Deer Valley Unified School District

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Systematics 1 - 2

Course Description:

This course is aligned with Arizona College and Career Ready Standards and/or national content standards and supports school-wide efforts to increase student achievement. It is an elective course designed to provide students with an understanding of basic weight training principles and techniques. This course will cover a variety of basic periodization phases for effective strength training. Other topics to be addressed include basic nutrition, anatomy, flexibility and aerobic/anaerobic conditioning.

Course Objectives:

By the time the student completes this course of study, the student will know or be able to:

- Demonstrate knowledge in a variety of periodization phases for effective strength training emphasizing safe lifting techniques.
- Identify all major muscle groups of female and male anatomy.
- Demonstrate and differentiate between aerobic and anaerobic exercise.
- Understand and implement the basic principles of nutrition and how it affects one's training.
- Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience.

Standards:

PE.HS.S1 - *The physically literate individual demonstrates competency in a variety of motor skills and movement patterns. HS.S1
PE.HS.S2 - *The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance. HS.S2
PE.HS.S3 - *The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.HS.S3
PE.HS.S4 - *The physically literate individual exhibits responsible personal and social behavior that respects self and others. HS.S4
PE.HS.S5 - *The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction. HS.S5

Classroom Rules:

Systematics 1 - 2 rules have been established to create a positive and safe environment, as well as maximize participation in lifting so that all students can be successful in both skill and knowledge.

Rules:

1. Be on time (students late will be swept)
2. Always have permission from instructor before operating equip.
3. Horse play of any kind will result in loss of points & participation
4. Follow directions the first time they are given
5. Nothing but positives (attitude) in the weight room
6. **NO PHONES EXCEPT WITH TEACHER PERMISSION**

Points will be lost if phones are in class without Teacher permission

The Deer Valley Unified School District does not discriminate on the basis of race, color, national origin, sex, disability, or age in its programs and activities. For any inquiries regarding nondiscrimination policies contact the Superintendent's Department, 20402 N. 15th Avenue, Phoenix, AZ 85027. 623.445.5000.

Dress-Out Policies:
It is a requirement that all students completely change their clothes for all PE, Systo's and Power Training classes. They may wear t-shirts, shorts, leggings or sweats (Example: if you wear dark leggings and a white shirt to school, you may not wear those clothes to class, you must change into different clothes).

- **Dark colored bottoms (blue, red, black, dark green) with an elastic waistband.**
- **White or Gray colored shirt.**

If you choose to wear the incorrect clothing or do not change your clothes, you will lose points each day for class

* Clothes with zippers, pockets, buttons and belt loops may not be worn for safety reasons. At no time are students permitted to wear MRHS athletic equipment to a P.E. class. Gym shoes must be worn at all times and students must be able to tie their shoelaces.

Game Day Policy:
On games days, if you miss class you are required to make up the absence.

Non – Dress Policy:

1st – non dress	(no loss of points)
2nd – non dress	failure to earn 4 pts
3rd – non dress	failure to earn 8 pts
4th – non dress	failure to earn 16pts
5th – non dress	failure to earn 24pts
6th – non dress	failure to earn 32pts
7th – non dress possible loss of credit	

A non - dress may not be made up:
Students who choose to repeatedly not dress for class will greatly diminish their chances of earning a passing grade.

Locker Room Policies:
1. Do not bring valuables to class. For example – money, jewelry, airpods or iphones, etc.
2. Do not share lockers.
3. Lock and recheck your locks.
4. Profanity will not be tolerated.
5. Drinks must be consumed in the locker room after class.
6. No horse play allowed in the locker room at any time.
7. Do not bring glass containers or bottles into the locker room.

No phones should be brought to class, unless a teacher has informed the class that they can use them in class that day. That means, students should never have phones out during attendance, warm ups or class time!

Grading:

Students in Systematic Conditioning earn positive points through written tests, personal goal improvements, daily participation and class assignments. Grades are recorded weekly.

Grading Scale:		**Grade Book Weighting:**	
100% - 90%	= A	Assessment	80%
89% - 80%	= B	Classwork	20%
79% - 70%	= C	18 week grade	= 100%
69% - 60%	= D		
59% - 0%	= F		

Final Semester Grade: 100% = 18 Week cumulative grade

No extra credit will be awarded

Report Cards:

In an effort to conserve resources and harness the capacity of our electronic grade reporting program (PowerSchool) district schools will no longer print hard copies of report cards unless requested by individual parents. To request a hard copy of your student's report card, please contact the front office at 623-376-3000. To receive your PowerSchool login, please stop into the office with a valid photo ID.

Power School Online Access:

Grades and attendance may be accessed 24 hours a day online with your Power School access code. Access codes are available in the Counseling Office or Front Desk Monday – Friday 7:00 AM– 3:30 PM. You may check student progress regularly on the PowerSchool site using the same login for one or more students. For Mountain Ridge parents/guardians without home computer access, a computer with guest log-in capability is available in the Counseling Conference Room.

Academic Assistance/Office Hours:

In addition to the Academic Prep times built into our schedule each week, additional assistance/tutoring is provided on a weekly basis both by MRHS and individually by instructors. These office hours will be posted in my classroom, website, and/or Canvas at the start of each week. I will demonstrate to the students how to find my availability each week.

Make-up Policy:

Absences:

After an absence**,** a student has one school day for each day missed to make up work/tests, regardless of the number of days absent. If many days were missed, please schedule an appointment with me to formulate a plan for the completion of make-up work. Make-up work for extended absences (over 3 days) may be requested through the Counseling Office and picked up there.

Late Assignments Policy:

In order for **Late Work** to be accepted, students must meet the following parameters:

- Assignment is not due within the class period
- Assignment is not a timed activity (such as a Quick-Write Essay)
- Assignment is not a Long-Term assignment (over multiple weeks)
- Assignment is turned in by the end of the instructional unit (No longer 5 days after Unit ends)

Classwork Policy:
In-class assignments may be due by the end of the class period. You will receive time to complete in class.

Test Retakes – Assessment Category Only:
The student completes another assessment of the same learning targets. The assessment to be retaken may be in the same format or a different format and will be at the same difficulty level. The higher of the two scores will be entered in the gradebook.

To earn a retake opportunity, a student must complete all of the following:

- Consult with the teacher
- Submit a reassessment plan or application, if required by the teacher
- The reassessment plan may include all formative coursework related to the content/skill assessed

Reassessment Plan:
- The student must initiate contact with the teacher within 5 school days of the assessment score being posted.
- The student must communicate with the teacher to create a reassessment plan.

AI Statement:
In Deer Valley Unified School District, we are committed to providing our students with the best possible education while ensuring their safety, privacy, and well-being. As part of our ongoing efforts to enhance learning experiences, we may incorporate the use of Artificial Intelligence (AI) in the classroom for students. However, it is important to approach this technology with caution and adhere to responsible data privacy practices.

DVUSD has determined that the use of Large Language Models (LLMs), such as ChatGPT, is prohibited unless clearly specified by your teacher. Specific guidelines will be provided in the assignment details. If you are unsure if the tool or website you are using is an LLM or if it is permitted on a specific assignment, please contact your teacher before submitting your work.

Daily Device Use (iPads):
Students should come to school with their iPads charged and ready to use in each class every day. Devices may not be used to record or take photos of other people without their consent. Consequences for classroom disruptions and misuse of devices will follow a progressive discipline model, beginning with a phone call home and progressing to office referrals for repeated or more serious offenses. See the Student Rights and Responsibilities consequence chart in the handbook for more specific descriptions of infractions and consequences.

Recommended Supplies for this Course:

1. **We will be providing a combination lock, and locker**

2. **PE uniform for class, they are located at the book store.**
   - **Shirts are white or grey - $10**
   - **Shorts are black – $15**

3. A Great Attitude!