

GROSSMONT COLLEGE
Department of Exercise Science and Wellness
BOOTCAMP FITNESS - ES024 Syllabus

Welcome to Boot Camp Fitness. This is a moderate to high intensity fitness class that will include jogging/running, jumping, sit ups, push ups, and other strenuous conditioning exercises. Participants in this class should not have any major health and/or orthopedic conditions that would limit their participation and opportunity to succeed during this workout.

If you answer Yes to any of the following questions PLEASE talk to the instructor BEFORE engaging in any of the strenuous class activities.

Have you ever experienced any of the following while walking, working or exercising?

Pain in the chest (Circulatory, not Muscular)	Yes	No
Pain in the neck	Yes	No
Pain in the lower back	Yes	No
Abnormal shortness of breath	Yes	No
Faintness/Light headed	Yes	No
Confusion/Dizziness	Yes	No
Leg pain (Circulatory or Joint, not Muscular)	Yes	No
Heart beat irregularities	Yes	No
Persistent cough (Beyond the common cold or flu symptoms)	Yes	No

To your knowledge do you have or have you had any of the following?

Diabetes	Yes	No
Heart/Cardiopulmonary disease -heart murmur, angina, heart attack, coronary, atheroscleroses	Yes	No
Pulmonary disease -asthma, emphysema, bronchitis	Yes	No
Joint Problems -hip, back, knee, shoulder, wrist, etc.	Yes	No