Course: Introduction to CrossFit – HHP 172-01
Location: CrossFit Emergence
Days and class time: 5:30 – 10:30am Monday, Tuesday, Wednesday, Friday
4:15 – 6:15am Monday, Tuesday, Wednesday, Friday

Students may choose 2 one hour sessions per week of the above times. Check www.crossfitemergence.com for exact class times.

Instructor: David Johns
Owner/Lead Trainer
CrossFit Emergence
406-531-1712 phone
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Overview: Introduction to CrossFit focuses on teaching proper mechanics and setup of functional movements to University of Montana students.

Objectives: 1. Learn the proper setup and mechanic of functional movements  
2. Develop baseline level of fitness that you may further pursue after the semester  
3. Become part of a friendly and supportive community

Requirements (attire, equipment, etc.):

Attire: Come to every class prepared to workout (gym clothes and closed toes shoes. Students unable to participate due to inappropriate attire will be marked absent for the day.

Equipment: Water-bottle

Grading/attendance: A minimum of 22 hours of attendance and participation during the semester is required by each registered student in order to receive a grade of “CR” (credit) in accordance with the contractor’s menu schedule of classes. Any registered student that does not participate in the minimum 22 hours of class during the semester will receive a grade of “NCR” (no-credit).

1. Fall 2013 hours must be attended between Monday, August 26th & Friday, December 6th
2. Spring 2014 hours must be attended between Monday, January 27th & Friday, May 9th

If a student experiences a significant event (for example, a documented extended illness, major injury, or the death of an immediate family member) the ACTivity Class Director will work with the student to complete a “Petition to Extend Allowed Absences” or assist with class withdrawal. Students should consult their instructor immediately if they have special needs related to their attendance. Petitions to Extend Allowed Absences are not permitted after the last Instructional day prior to finals week, and are available from ACTivity Class Instructors, McGill Hall 117, or the HHP website at:

http://coehs.umt.edu/departments/hhp/activity_classes/petition/default..php
In case of minor illnesses or other unexpected events that may take place throughout the semester, it is strongly recommended that students plan ahead in order to achieve their 22-hour minimum of attendance and participation early in the semester. Failing to participate in the minimum 22 hours of class during the semester will result in a grade of “NCR” (No-Credit). Due to the large number of ACTivity Classes and limited facility availability we do not offer make-up classes or other alternatives to making up for missed hours (papers, reports, etc.).

Misconduct: Academic misconduct is subject to an academic penalty by the course instructor, ACTivity Class Director and/or disciplinary sanction by the University of Montana. Academic misconduct is defined as all forms of academic dishonesty. The Student Conduct Code is available on the UM website at: [http://life.umt.edu/vpsa/student_conduct.php](http://life.umt.edu/vpsa/student_conduct.php)

In particular, Student Conduct Code Section IV.a.5 identifies the following violations:

*Submitting false information:* Knowingly submitting false, altered, or invented information, data, quotations, citations, or documentation in connection with an academic exercise

As this relates to HHP ACTivity Classes, examples of previous Student Conduct Code violations pursued by the HHP Department include, but are not limited to:

- Printing/signing another student’s name on an ACTivity Class attendance sheet
- Having another student participate in an ACTivity Class for you and printing/signing your name
- Signing in at the beginning of class and leaving instead of participating
- Forging documents to substantiate special circumstances as noted above

Student Conduct Code Section V.D.2 identifies the following violation:

*Faculty members have the independent authority to exclude a student from any class session in which the student displays disruptive behavior that threatens the learning environment or safety and well-being of others in the classroom.* The student remains eligible to return to the next class session. The faculty member maintains the authority to remove the student from each class session during which the student is disruptive.

As this relates to HHP ACTivity Classes, any student removed from class for any of the above mentioned reasons will be marked absent for that day.

Safety: Let the CrossFit staff know if you have any preexisting injuries or if you’re pregnant. Immediately report any in-class injuries to the CrossFit staff. Listen to your body and go at your own pace.

Semester schedule: **This schedule is subject to change at the discretion of Crossfit Emergence**

- Week 1 Introduction - Grading Policy, syllabus, class rules
- Weeks 2—15 Meet the 22-hour minimum of participation and attendance