BEGINNING
STRENGTH & CONDITIONING
COURSE SYLLABUS

Physical education is the science that deals with helping students secure fitness and learn the skills important to maintaining physical fitness. Health will help you build healthy habits and continue to make good health decisions throughout your life. Students at Lexington High School are required to have 10 credit hours (one year) of physical education. During the year of physical education, students will receive Health one time per week. We offer Beginning Strength & Conditioning to 9th - 12th grade students.

GOAL

To develop physically literate individuals who have knowledge, skills and confidence to enjoy a lifetime of healthful physical activity. This class will build strong students that are engaged, educated, equipped and empowered to develop skills/strengths that will translate to improved performance and knowledge that will manifest in good health & a lifetime of wellness through Health and Strength and Conditioning.

OBJECTIVES

1. Assess the movement capabilities and physical deficiencies of the student and develop a program to improve.
2. Provide training level and physical ability appropriate differentiated training programs to meet the student at their current capabilities.
3. Provide the student with a clear path of progress during their time in our program.
4. Implement proper weightlifting technique to minimize/eliminate injuries.
5. Design and administer strength, conditioning, agility, mobility, flexibility and nutrition programs to improve human performance, overall health and reduce injuries.
6. Educate students on the importance of safe and effective training/training habits and general health and provide them with knowledge needed for life.
7. Develop an understanding for various health topics (nutrition, healthy relationships, human body systems, substance abuse, first aid).

STRENGTH & CONDITIONING CLASS BEHAVIORAL STANDARDS

1. Follow posted weight room rules, locker room rules and school wide agreements.
2. No food, drink or gum in the weight room/health room during class (water accepted).
3. No leaving the weight room once you have entered except for an emergency.
4. BE ON TIME AND PREPARED FOR CLASS (see dress out times).
5. All bathroom needs are taken care of before class begins.
6. Be responsible for your gear and possessions - Check all valuables into the instructor's office - We are not responsible for stolen items.
7. Help maintain a clean weight room & locker room. Pick up all equipment, personal belongings and trash in your area.

BULLYING/HAZING
The student handbook policy on bullying/hazing is below.

Bullying (Policy 5054)
Students are prohibited from engaging in any form of bullying. "Bullying" means any ongoing pattern of physical, verbal, or electronic abuse on school grounds, in a vehicle owned, leased, or contracted by a school being used for a school purpose by a school employee or his or her designee, or at school-sponsored activities or school-sponsored athletic events. The disciplinary consequences for bullying will depend on the severity, frequency, duration, and effect of the behavior and may result in sanctions up to and including suspension or expulsion. Students who believe they are being bullied should immediately inform a teacher or the building principal.

Initiations and Hazing (Policy 5028)
The school does not sponsor or condone initiation or hazing of any sort. See Section Three: Student Discipline for disciplinary consequences.

Bullying/Hazing will not be tolerated and could result in permanent removal from this class.

EQUIPMENT USAGE
In this class, expensive equipment is used on a daily basis. All equipment is expected to be used with respect and care to not cause damages. The disciplinary consequences for damage to equipment due to not treating equipment with respect and care will depend on the severity of the damage but could result in the student being responsible for replacing the equipment at the cost determined by Lexington Public Schools.

DRESS CODE
Appropriate physical education dress includes:

A. Shorts or sweatpants (no cutoff jeans, capris, or khakis)
B. Appropriate T-shirt, long sleeve, sweat shirt (no crop tops)
D. No jewelry except post earrings
E. Gym shoes which are properly laced and tied (no crocs, slides or sandals)
F. Long hair must be properly pulled back using a hair tie
G. **PE gear will be different than clothing worn to school

NOTE: *Your gear will have to be transported as there are only enough lockers for those out for athletics*

No PE Clothes

1. In the event that a student forgets their clothes, they will be given the opportunity to participate in 1 of the following ways:
    a. Change into clothes provided by the PE teachers for full credit
    b. Participate in their school clothes but will be deducted 2 points for the day
2. If the student chooses not to change out and not participate, they will receive 0 points for the day and will not be given the opportunity to make-up their points.

TARDY POLICY

We have a lot of work to get done during a Strength & Conditioning class period. Promptness to class by all individuals is necessary to begin the day. All students enrolled in Strength & Conditioning class have three minutes after the tardy bell rings to be "Dressed and Ready" for class. "Dressed and Ready" for class means students have changed out of their regular school attire, have put on their Strength & Conditioning class attire and are waiting in the gym with their clothes fully on and shoes tied. Any student not ready at the below times will be issued a tardy. On Health days, we will go according to the normal bell schedule.

Period 1: 8:03am
Period 3: 9:46am
Period 4: 10:35am
Period 5: 11:24am
Period 6: 1:05pm
Period 7: 1:54pm
Period 8: 2:43pm

GRADING

1. Strength & Conditioning grading categories are as follows:

Weekly LEAD Grade (75%)

**8 Points Daily*

-Prepared for Class (2 points)

-Dressed appropriately (as per syllabus list above)

-Proper Shoe Wear & long hair properly pulled back w/ hair-tye

-On time to class (check tardy policy for class period Dressed & Ready times)

-iPad charged and ready for use

-Groups organized & ready for the workout

-Engagement (3 points)

-Performing Warm-up Exercises w/ proper technique and intensity

-Performing Gym Exercises w/ proper technique and intensity

-Performing Weight Room Exercises w/ proper technique and intensity

-Completes all sets and reps listed on workouts

-Leadership (3 points)

-Spotting all exercises properly to keep classmates safe

-Practices good sportsmanship in drills and game play

-Treating equipment respectfully

-Paying careful attention to keep others safe while using equipment

-Proactively putting away equipment without being asked

-Treating others (classmates, teachers, substitute teachers) with respect

-Communicates effectively using no profanity when speaking

-Coaching classmates for improvement

-There will be days that we go out into the community (example: Elementary Schools, Bowling Alley, Park, etc.) to represent your school and yourself. These are opportunities to get out of the normal classroom to enhance learning. Weekly LEAD Grades will be upheld on these days.

<u>Movement Assessment</u> (5%)
-Movement Screen/Readiness Assessment Scores
-Developmental Program Testing Scores
-Performance/Strength Testing Scores
-Peer Movement Assessments
-Self Movement Assessments
-Safety and Technique Assessments

<u>Health Grades</u> (20%)
-Class Discussion
-Exit Tickets
-Test & Quizzes

***Reminder: The final is worth 10% of your semester grade*

2. In the event a student is absent from class, the following actions will need to be taken to make up for missed class time.

-If a student is absent from class for any reason other than a school activity (sickness, doctors appt, funeral, excused absences, etc),, the student may earn their points back by doing the following:
-30-minute work-out with the instructor. Work-outs take place by appointment before or after school
-All missed assignments must be made up within two weeks of the absence. After two weeks the assignment will no longer be accepted.

NOTE: Students absent due to a school related activity will not be required to make up the physical activity portion of missed class but will be required to make up any assignments given.

- If a student misses health class, they will be sent an email from Mrs. Margritz with the information, assignment, and slides. These items need to be made up promptly. Health class must be made up no matter the reason for absence.

3. In the event of an extended injury or illness that causes a student to miss more than three days of normal class participation, if the student is present in class, the student will be required to walk or perform other indicated exercises during class time. If the student is not present in class, they will need to discuss make-up work with the teacher upon their return.

4. Performance testing will be completed 1 time per semester and will consist of: Vertical Jump, T-test, 40-yard Dash, Pro-agility & Broad Jump. Developmental program testing for the lifts of Squat, Dead-lift and Bench Press will be performed upon the students' readiness.

5. Lexington High School school-wide agreements include students completing reading and writing assignments in each class.

Beginning/Advanced Strength & Conditioning Class

STUDENT NAME: _____

CLASS PERIOD: _____ CLASS NAME: _____

INDEMNITY RELEASE: In consideration of your acceptance of this waiver/release we (or I) hereby release the Lexington High School, Amber Burson, Oracio Corona, Jake Harvey, Kobe Lo and Jeff Rowan and all of the Lexington High School employees and agents from all claims on account of any injury which may be sustained by our (or my) child while participating in Lexington High School Strength and Conditioning classes, and its employees and agents for any claim which may hereafter be presented by our (or my) child, or us (or me), as a result of any injuries.

MEDICAL CLEARANCE: (Choose by initialing one of the following options)

_____ (OPTION A): I hereby state that my son/daughter has been medically cleared by a physician to participate in athletic activities, including all aspects of the Strength and Conditioning Class (School Physical).

Copy of Physical in the Activities Office☐

_____ (OPTION B): I hereby state that my son/daughter has NOT been medically cleared by a physician to participate in athletic activities including all aspects of the Strength and Conditioning class. However, I grant permission to my son/daughter to participate without restriction and shall assume all responsibility and liability during this period.

Parent/Guardian Signature: _____ Date: _____

Student Signature: _____

Please inform the instructor during the first week of class about any disability, special need or injury that you have that may require modifications when performing required exercises.

If you are injured during the class, you must inform the instructor immediately after the injury occurs.

COURSE SYLLABUS SIGNATURE FORM

I have read the syllabus and understand what is expected of me in this class. I plan to follow all classroom rules and put forth my best effort at all times in the class.

Student Signature: _____ Date: _____

I have read the syllabus and understand what is expected of my child in this class.

Parent Signature: _____ Date: _____