURSE REQUIREMENTS

- Attend Zoom classes dressed and ready to participate on time.
- The video function must be ENABLED for the duration of class. Ensure your WiFi connection will support this.
- Attendance is taken via the chat function **both at the start and at the end** of class.
- Dress properly in workout wear. If you are not dressed to move, you will not be permitted to take class, resulting in an absence. Athletic footwear is highly suggested.
- Have enough space to safely participate in exercise. A mat or towel is highly recommended.
- Follow the Grading and Attendance Policy for Physical Education. This course is Pass/Fail.
- There are 24 class sessions. You must attend a minimum of 18 class sessions to pass the course. You are allowed 6 absences without penalty.
- Students must follow the Barnard College Honor Code.
- Students must complete the *PE Info Waiver* sent via Google form during the first week of the course.
- Students registered with CARDS are highly encouraged to meet with me to discuss accommodations.

GRADING AND ATTENDANCE

- Grading in Physical Education is Pass/Fail based on **attendance** and **participation**. The grading policy

applies to all students enrolled in a course whether required or optional. Failure to adhere to the attendance policy will result in a grade of F.

- To be counted as present at a class meeting, you are required to participate fully in all exercises and activities for the entire duration of that meeting.
- Each student is allowed six (6) absences without penalty. These include absences for any reason, including illness, poor WiFi connection, and religious absences.
- No one is admitted more than 5 minutes late to class.
- You must participate in the entire class to receive credit for that class.
- It is the student's responsibility to keep track of personal class attendance.
- In order to participate in a course, students must be officially registered.

COURSE ETIQUETTE:

- Have your Zoom name match your registered name for attendance purposes.
- Ensure your video is on and the camera is placed in such a way that the instructor can see your entire body.
- PE classes will NOT be recorded. Students may NOT record any sessions or part of sessions either of the instructor or of other students.
- Mute your microphone unless speaking to avoid disruptive background noise.
- Registration is required to participate in this course. No outside visitors are permitted to attend class.

STATEMENTS

- **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.