

**Mt. Zion High School Physical Education**  
**POWER TRAINING SYLLABUS**

**MISSION STATEMENT:** Power Training is used to improve athletic performance and prevent injuries. We will work to achieve these objectives through participation in a daily strength and conditioning program. This will include a progressive system to improve the following: power, strength, speed, agility, mobility, flexibility, and conditioning. ***Our Goal: Lifelong Fitness = "To promote & teach activities that may encourage students to continue improving and/or maintaining lifelong fitness."***

**Rules of Classroom**

1. "Golden Rule" = treat others the way you want to be treated. This means everyone! Other students, teachers, classroom visitors, speakers, etc.
2. Students will put forth their best effort at all times.
3. Students will be on time for class, dressed appropriately, and ready to participate.
4. Students will pay attention to all directions and follow them as they are explained.
5. STUDENTS WILL ALWAYS USE EQUIPMENT THE WAY IT IS INTENDED TO BE USED!

**General Rules**

1. **Uniform:** Red shirts and black shorts. Uniform colored sweats are allowed. **NO spandex shorts/yoga pants, cut off shirts, sleeveless shirts, or tank tops. NO JEWELRY!**

***No Dress Policy***

*The student will be given an alternative assignment. Credit will be determined by the quality of the assignment. When finished with the review, the student will stay seated or walk if possible. On the 3rd No Dress, the student will receive a Saturday School; every no dress after the 3rd No Dress will result in a Saturday School.*

2. All uniforms must be worn properly and follow the school's dress code. If a uniform is torn it must be replaced. If a uniform is stolen, a student must fill out a report in the office and replace the uniform.
  3. **Tennis shoes are required. Students *may not participate without shoes. Without proper shoes students will not be allowed to participate and will be given a No Dress. No sandals, work boots, Sperry's, or shoes that slip on.***
  4. No food, drink, gum or candy is allowed in the locker rooms, field house, or weight room.
- NO EXCEPTIONS!**
5. **NO CELL PHONES SHOULD BE OUT IN LOCKER ROOMS!**
  6. Obscene language, gestures, harassment or disrespect will not be tolerated.
  7. Lockers will be assigned by the teacher. Lock combinations will be recorded by the teacher. Each student needs his/her OWN lock and locker. No sharing of lockers.

**Daily Routine**

1. Report to locker rooms in Field House in an orderly fashion (no running or horseplay) and get dressed in Power Training clothes. Students will have 5 minutes to be dressed and out of locker room.
2. Enter the Field House on Court 1.
3. Stretching/Warm-Up
4. Report to weight room, as a class (we will be QUIET in the halls as we walk to the weight room)
5. Go over the day's workout.
6. End Class: All students need to put weights back and help pick up the weight room. Students will be allowed to get dressed with 7 minutes left in class. Students will report back to Field House courts until the bell rings.

**In-School Suspension Make-Ups**

High School students placed in ISS may make up missed class work during Early Bird Power Training classes, with the teacher's consent. If not, it is a zero. Must be completed Day + 1 after the release date of ISS.

## **Notes**

**This includes all notes from parents and/or other teachers.** These notes will be taken on a day-by-day basis. A student will only be allowed two parent notes per semester. After the student's second note from a parent, the student will be required to provide a doctor's note. A note from a doctor is acceptable and will be honored from the date it was issued until the day it expires. Alternative assignments and teacher aide responsibilities will be given while a medical note is being honored. This note must be signed by a doctor (a parent note saying a doctor told you to do something or not do something in Power Training will not be honored). If a doctor's note is not provided the student will be given a No Dress for the day. Notes from other teacher may be accepted, but this will be at the teacher's discretion (ie. tests, getting help with homework, etc.)

## **Grading**

Grades will consist of a 8 points (5 pts. = Participation, 3 pts.= Dress, see PT Grading Rubric) daily grade, grades from Max Out Tests (Mid-Term & Quarter), and Written/Physical Final Exams. Points will be deducted and No Dresses will be given for the following reasons:

***Improper Dress***  
***Inactive Participation***  
***Improper Conduct***  
***Foul Language***  
***Unexcused Absence***

## **Contacting Parents**

1. After the student's 3rd No Dress and Saturday Detention is given we will send an email/make a phone call home to parents/guardians.
2. Parents/Guardians will receive an email/phone call on every No Dress after the 3rd occurrence.

Improper language or inappropriate behavior:

- 1st offense – warning
- 2nd offense – 30 minute detention
- 3rd offense – referral

Tardy Policy: see handbook

Other Handbook Policies: Students are expected to adhere to all other student handbook expectations.

TEACHER/STUDENT CONTRACT AGREEMENT:

Coach Graven & I ( \_\_\_\_\_ ) have read  
(Print Name)

through the syllabus and I am aware of the classroom rules for Coach Graven's Power Training class.

***\*\*By signing this you are at fault of any violation of the rules (classroom & general), daily routine, notes, expectations, and grading scale.\*\****

\_\_\_\_\_  
(Student Signature)

\_\_\_\_\_  
(Date)