

Berrien Springs Partnership Lab Syllabus and Instructor Qualifications

LABS (CLASSES) ARE PROVIDED AS AN EDUCATIONAL SOURCE FOR PBL (PROJECT BASED LEARNING)

COMMUNITY CLASS TITLE: Teen Strength/Conditioning Fitness

GRADE OR AGE LEVELS: 13+

FORMAT: IN-PERSON ONLINE DAY AND FLEXIBLE

TIME OF THE WEEK: Tuesday/Thursday @ 4pm-5pm

TOTAL REQUIRED HRS: 18 hours POSSIBLE HRS OFFERED (to choose from): 36 hours

TOTAL SEMESTER HOURS POSSIBLE: 36 hours

LOCATION: 102 N. Mechanic St. Berrien Springs, MI 49103

INSTRUCTOR: Rosanne Ornopia

CONTACT INFORMATION: phone: 269-815-0115 email: liferxfit@gmail.com website: <https://www.liferx.fit>

ADDITIONAL REGISTRATION AT SITE REQUIRED? YES

IF YES, INSTRUCTIONS FOR REGISTRATION: Registration must be completed in-house. Contact us to schedule an appointment or schedule an appointment through our website by clicking "Free Consultation".

INSTRUCTOR QUALIFICATIONS (may attach a separate page if necessary):

B.S. Exercise Science/USA Weightlifting Certified/CrossFit Level 1 Coach/Active Life Professional Certified/Personal Trainer

COURSE DESCRIPTION (OVERVIEW):

The objective of Teen Strength/Conditioning is to introduce all attendees to General Physical Preparedness (GPP) training which helps each student improve strength, speed, endurance, flexibility, structure and some skills. This class does not cover any Specific Physical Preparation (SPP), but will lay the groundwork for it.

SYLLABUS/OUTLINE: WEEKLY BREAKDOWN OF PROJECT-BASED LEARNING LAB ACTIVITIES

Aug. 31, 2023 @ 4pm- Movement Screen Assessment/new student registration (all students must attend)

Jan. 18, 2023 @ 4pm-Last Day of Class

Week 1 (Sep 5-7): Class Begins

September Lesson: "Front Squat"

October Lesson: "Pull-ups"

November Lesson: "Deadlifts"

December-January Lesson: "Front Squat/Pull-ups/Deadlifts"

COURSE OBJECTIVES AND APPROXIMATE TARGET DATES:

Each month we will focus on performing and hopefully "perfecting" the form of each movement. At the end of each month, each student will be tested on that movement. For the last 2 months of the semester, we will review all the movements from the semester and retest to note any improvements.

