

PDP GS 123 Bootcamp Plus

Instructor: John O'Brien

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Phone: 617-968-7068 (preferred)

Meets twice per week: 1.0 Credit

Course Description:

A comprehensive class consisting of running drills, calisthenics, stretching, light weight training, medicine ball drills, and stand up self-defense. Students work on muscular strength, muscular endurance, cardiovascular, and flexibility. An old-school bootcamp class which is not fancy, but highly effective for getting students in top shape.

Required Equipment:

All equipment will be provided. Please wear comfortable attire and sneakers.

Course Goals:

Students in this class will learn:

- Basic self-defense moves, punches and kicks
- How to get out of wrist locks & chokes
- Conditioning, functional strength, core strength building

Grading Policy:

This class will be graded Pass/Fail, based on attendance. Please visit the [Registrar's website](#) often to view relevant deadlines! Below is a list of possible grades you may receive in this class:

P – Pass: Completed course requirements, 70% or more classes attended

W – Withdraw: If you drop this class after the specified deadline, you will receive a “W” grade.

MG - Missing Grade: If you decide you do not want to take this course, but forget to drop it, this grade will appear on your transcript. You will still be allowed to graduate and it will not affect your overall GPA, however you are strongly encouraged to drop this course within the allotted deadline to avoid this grade. Dropping before the deadline will remove this class from your transcript entirely.

I – Incomplete: If you fail to meet the attendance requirements of this course, you will receive an “I” until you have made up all missed classes. Please make arrangements with your instructor to do so within the following semester. Your grade will be changed to a “P” once you have made up all classes.

AU- Audit: If you intend to audit this class, please fill out and ask your instructor to sign a Class Adjustment/AU form and turn it in to the Registrar's Office by the deadline.

F- Fail: It is very unlikely that you will receive a failing grade. Your instructor is happy to work with you to make up any missed classes. A grade of “F” will only be given in extenuating circumstances.

Attendance Policy & Make-Up Classes:

Because this class is graded solely on attendance and learning is cumulative, it is important that you attend each class. You will need a 90% attendance record to receive a passing grade. You are allowed 3 unexcused absences. Excused absences (such as illness or injury with a doctor's note or death of a family member) will not count against your attendance record. If you have more than 4 unexcused absences, you will need to arrange to make up the classes you have missed. You can do this by attending a section of boxing.

Please contact John O'Brien, Boxing Instructor, if you plan on attending a section of tennis class so that he can plan accordingly. It is your responsibility to keep track of your attendance record and make up any classes you have missed.

Blackboard, FitRec Website & Course Evaluation:

A Blackboard course site may be available for this class online at <http://www.learn.bu.edu> and can be accessed by entering your BU username and password. All students enrolled in this class should have access to this site, even if your school does not use Blackboard. This site will give you access to the course syllabus, any additional content, and allow you to email other students in this class. Emergency cancelations as well as other announcements may also be posted here.

For a broader explanation of PDP credit class policies, information on registration, or schedules please visit the FitRec's website: <http://www.bu.edu/fitrec/about/physical-education/>

Course evaluations will be sent via email at midterm and at the end of the semester. Please take the time fill these out – your feedback is very important to us!

Student Conduct:

Boston University's codes of conduct are enforced at the Fitness and Recreation Center at all times. Use of Boston University facilities is a privilege and participants are expected to be good citizens and respect the rights of others. Individuals who engage in unacceptable or irresponsible behavior may have their access to the Fitness and Recreation Center revoked or modified indefinitely as determined by the Executive Director of Physical Education, Recreation and Dance. Students may be subject to further university disciplinary action as outlined in the Boston University Code of Student Responsibilities (www.bu.edu/dos/policies/student-responsibilities).

Schedule:

Course schedule will be determined based on ability of students in this class.