

SPRING 2009 PED-1000 SYLLABUS

INSTRUCTOR:

John M. Boxrucker
Senior Military Instructor
Phone: W: 581-5944

CLASS HOURS:

Section-1: M&W... 0600 – 0700 hours (attend two sessions a week...Monday and Wednesday.)
PED will include a schedule for Fridays; however, this is not required.

Section-2: T&Th... 0600 – 0700 hours (attend two sessions a week... Tuesday and Thursday)
PED will include a schedule for Fridays; however, this is not required.

- All students will attend PED 1000 two days a week, either Monday and Wednesday or Tuesday and Thursday. However you may attend all sessions if desired!
- All students are required to take all four Army Physical Fitness Test's (APFT's) that are outlined throughout the semester. This will be 40% (10% each) of your overall grade. The remaining 60% is based on weekly attendance. Executing the APFT is more important to your class grade than passing the APFT.
- Grading criteria is as follows: **Attendance = 60%; APFT (4) = 40% (must take each APFT).**

JANUARY 2009 PED-1000 Schedule

Date	Day	Event	Instructor	Location
12 JAN	Monday	Intro PED	MSG Boxrucker	Lantz Gym
13 JAN	Tuesday	Intro PED	MSG Boxrucker	Lantz Gym
14 JAN	Wednesday	Intro PED	MSG Boxrucker	Lantz Gym
15 JAN	Thursday	Intro PED	MSG Boxrucker	Lantz Gym
16 JAN	Friday	Intro PED...Sports	MSG Boxrucker	Lantz Gym
19 JAN	Monday	NO PT- MLK Day	MSG Boxrucker	Lantz Gym
20 JAN	Tuesday	APFT-Select Personnel	MSG Boxrucker	Lantz Gym
21 JAN	Wednesday	Stretching/Calisthenics	MSG Boxrucker	Lantz Gym
22 JAN	Thursday	APFT-Select Personnel	MSG Boxrucker	Lantz Gym
23 JAN	Friday	ROAD MARCH	MSG Boxrucker	Lantz Gym
26 JAN	Monday	Upper Body	MSG Boxrucker	Lantz Gym
27 JAN	Tuesday	Remedial/Plyometrics	MSG Boxrucker	Lantz Gym
28 JAN	Wednesday	Run	MSG Boxrucker	Lantz Gym
29 JAN	Thursday	Remedial/Weights	MSG Boxrucker	Lantz Gym
30 JAN	Friday	Bleachers	MSG Boxrucker	Lantz Gym

FEBRUARY 2009 PED-1000 Schedule

Date	Day	Event	Instructor	Location
02 FEB	Monday	Upper Body	MSG Boxrucker	Lantz Gym
03 FEB	Tuesday	Remedial/Plyometrics	MSG Boxrucker	Lantz Gym
04 FEB	Wednesday	Run	MSG Boxrucker	Lantz Gym
05 FEB	Thursday	Remedial/Weights	MSG Boxrucker	Lantz Gym
06 FEB	Friday	Bleachers	MSG Boxrucker	Lantz Gym
09 FEB	Monday	Upper Body	MSG Boxrucker	Lantz Gym
10 FEB	Tuesday	Remedial/Plyometrics	MSG Boxrucker	Lantz Gym
11 FEB	Wednesday	Run	MSG Boxrucker	Lantz Gym
12 FEB	Thursday	Remedial/Weights	MSG Boxrucker	Lantz Gym
13 FEB	Friday	NO PT-Lincoln Birthday	MSG Boxrucker	Lantz Gym
16 FEB	Monday	NO PT-President's Day	MSG Boxrucker	Lantz Gym
17 FEB	Tuesday	Remedial/Upper Body	MSG Boxrucker	Lantz Gym
18 FEB	Wednesday	Plyometrics	MSG Boxrucker	Lantz Gym
19 FEB	Thursday	Remedial/Run	MSG Boxrucker	Lantz Gym
20 FEB	Friday	NO PT-Range Prep	MSG Boxrucker	Lantz Gym
23 FEB	Monday	Stretching/Calisthenics	MSG Boxrucker	Lantz Gym
24 FEB	Tuesday	APFT-Select Personnel	MSG Boxrucker	Lantz Gym
25 FEB	Wednesday	Stretching/Calisthenics	MSG Boxrucker	Lantz Gym
26 FEB	Thursday	APFT-Select Personnel	MSG Boxrucker	Lantz Gym
27 FEB	Friday	ROAD MARCH	MSG Boxrucker	Lantz Gym

MARCH 2009 PED-1000 Schedule

Date	Day	Event	Instructor	Location
02 MAR	Monday	Upper Body	MSG Boxrucker	Lantz Gym
03 MAR	Tuesday	Remedial/Plyometrics	MSG Boxrucker	Lantz Gym
04 MAR	Wednesday	Run	MSG Boxrucker	Lantz Gym
05 MAR	Thursday	Remedial/Weights	MSG Boxrucker	Lantz Gym
06 MAR	Friday	Bleachers	MSG Boxrucker	Lantz Gym
09 MAR	Monday	Upper Body	MSG Boxrucker	Lantz Gym
10 MAR	Tuesday	Remedial/Plyometrics	MSG Boxrucker	Lantz Gym
11 MAR	Wednesday	Run	MSG Boxrucker	Lantz Gym
12 MAR	Thursday	Remedial/Weights	MSG Boxrucker	Lantz Gym
13 MAR	Friday	ROAD MARCH	MSG Boxrucker	Lantz Gym
16-20 MARCH-SPRING BREAK- NO PT- THAT SUCKS!				
23 MAR	Monday	Upper Body	MSG Boxrucker	Lantz Gym
24 MAR	Tuesday	Remedial/Plyometrics	MSG Boxrucker	Lantz Gym
25 MAR	Wednesday	Run	MSG Boxrucker	Lantz Gym
26 MAR	Thursday	Remedial/Weights	MSG Boxrucker	Lantz Gym
27 MAR	Friday	SPORTS	MSG Boxrucker	Lantz Gym
30 MAR	Monday	Stretching/Calisthenics	MSG Boxrucker	Lantz Gym
31 MAR	Tuesday	APFT-Select Personnel	MSG Boxrucker	Lantz Gym
01 APR	Wednesday	Stretching/Calisthenics	MSG Boxrucker	Lantz Gym
02 APR	Thursday	APFT-Select Personnel	MSG Boxrucker	Lantz Gym
03 APR	Friday	NO PT-FTX Prep	MSG Boxrucker	Lantz Gym

APRIL 2009 PED-1000 Schedule

Date	Day	Event	Instructor	Location
01 APR	Wednesday	(SEE ABOVE)	(SEE ABOVE)	(SEE ABOVE)
02 APR	Thursday	(SEE ABOVE)	(SEE ABOVE)	(SEE ABOVE)
03 APR	Friday	(SEE ABOVE)	(SEE ABOVE)	(SEE ABOVE)
06 APR	Monday	Upper Body	MSG Boxrucker	Lantz Gym
07 APR	Tuesday	Remedial/Plyometrics	MSG Boxrucker	Lantz Gym
08 APR	Wednesday	Run	MSG Boxrucker	Lantz Gym
09 APR	Thursday	Remedial/Weights	MSG Boxrucker	Lantz Gym
10 APR	Friday	Bleachers	MSG Boxrucker	Lantz Gym
13 APR	Monday	Upper Body	MSG Boxrucker	Lantz Gym
14 APR	Tuesday	Remedial/Plyometrics	MSG Boxrucker	Lantz Gym
15 APR	Wednesday	Run	MSG Boxrucker	Lantz Gym
16 APR	Thursday	Remedial/Weights	MSG Boxrucker	Lantz Gym
17 APR	Friday	ROAD MARCH	MSG Boxrucker	Lantz Gym
20 APR	Monday	Upper Body	MSG Boxrucker	Lantz Gym
21 APR	Tuesday	Remedial/Plyometrics	MSG Boxrucker	Lantz Gym
22 APR	Wednesday	Run	MSG Boxrucker	Lantz Gym
23 APR	Thursday	Remedial/Weights	MSG Boxrucker	Lantz Gym
24 APR	Friday	SPORTS	MSG Boxrucker	Lantz Gym
27 APR	Monday	Stretching/Calisthenics	MSG Boxrucker	Lantz Gym
28 APR	Tuesday	APFT-Select Personnel	MSG Boxrucker	Lantz Gym
29 APR	Wednesday	Stretching/Calisthenics	MSG Boxrucker	Lantz Gym
30 APR	Thursday	APFT-Select Personnel	MSG Boxrucker	Lantz Gym
01 MAY	Friday	BN RUN	MSG Boxrucker	Lantz Gym

MAY 2009 PED-1000 Schedule

Date	Day	Event	Instructor	Location
4-8 MAY FINALS WEEK-NO PT-THAT'S GOOD!				