

PDP FT 125 Principles of HIIT

Instructor: **Kate Silvestri**

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Meets twice per week: 1.0 Credit Monday and Wednesday 3:25-4:15

Course Description:

A course in the principles and methods of high intensity interval training (HIIT) for strength and cardiovascular training using high and low level intensities to maximize results. Improve muscle strength, endurance, flexibility, and body composition with structured interval training.

Learning Outcomes:

As a result of successfully completing this course, the student will be able to:

- Understand the mechanics and planes of motion of an exercise
- Explain the health benefits of aerobic exercise, flexibility training, muscular strength, and power
- Develop an individual program utilizing interval timed principles
- Measure resting heart rate and determine target heart rate to achieve health benefits
- Identify the theory behind behavior change and physical activity adherence

Attendance Policy & Make-Up Classes:

Because this class is graded on attendance and learning is cumulative, it is important that you attend each class. You will need an 80% attendance record to receive a passing grade. You are allowed 5 absences. If you have more than 5 absences, you will need to arrange to make up the classes you have missed. You can do this by attending

- o PDP FT 112: Basic Weightlifting
 - o MW 8:55-9:45am
 - o MW 1:25-2:15
 - o TR 10-10:50am
- PDP FT 115: Basic Conditioning
 - o MW 9:55-10:45am
 - o MW TR 10-10:50am
- PDP FT 125: Principles of HIIT
 - o TR 12:20-1:10pm

If you attend one group exercise class during free week (9/13-18), you receive an extra excused absence

Make-up slips may be obtained at the PERD office on the second floor of FitRec or on the first floor of the Fitness Center. They must be signed by the instructor of the make-up class and turned into either your instructor. Please contact the instructor of the make-up class that you would like to attend so that they can plan accordingly. It is your responsibility to keep track of your attendance record and make up any classes you have missed.

For a detailed 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/>

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, 80% 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 for any missed classes. A grade of “F” will only be given in extenuating circumstances.

Course evaluations:

Evaluations will be sent via email at midterm and at the end of the semester. Please take the time to 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:	
Topic 1 (9/8)	Review Syllabus and Policies
Topic 2 (9/13-15)	Benefits/Barriers to Exercise
Topic 3 (9/20-22)	Basics of HIIT
Topic 4 (9/27-30)	Cardiovascular Exercise and Personal Training
Topic 5 (10/4)	Plyometrics and High Risk Moves
Topic 6 (10/12-13)	Body Weight Exercises
Topic 7 (10/18-20)	Weights
Topic 8 (10/25-27)	Dynamic Stretching and Flexibility/Static Stretching
Topic 9 (11/1-3)	Recovery (Sleep and Nutrition)
Topic 10 (11/8-10)	Stress and Mental Health
Topic 11 (11/15-17)	Creating a Workout Plan
Topic 12 (11/22)	CYO Workout Day
Topic 13 (11/29-12/1)	Fitness Fallacies
Topic 14 (12/6-8)	Post Test/ Instructor Evaluations