

CASPER COLLEGE COURSE SYLLABUS  
PEAC 1680 01 - Extreme Fitness

**Semester/Year: Fall 2015**

**Lecture Hours: 1**

**Lab Hours: 1**

**Credit Hours: 1**

**Class Time: 8:00-8:50**

**Days:Tues**

**Room: T-Bird Gym**

**Instructors Name: Bill Bohman**

**Instructor's Contact**

**Office Phone:**

**Email:**

**Information:** Bill Bohman

307-258-3442

wbohman@cityofcasperwy.com

**Office Hours: none**

**Course Description:** This course is designed to give students an understanding of the importance of physical fitness, cardiovascular conditioning, muscular strength, muscular endurance and flexibility, and its relevance to the fire service.

**Statement of Prerequisites:** None

**Goal:** To learn healthy life habits and set personal fitness goals

**Outcomes:** Describe the value of personal, civic, and social responsibilities.

**Course Objectives:** This class REQUIRES full participation and will be graded as such. I want you to learn how both your body and your mind react to the workouts that you will go through. To get full credit you will have to participate in classes, fitness assessments and the firefighter combat challenge. You will also be required to do the following

- Create a fitness baseline.
- Learn about fitness and nutrition
- Participate in group fitness activities
- Complete the combat challenge course
- Improve your fitness baseline
- Create your own healthier lifestyle

**Methodology:** We will use different exercise methodologies using a hands-on approach as well as lectures and handouts.

**Evaluation Criteria:** You will be graded on three things. It will be broken down into 3 criteria's

50% -Participation ( I allow 2 unexcused absences before it affects your grade)

25% - Fitness Assessments

25% - Combat Challenge ( we will schedule a Saturday for this )

**Casper College may collect samples of student work demonstrating achievement of the above outcomes. Any personally identifying information will be removed from student work.**

**Required Text, Readings, and Materials:**

The only required equipment for this class is clean and decent shoes, and comfortable workout attire.

**Class Policies: Last Date to Change to Audit Status or to Withdraw with a W Grade:**

November 12<sup>th</sup> is the last day to fully withdrawal. Because physical fitness is all about repetition, full participation is required. As noted above, I allow 2 unexcused absences before your grade is affected. (If you have to miss a class please let me know) If you have to miss a class, I will assign you a workout to perform outside of this class. You are also required to workout out at least one more day away from this class. You can use the weight room or another means but this is requirement.

**Student Rights and Responsibilities:** Please refer to the Casper College Student Conduct and Judicial Code for information concerning your rights and responsibilities as a Casper College Student.

**Chain of Command:** If you have any problems with this class, you should first contact the instructor to attempt to solve the problem. If you are not satisfied with the solution offered by the instructor, you should then take the matter through the appropriate chain of command starting with the Department Head/Program Director, the Dean, and lastly the Interim Vice President for Academic Affairs.

**Academic Dishonesty:** (Cheating & Plagiarism) Casper College demands intellectual honesty. Proven plagiarism or any form of dishonesty associated with the academic process can result in the offender failing the course in which the offense was committed or expulsion from school. See the Casper College Student Code of Conduct for more information on this topic.

**Official Means of Communication:** Casper College faculty and staff will employ the student's assigned Casper College email account as a primary method of communication. Students are responsible to check their account regularly. This is also, where you will find course evaluation links during course evaluation periods.

**ADA Accommodations Policy:** If you need academic accommodations because of a disability, please inform me as soon as possible. See me privately after class, or during my office hours. To request academic accommodations, students must first consult with the college's Disability Services Counselor located in the Gateway Building, Room 344, (307) 268-2557, [bheuer@caspercollege.edu](mailto:bheuer@caspercollege.edu). The Disability Services Counselor is responsible for reviewing documentation provided by students requesting accommodations, determining eligibility for accommodations, and helping students request and use appropriate accommodations.

**Calendar or schedule indicating course content:**

08/25/15- Fitness Assessments

9/1 thru 12/01/15 - Regular scheduled workouts

12/08/15 – Final Fitness Assessments

We will figure out a couple of Saturday or Sundays to perform the Combat Challenge and a makeup class if we need one.