

CHCA Intersession 2018

May 21-31, 2018

Course Description for: *Cincinnati in Motion*

Instructor(s): Diane Barghini

Course Type: **Local Day (Greater Cinti Area)**

Service Hours: **6**

Maximum enrollment: **24**

Minimum enrollment: **18**

Overview:

The course is a combination of classroom and activity-based learning with a focus on the mastery of skills and concepts necessary for students to become accomplished monitors of their personal lifetime fitness. The students will learn and develop skills for both individual and group activities while experiencing all that Cincinnati has to offer. Along with skill development; strength, fitness and flexibility will be a focus of the course.

Course Goals:

- Students will understand the importance of daily exercise habits.
- Students will enjoy a range of physical activities using different skill sets.
- Students will see the benefits of pursuing a healthy lifestyle.
- Students will learn techniques necessary to participate in a variety of physical activities.
- Students will serve in helping to clean local parks

Reading Component: Born to Run by Christopher McDougall

Writing Component: Written response to reading
Health and Fitness Journal

Description:

The class will be conducted in a multitude of locations including activities such as rock climbing, kayaking, swimming, exercise classes, yoga, racquetball and learning about nutrition. A variety of activities will be offered to help introduce and promote lifelong physical activity.

This course is well suited to:

Students who enjoy adventure and out of door activities with boundless energy and a desire to learn more about what Cincinnati has to offer in the way activities. And students who will enjoying giving back through service to area parks.

Cost: \$ 490

Additional costs: Packed lunch or lunch money on some days

Other Information:

Please note that transportation to and from activities is the responsibility of the family. This course will meet at each day's activity location. Bus transportation will not be provided to and from CHCA.

Course cost includes lunch on a few of the days, other days students will need a packed lunch or money for lunch, daily plan will inform in advance which is needed.