

ES 024 – Fitness Boot Camp

1st 6 Weeks – Basic Training

	Boot Camp Fitness – Lesson Plan	
Week #	Topic -- Basic Training	Handout / Lecture Focus
1	Course Overview / Syllabus / Text and Class overview	Syllabus
		The Way to a Long and Healthy Life
		Health Screen
	Basic Workout	Target HR calculations
	20 min jog/run in formation	HR monitors
	20 min interval conditioning -- calisthenics	Stop Watch -- count down timer
	5 min stretch	whistle
2	Assessments and Fitness Testing -- go to the ESW office to have body comp and BP measured before next Monday	
	20 min jog/run in formation	
	20 min interval conditioning -- calisthenics	
	5 min stretch	
3	Fitness Testing -- 1.5 mile; crunches, pushups, full sit ups, plank, flexibility, full squat w/ oh press	recording sheets
	Basic Training Workout	stop watch
	20 min jog/run in formation	
	20 min interval conditioning -- calisthenics	
	5 min stretch	
4-6	Basic Training Workout	circuit station markers
	20 min jog/run in formation	
	20 min interval conditioning -- calisthenics	
	5 min stretch	

2ND 6 Weeks -- Hand to Hand Combat

	Hand to Hand Contact	
Week #		
7	20 min formation run 20 min intervals -- kickbox techniques 10 min abs / stretch	
8	20 min formation run 20 min intervals -- kickbox techniques 10 min abs / stretch	
9	20 min formation run 20 min intervals -- kickbox techniques 10 min abs / stretch	
10	MIDTERM EXAM -- MONDAY	Need #2 Pencil Grademaster 25420
	20 min formation run 20 min intervals -- kickbox techniques 10 min abs / stretch	
11	SPRING BREAK	Try to work out 3 times during the break

Final 6 Weeks -- Weapons Training

	Weapons Training	
Week #		
12	20 min formation run	Final Project Worksheet
	20 min intervals -- weapons techniques	
	10 min abs / stretch	
	Hand out Final Project Worksheet	
13-15	20 min formation run	Final Project Handout Week 15
	20 min intervals -- weapons techniques	
	10 min abs / stretch	
16	20 min formation run	
	20 min intervals -- weapons techniques	
	10 min abs / stretch	
	retest fitness testing -- 1.5 mile; crunches; push ups; sit ups; plank; flexibility	
	Final Projects Due -- THURSDAY	
17	Finals Week	
	Return projects; Final Team Challenge	