



## COURSE SYLLABUS

### Cross Fitness

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Thursday's from 11:00am-11:55am  
Balboa Campus, fall 2020

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“Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own.”

1 Corinthians 6:19

Teacher     Jesse Medina  
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### Course details

Cross Fitness is a strength and conditioning exercise. In this course, students will be developing skills, gaining knowledge, and by exercising. Students will learn the importance of flexibility, stretching, and conditioning. Students will learn the importance of exercise and how it relates to a healthy lifestyle. Students will learn the importance of leadership and teamwork. Through participation, the student will develop an understanding of how physical activity contributes to wellness.

Materials     Please wear appropriate clothing and footwear for exercise.  
                  A variety of materials will be utilized throughout this school year.  
                  We will be stretching, using mats, using tunnels, cones, light  
                  weights. We may be in the  
                  the jungle gym outside if weather permits.  
                  \*Please bring a water bottle to keep hydrated.



## About your teacher

Mr. Jesse is a San Diego native. Jesse has been at Awaken for 15 years, since he was four years old. Jesse has grown with Awaken Church Core values. Jesse is grateful to be a part of a church that has the Holy Spirit. Jesse is currently an intern at Awaken Balboa. Jesse's passion is to lead and train up the next generation.

## Statement of Beliefs

Awaken Academy is a biblically-based model of education, and all employees hired within the Academy share in a core culture of spiritual DNA that forms the basis of how we treat ourselves and one another. We believe:

1. There is one God: God the Father, God the Son, and God the Holy Spirit.
2. In the deity of our Lord Jesus Christ the Son of God; we believe in His virgin birth, in His sinless life, in His miracles, in His victorious and atoning death, in His bodily resurrection, in His ascension to the right hand of the Father, His constant intercession and in His imminent return.
3. In the baptism of the Holy Spirit as a gift available to believers subsequent to the new birth, with normal evidence of speaking in other tongues.
4. In the sacraments of the Lord's Supper and baptism by full immersion in water for all believers.
5. In the person and work of the Holy Spirit with His fruits and gifts available in the Church.
6. The Bible is the living word of God. It is infallible, authoritative and everlasting and is the foundation of all Christian doctrine.
7. In the existence of an evil spiritual being known as the devil.
8. In the great Commission given to us by Jesus Christ before His ascension, to go and make disciples of all nations, baptizing and teaching them. This requires both saving and transforming people from every culture, ethnicity and tongue!
9. In the resurrection of both the saved and the lost, the one to everlasting life and the other to everlasting separation from God.



# Awaken

10. In the church being the body of Christ, and each member being an active part of a local church, fulfilling the Great Commission.

11. Marriage was instituted by God, ratified by Jesus, and exists exclusively between a man and a woman. It is a picture of Christ and his church. Sexual intimacy is a gift from God for procreation and unity, and it is only appropriate within and designed for marriage.

## Awaken Academy Student Code of Conduct

1. Students are to follow the directions of Awaken Academy teachers and staff at Awaken-sponsored

events, including but not limited to field trips and performances.

2. Students are to display appropriate conduct during class session. This includes courtesies such as refraining from unkind remarks, profanity, coarse jokes, or other language that demonstrates disrespect or a lack of charity.

3. Students are to demonstrate respect and kindness to all staff and program participants. Students are not to gossip, lie, bully, or engage in physical or verbal fights with one another. Appropriate and biblical conflict management tools will be modeled, taught, and expected at Awaken Academy.

4. Students are expected to complete any assigned course work at home, to be on time to class, to bring the necessary class supplies, and to be prepared for the lesson. Students will not be permitted to sit in the back of the classroom and disengage. All students participate.

5. Students are encouraged to make wholesome friendships. Students should look upon one another as brothers and sisters in Christ and refrain from demonstrating romantic affection, or giving the appearance of romantic affection, at Academy functions.

6. Students are expected to demonstrate appropriateness in dress that exemplifies respect for oneself and for other students. Staff and faculty reserve the right to address the behavior of students who demonstrate a lack of awareness of the underlying principles of modesty and self-respect.

7. Awaken Academy students are encouraged to break the generational norms of screen/entertainment addiction. Unless the student needs to contact a parent, cell phones should be put away while the students are in class, at lunch, and on break. Friendships often develop in the margin before and after class, so students are encouraged to be engaged in the present moment and learn the art of face-to-face conversation.



8. Students are to display courtesy by remaining seated until dismissed, by treating church property with respect, and by cleaning up after themselves. Students are to respect the church facilities by taking care of the classrooms, not marking on the walls or tables, not pulling on wall displays, and by demonstrating care and respect for the buildings with which we have been blessed.

9. Students must be under the direct supervision of their parent or an Awaken Academy teacher at all times, including breaks, and it is the student's responsibility to be in an area that is appropriately supervised. Students will be signed in and out of class and the campus each day. Students must remain on site during lunchtime/breaks unless signed out by an approved family member.

10. Awaken Academy students are expected to refrain from immoral and illegal conduct. All weapons, illegal drugs, alcohol, and tobacco products are strictly prohibited from the facilities. Stealing, lying, bullying, cutting, fighting, or other acts of aggression toward oneself or others will be grounds for immediate dismissal from the program.



## Awaken Academy

Obstacle Course: Fun Activities

Class/Week	Major Focus
Week 1	Course Introduction / Fitness Assessment
Week 2	Playground Courses
Week 3	Incorporating Upper Body
Week 4	Incorporating Lower Body
Week 5	Incorporating Full Body
Week 6	Incorporating Upper Body
Week 7	Incorporating Lower Body
Week 8	Incorporating Full Body
Week 9	Incorporating Upper Body
Week 10	Incorporating Lower Body
Week 11	Incorporating Full Body
Week 12	Student Led Obstacles
Week 13	Student Led Obstacles
Week 14	Student Led Obstacles
Week 15	Final Assessment