

HLAC 1068- Kettlebell Conditioning
HLAC Lifelong Wellness (LW) Course
Department of Exercise Science
Salt Lake Community College

COURSE DESCRIPTION:

This course is an introduction to utilizing kettlebells for strength training and conditioning to increase health and fitness. Kettlebell training can be utilized to increase strength, power, and endurance. This course emphasizes movement and reviews current topics and best practices that encourage behaviors which promote an improvement in quality of life for a stronger, more resilient and healthier individual, family and community. This course will fulfill the General Education requirements for LW.

Prerequisites: None

Credit Hours: 1

Course Schedule: This class meets for 2 lecture/lab hours per week. Please see the course calendar in your Canvas section.

LW COURSE LEARNING OUTCOMES:

"The student understands the importance of physical activity and its connection to lifelong wellness—which may include how participation in a fitness, sport, or leisure activity results in daily benefits including stress reduction, and a sense of well-being."

1. Students will understand the importance of physical activity and its connection to lifelong wellness—which may include how participation in a fitness, sport, or leisure activity results in daily benefits including stress reduction, health benefits, and a sense of well-being.
2. Students will apply behavior theory to increase self-efficacy and resilience.
3. Students will recognize the most current exercise science supported theories for health related movement.

KETTLEBELL TRAINING LEARNING OUTCOMES:

1. Students will demonstrate an understanding and application of kettlebell conditioning in training for strength, power, and endurance. This includes mechanics and proper technique of kettlebell exercises, safety, and how kettlebells can be incorporated into training and exercise programs.
2. Students will discuss the importance of proper preparation and transitions before and after kettlebell conditioning.

3. Students work with the instructor to develop and implement an individual exercise program that fits the needs, health, and lifestyle of the participant.
4. Students will recognize and utilize concepts of perceived body exertion to monitor conditioning intensities (such as RPE).

COURSE REQUIREMENTS AND EXPECTATIONS:

- Attend and actively participate in class. This is the most important factor in an activity class. Consistent logging into Canvas and attendance with a good attitude are the best ways to get a great grade! For in-person and hybrid classes, absences will not be excused. However, there will be some opportunities to earn points to cover lost participation points, late arrivals, or absences. It will be up to the student to earn these points – the best policy is to attend! *Classes due to missed registration will be counted as absences. *If you choose not to attend, you accept the responsibility for what occurs during your absence.*
- Complete assignments given by the instructor by set due dates. *Note: When an assignment is locked, no additional submissions will be accepted (this is standard policy in all LW classes). There is enough time between assignments that if you complete them early you will be okay if an emergency arises. We recommend writing all due dates on your calendar and putting reminders in your phone to help you stay on track.
- Students must progress through the Canvas modules in the order they are presented. All pages must be viewed, and assignments completed within the current module before the next module will unlock. If you miss an assignment, your instructor will issue a grade of 0 points. Please ensure that you have viewed an assignment page even if you did not complete the assignment. This will allow you to stay on track and move to the next module.
- Plan ahead and get work done in advance as much as possible before leaving on vacation or facing anticipated life events. There will be a 5%-point deduction for each day late after the due date up to 3 days. After this point, the assignment will lock and will not be reopened.
- *Arrive on time to class and participate for the entire duration. Attendance will be taken every class. *If you are more than 5 minutes late or leave early, you will only receive 80% attendance credit for the day. If you are more than 15 minutes late, you will be marked absent for the day.** It is important that you stay until the end of class or points will be lost for leaving before the instructor dismisses the class. If you arrive late or leave class early, you will lose participation points.
- Students participating in other activities besides class work including but not limited to talking, doing homework, sleeping, etc. will lose participation points.
- Please wear appropriate clothing and footwear for workouts (remember appropriate depends on the course you are enrolled in). Students who fail to dress appropriately and participate in class will lose participation points. This is also a safety concern.
- Notify the instructor immediately in the event of any injury, or change in health status that occurs before, during, or after class. Please do not leave class without notifying the instructor. Make safety an important part of your learning experience.
- Cell phone use, text messaging, and all other electronic devices are not allowed during class time. Please make sure that all devices are silenced and stored in your backpack

during class time. Students using these devices during class time will lose participation points.

- Practice mutual respect and cooperation. We all contribute to the learning community and can learn from one another. Disrespect towards either the instructor or fellow students will not be tolerated and will result in being asked to leave the classroom and an absence is given.
- You may not record or publish information from the class without written authorization from the instructor. If used without authorization you have violated Privacy/[Intellectual Property Rights](#).

IMPORTANT DATES:

1st Day of the Semester:

- Full term (16-week)- January 8
- 1st half 8-week- January 8
- 12-week- January 29
- 2nd half 8-week- March 11

Last Day of Classes:

- Full term (16-week)- April 25
- 1st half 8-week-March 2
- 12-week- April 25
- 2nd half 8-week- April 25

Holidays:

- January 15- Martin Luther King Day (no classes, college closed)
- February 19- President's Day (no classes, college closed)
- March 4-9- Spring Break (no Classes)

GRADING:

Your grade in this course is weighted. For this course, grades will be computed as follows: Assigned weights of grade categories- Attendance 40%, Modules 40%, Discussions 10%, ePortfolio 10%.

Assignment Category	Percentage Weight
Attendance	40%
Module Assignments	40%
Discussions	10%
ePortfolio	10%

Grading Scale

A	=	95-100%	C+	=	76-79%	D-	=	60-62%
A-	=	90-94%	C	=	73-75%	E	=	59% or below
B+	=	86-89%	C-	=	70-72%			
B	=	83-85%	D+	=	66-69%			
B-	=	80-82%	D	=	63-65%			

If the digit at the tenths place is less than 5 we have to round the number down to the nearest whole number, if it is 5 or greater, we round up to the next whole number. So a 94.4 will be an A- and 94.5 will be an A.

INCOMPLETES:

An incomplete is a conditional grade given only in extraordinary cases where a student has completed a major portion of the class (at least 70%) but is unable to complete coursework due to circumstances beyond their control such as a major illness/injury or a death in the family. Written documentation from your physician will be required.

GENERAL EDUCATION ePORTFOLIO:

Lifelong Wellness (LW) designated courses are the physical component of the mind/body connection. Good health is critical to a person's quality of life. The instruction given in these courses emphasizes the connection between being physically active and good health. These courses require active participation so students will develop skills in the various fitness, sport, or leisure activities that will be used for life.

Your [General Education](#) ePortfolio will also help you weave together the concepts you learn across all general education courses. To do this, each general education course you take at the college will ask you to demonstrate your engagement with the general education learning outcomes by designing a course-specific ePortfolio page that includes a Signature Assignment and reflection. When you finish your time at SLCC, your ePortfolio should provide a multimedia showcase of your educational experience and tell the story of your learning growth while at SLCC. You can learn more by visiting the [ePortfolio help site](#).

In order for us to learn from your ePortfolio and provide effective support, your ePortfolio must be connected to your MySLCC account. To connect your portfolio to MySLCC:

1. Copy the URL for your ePortfolio from the web browser.

1. Click [here](#) and then click "Submit" under General Education ePortfolio.
1. Paste the link to your Welcome page and click "Save."
1. Finally, confirm that everything worked by clicking on the link and making sure it goes to your Gen Ed ePortfolio Welcome page.

If you would like virtual or in-person help with your ePortfolio please sign up for an ePortfolio appointment [here](#).

MEDICAL CONSIDERATIONS:

If you have any doubts about your health in relation to this course, consult with your doctor and then your instructor before beginning your program. Notify the instructor immediately in the event of any injury, or change in health status that occurs before, during, or after class. Please do not leave class without notifying the instructor.

STUDENT CODE OF CONDUCT:

Each student is expected to follow the SLCC Code of Student Rights and Responsibilities found at: https://www.slcc.edu/policies/policies/student_affairs/8.1.050.aspx

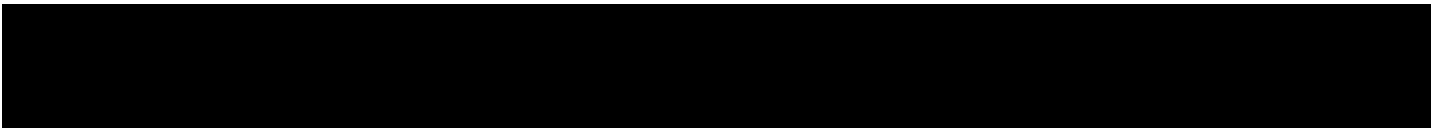
Use of Artificial Intelligence (AI) in this course:

"Generative artificial intelligence (AI) software is a rapidly emerging tool that students may be interested in using. If doing so, SLCC students are expected to adhere to the same standards as the Code of Student Rights and Responsibilities statement on plagiarism. Presenting generative AI software content as your own is a violation of academic integrity. If you use generative AI in your work, you must indicate that you have done so." -SLCC Dean of Students

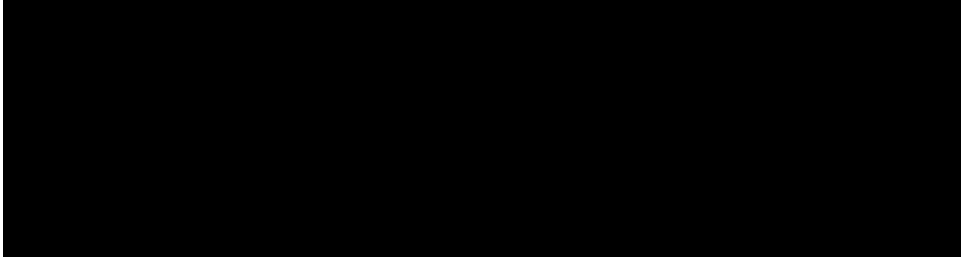
Generative AI can be an excellent resource, but your own thoughts and words must be used on all assignments and discussion posts. If any sources are used, including generative AI, they must be properly cited.

ACCESSIBILITY AND DISABILITY SERVICES:

SLCC values inclusive learning environments and strives to make all aspects of the College accessible to our students. If you have a disability and believe you need accommodations to



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Please refer to the [Institutional Syllabus](#) in the main menu in Canvas for additional policies, procedures, and services available to students (such as the [Bruin Pantry](#) and [Center for Health and Counseling](#)).