

LABETTE COMMUNITY COLLEGE BRIEF SYLLABUS

SPECIAL NOTE:

This brief syllabus is not intended to be a legal contract. A full syllabus will be distributed to students at the first class session.

TEXT AND SUPPLEMENTARY MATERIALS USED IN THE COURSE (if any):

Please check with the LCC bookstore <http://www.labette.edu/bookstore> for the required texts for this class.

<u>COURSE NUMBER:</u>	PED 196
<u>COURSE TITLE:</u>	Crossfit Training
<u>SEMESTER CREDIT HOURS:</u>	1
<u>DEPARTMENT:</u>	Physical Education
<u>DIVISION:</u>	Continuing Education/Workforce
<u>PREREQUISITES:</u>	None
<u>REVISION DATE:</u>	September 2017

COURSE DESCRIPTION:

Crossfit is a constantly varied combination of functional movements: weightlifting, gymnastics and cardio.

COURSE OUTCOMES AND COMPETENCIES:

Students who successfully complete this course will be able to:

1. Gain the ability to master the fundamentals of Crossfit Training
 - Be able to lift properly and safely
 - Understand the theory of Crossfit
 - Practice proper gym etiquette