

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 to fulfill the Health requirement. 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 and 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. Program Safety – 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.

STRENGTH & CONDITIONING CLASS EXPECTATIONS/RULES

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 TO 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 and locker room

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.

DRESS CODE

Appropriate physical education dress includes:

- A. Shorts or sweat pants (no cutoff jeans or capri's)
- B. Appropriate tee shirt
- C. No jewelry except post earrings
- D. Gym shoes which are properly laced and tied
- E. **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 change into clothes provided by the PE department.
2. If the student chooses not to change into the clothes that are provided to them, grade will be based on rubric provided.

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.

Period 1: 8:03am

Period 3: 9:47am

Period 4: 10:39am

Period 5: 11:31am

Period 6: 12:56pm

Period 7: 1:48pm

Period 8: 2:40pm

GRADING

1. Class participation (80%) & assignments (20%) are the criteria used for the Strength & Conditioning class grade.

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

Grading Breakdown

*See Rubric

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.

- a. If a student is absent from class for any reason other than a school activity, the student may earn their points back by doing one of 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 days of the absence. After two days the assignment will only be worth 50% when turned in.

NOTE: Students absent due to a school related activity will not be required to make up their physical activity time missed but will be required to make up any assignments given.

3. In the event of an extended injury or illness that causes a student to miss more than three days of class participation, if students are 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, Squat, Dead-lift and Bench Press.

5. Lexington High School school-wide agreements include students completing reading and writing assignments in each class. This class will follow those rules. Be ready to read and write in this 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, Samantha Hammond, Jake Harvey, Zack Follmer 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 initialling 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: _____