

Strength and Conditioning Syllabus

Course Instructors:

Mr. Robinson, Mr. Cox, Mr. Wilson

Course Description

This class is designed to help maximize athletic ability in and out of weight room by taking part in various training styles. The goal is to expand understanding of the human musculature and learn methods specific to achieving personal physical fitness goals.

Units

Various styles of weight training, stretching and speed training will be undertaken during this course. We will also discuss kinesiology and biomechanics principles.

Classroom Expectations

Students are expected to be dressed in proper P.E. attire and participate throughout the **entire** duration of each class. Strength and conditioning is an accelerated P.E. course and requires a greater amount of physical exertion and focus. Expect to work every day.

Students who do not participate will be given assigned seats to ensure that they are not causing a distraction. These students should be either paying attention to the lesson or working on homework from another class. If they cannot sit in their assigned seats they will be given a referral.

No Dress Policy

1 st No Dress	0 points for the day, verbal warning to student
2 nd No Dress	0 points for the day, parent phone call
3 rd No Dress	0 points for the day, parent letter sent and phone contact
4 th No Dress	
And beyond	0 points for the day, Referral. Up to a 5 day suspension

Daily Participation Points

10 points possible each day:

3 points for warm up/ running cardiovascular
7 points for daily activity

Testing

Lifting tests

Physical performance tests will be administered throughout the semester

Quizzes

Quizzes will be given throughout the semester to test the student on their knowledge of movement concepts and kinesiology

Final Exam

At the end of the semester an accumulative final exam will be administered

Excused Absences

10 points off grade for the class missed. Full points can be made up for two weeks. After two weeks the grade stands as a zero. **Athletic, Driver Ed, or PE related absences do not need to be made up.**

Unexcused Absences

10 points off grade for the class missed. A maximum of 8 pts can be made up.

Medical Excuse

Must have a doctor/ parent note. The student is to report to class to show the teacher the medical note then must report to the library to complete a physical education written assignment. *-A parent note is good for only one day-*

Make ups

If a student needs to make up a missed class period he/she needs to arrange a time to do so with the teacher. It is the student's responsibility to make time to do this. To make up an absence or no-dress a student must run (continuously) 1 mile either before or after school. Failure to set up a time with me after **two weeks** will result in a permanent zero for the missed day's points. An excused absence can be made up for full credit while an unexcused absence and no-dress can be made up for 80% credit.

Improper Dress

A student is allowed two improper dresses during a semester. This means they must wear athletic clothing (shoes included) that are school appropriate. Two points will be deducted from their grade for that day. Each improper dress after the allotted two results in a zero.

RTHS POLICY

There are to be no cell phones, iPods, headphones or any other type of electronic device in class at any time. A referral will be issued and the item will be given to a school administrator. No exceptions.

* The teacher reserves the right to alter the syllabus at anytime. If this occurs, notification will be given.