

Department of Health and Human Performance

ACTivity Class Syllabus

Course: CFM Crossfit - HHP 172 - 01
Location: CrossFit Emergence
1200 Shakespeare St., Suite C
Missoula, Montana 59802

Days and class time: Minimum class attendance is 22 hours in accordance with Crossfit schedule of classes. Students will be able to come to any of our regular classes, starting at 5:30am until 10:30am, and 4:15pm until 7:15pm, MTWF.

Instructor: David Johns
Owner/Lead Trainer
(406) 531-1712
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Overview: This is an introduction to CrossFit, and focuses on teaching proper mechanics and setup of functional movements to students

Objectives: **Learn** the proper setup and mechanics of functional movement
Develop baseline level of fitness that you may further pursue at the conclusion of the semester
Have fun and become a part of a friendly and supportive community

Requirements (attire, equipment, etc.):

Attire: Come to every class prepared to workout (gym clothes and closed toed shoes. Students unable to participate due to inappropriate attire will not receive credit for that hour.

Equipment Needed: Water bottle

Grading/Attendance: A minimum of 22 hours of attendance and participation during the semester is required by each registered student in order to receive a grade of "CR" (credit) in accordance with the Independent Contractor's menu schedule of classes. Any registered student that does not participate in the minimum 22 hours of class during the semester will receive a grade of "NCR" (no-credit).

1. Fall 2013 hours must be attended between Monday, August 26th & Friday, December 6th
2. Spring 2014 hours must be attended between Monday, January 27th & Friday, May 9th

Punctual attendance and appropriate attire is required of all students. Students are required to be dressed out and ready to participate at the beginning of class, and participate for the duration of the class. Any student that is unable to participate for the duration of the class due to late arrival, early exit, or inappropriate attire will be marked absent for that hour. Students should plan accordingly to meet these requirements. ACTivity Class Instructors have the independent authority to allow their **entire class** no more than 5 minutes of flexibility at the beginning OR at the end of class, depending on the course constraints.

Each registered student voluntarily and knowingly assumes the risks inherent to the activity in which they are participating. If a student experiences a significant event (for example, a **documented extended** illness, major injury, or the death of an immediate family member) the ACTivity Class Director will work with the student to complete a “Petition to Extend Allowed Absences” or assist with class withdrawal. Students should consult their instructor immediately if they have special needs related to their attendance. **Petitions to Extend Allowed Absences are not permitted after the last instructional day prior to finals week**, and are available from ACTivity Class Instructors, McGill Hall 117, or the HHP website at:

http://coehs.umt.edu/departments/hhp/activity_classes/petition/default.php

In case of minor illnesses or other unexpected events that may take place throughout the semester, it is strongly recommended that students plan ahead in order to achieve their 22-hour minimum of attendance and participation early in the semester. Failing to participate in the minimum 22 hours of class during the semester will result in a grade of “NCR” (No-Credit). Due to the large number of ACTivity Classes and limited facility availability **we do not offer make-up classes or other alternatives to making up for missed hours (papers, reports, etc.).**

If a student receives a grade of “NCR” (No-Credit):

1. That grade is not calculated into the student’s GPA
2. The student will not earn the one credit for which they’re registered. This may create...
 - a. financial aid issues or other consequences associated with not receiving credit for a course
 - b. graduation issues associated with not receiving credit for a course; meaning the student will not graduate

Accommodations: The University of Montana assures equal access to instruction through collaboration between students with disabilities, instructors, and Disability Services for Students (DSS). If a student thinks he/she may have a disability adversely affecting their ACTivity Class participation or attendance, the student should contact DSS in Lommasson 154. The H²PAC Program may be able to work with the student and DSS to provide an appropriate accommodation. A student needing an accommodation for another reason should immediately notify the ACTivity Class Director; hence options for an accommodation that will not substantially alter the fundamental objectives of the course can be explored.

Any student requesting ACTivity Class accommodations for a religious observance should provide the ACTivity Class Director with a written request to consider a reasonable modification for that observance by the end of the second week of the ACTivity Class. If the Department of Health and Human Performance and the student cannot agree on a reasonable accommodation, the student may file a complaint with the Office of Equal Opportunity and Affirmative Action/Title IX Coordinator at 243-5710; www.umt.edu/eo

Safety: Let the CrossFit staff know if you have any preexisting injuries or if you’re pregnant. Immediately report any in-class injuries. It is very important to listen to and follow all of the safety procedures you are taught in your class.

Semester schedule:

Week 1: Introduction – Grading Policy, syllabus, class rules
Weeks 2—15: Meet the 22 hour minimum of participation and attendance

This schedule may be modified to fit the unique qualities of this class!