

CrossFit®

“Movement is Life”

Arn Allemand
Meridian Medical Arts Charter High School

MMACHS Room 3 (classroom)
Phone: (208) 855-4075
E-mail: allemand.arn@westada.org

Course Description

- The MMACHS CrossFit program operates under the affiliate of Living Greater CrossFit as part of CrossFit’s non-revenue program funded through the CrossFit Foundation. This course is designed to help our student athletes improve in areas of movement that include pushing, squatting, pulling, bending, single leg, core, mobility and strength along with aspects of aerobic conditioning.
- My personal goal is to facilitate a love for exercise that will promote movement and curiosity throughout our students' life-span. Whether it is CrossFit or something else is not the point, what matters most is that we move, so that we can garner the reward that activity promotes, such as stress relief, injury prevention, and physiologic energetics that add to quality of life and longevity.
- Active participation is vital, and additional exercise (homework) outside of class is encouraged. Our students work hard at MMACHS, I’m really excited we get an opportunity to play as well.

Dress

- Clothing that aligns with school activity dress-code, layering is nice in the colder months. No special shoes are required other than general athletic shoes such as vans, converse, running or court sport shoes. If you have questions please ask.

Grading Policy and Rubric

- The MMACHS standard grading scale will apply. This course will be graded as running total points. Each day’s workout will be graded pass / fail and assigned a score of 10pts or 0pts. If a student misses a class due to absence they can show proof of workout in a variety of ways that we will discuss in class. This allows students to make up for the missed session and earn full credit. We will have testing days that will be worth double points, if a student misses a testing day a make-up session can be scheduled before or after school. Testing is important to gauge and guide progress.

Participation

- Student success is based 100% on participation. I believe that it is incorrect to offer a grade based upon % improvement because physical improvement through training is not linear and this type of grading penalizes people at various ends of the training spectrum. We are not the same but we can all improve. With that in mind, any athlete/student who applies themselves will improve throughout this course if they participate 100%, and their grade will be a reflection of that effort. In the event that an individual is unable to exercise for an extended period of time as prescribed by a physician, we will work closely with the individual to design a suitable program or alternate activities/assignment to create a viable learning opportunity within this course.

Workout Log

- Students will be expected to log workouts and performance metrics after every workout. Each class session's grade will be assessed from this Log.

Make-up Policy

- If a student misses a class due to absence they can show proof of workout in a variety of ways that we will discuss in class. This allows students to make up for the missed session and earn full credit for that workout. We will have testing days that will be worth double points, if a student misses a testing day a make-up session can be scheduled before or after school. Testing is important to gauge and guide progress. A student completing a workout instead of scheduling a make-up testing session will receive 10/20 points.

Lateness

Students must be dressed down and ready for class before 1:05pm on regular academic days. Timing will be discussed for assembly and special schedules.

I am excited to share the semester with you and make this hour one of your best of the day as an opportunity to unwind, work hard, have fun, and tackle physical challenges!

Let's GO...