

THE UNIVERSITY OF TEXAS AT TYLER

Syllabus for Health Related Fitness Activities—Agility & Conditioning

KINE-1201-005

Monday & Wednesday

9:00-9:50 am

Fall 2009

<u>Course Description:</u>	This course will help the student understand the emphasis of certain types of training specific to agility and whole body conditioning and fitness. They will learn the concepts of speed training, change of direction, explosive training, reaction training, and plyometric training; along with balance and core strength. While learning, this they will understand the neurological and physiological components of this type of training for individuals of all fitness levels.
<u>Class Location:</u>	HPC—Aerobic Studio
<u>Credit Hours:</u>	2 Semester Hour
<u>Instructor:</u>	Kristee Phelps
<u>Office:</u>	HPE 210C
<u>Contact Information:</u>	Office: (903) 565-5603 E-mail: kphelps@uttyler.edu
<u>Dress:</u>	Always wear attire for physical fitness!!!
<u>Equipment:</u>	Equipment will be on site for you.
<u>Textbook:</u>	No textbook required.

Course Objectives

The purpose of the course is to offer the student the opportunity to:

1. learn the general training components of agility, quickness, and conditioning.
2. have a better understanding of agility and conditioning for better overall human performance.
3. enjoy the benefits of fitness.

Attendance/Participation Policy

You will be expected to attend class. We will be participating in activity everyday in class. So if you are not there, you will not have a grade for participation. You are allowed two free days to miss without explanation. After those two days, your grade will be deducted for every day that you miss participation.

Assumption of Risk

There are many special benefits from activities that are afforded to students by the Kinesiology and Exercise Science Department. Within the activities, it must be understood that there are dangers that may lead to injury of students. Therefore, the purpose of this section is to make all students aware that **dangers** do exist and that participation is done with the understanding that risks are involved.

It is to be further understood that students must share in the responsibility for their own safety and the safety of others. Students participating in the Kinesiology and Exercise Science program could mildly, moderately, or severely injure their anatomy in one or several of the following areas; muscles, tendons, ligaments, bones, skin, teeth, and any of the vital organs. Catastrophic injuries, death and/or permanent paralysis may occur during participation. There is not an absolute preventative against any of the above-mentioned possibilities for injury.

Grading Policy

Attendance 25%

Being present to class will allow you to attain this percentage of your grade. You will be allowed two absents without question. If you want an absence excused, I need a fair warning prior to the absence. (School functions, doctor's appointments, etc...) Some of our activities are based on the number of people that are in the class.

Participation 25%

You must be present to participate. When we start learning in the gym or fitness center, there will be many activities that will be new to us. Have a good attitude and take a chance. Be out going and don't be afraid to talk and ask questions. This is the easy part of the class—HAVE FUN!!! This is also when attendance will pay off in your final grade.

25% Written Assignments

These assignments will help in understanding proper training testing and program design specific for agility and other forms of conditioning. These will be helpful for your final project presentation. We will discuss these later in the course.

25 % Project

You will teach a class to your classmates, with your own ideas and components that improve agility and quickness, as well as overall fitness. I will assist in your project to present to the class. We will discuss this later in the course.

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Instructions: After reading the syllabus, complete the following by printing and signing your name. Then, complete the date and turn in this portion of the syllabus at the beginning of the next class.

I, _____, have read and understand the entire syllabus as stated above.

Student Signature: _____

Date: _____