Advanced Strength Syllabus

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Office hours: By appointment

Course Description: This course is a gateway to a healthier, stronger you. It will equip you with the motor skills, techniques, and knowledge in exercises necessary to improve muscular strength, muscular endurance, aerobic and cardiovascular endurance, and flexibility of the human body. The emphasis on these elements will not only provide you with the knowledge needed to live a healthy lifestyle but also empower you to take control of your fitness journey. We will also delve into the components of health-related fitness, exploring advanced concepts of power training, competitive weight-lifting, and individual program design.

Daily Points: Students will be given a daily grade of 20 points based on the following criteria

Participation*:* students must always participate to the best of their ability in class. Unwillingness to participate or participating in an unsafe manner will result in losing 1/2 or all daily points.

Proper dress*:*

- Loose-fitting clothes such as shorts, sweatpants, and t-shirts (NO Jeans)
- Athletic shoes (NO boots, crocs, sandals, high heels, bare feet, etc.)
- Clothes for when we go outside, including sweatshirts, jackets, and sweatpants.
- *If students cannot access these things, they can be provided for them.*
- **Lack of proper dress will result in a loss of daily points**
    - The first two offenses will result in a warning
    - 3rd offense and beyond will result in a loss of 10 points

Students can have access to assigned lockers and be given a lock on the first day of class to store their clothes/shoes. If a student loses the lock they are given, they will be charged $10 for the lost lock.

Respect*:* Respect is the cornerstone of our community. Students must always be respectful of their peers and their teachers. Disrespectful behavior will not be tolerated and will result in a loss of daily points. Let's create a space where everyone feels valued and respected.

Attendance:

- Students must be present in class to receive their daily points.
- Students will be given 4 minutes before class and 5-10 (to the teacher's discretion) minutes after class to change. If they are late to class beyond that 4-minute mark, they will be marked with an unexcused tardy. If students leave class without being dismissed, they will also be marked unexcused tardy.
- A student will be considered absent after missing 20 minutes of the 90-minute class period
- Students who receive an *unexcused* absence will be unable to make up for that absence.
- Students who miss class due to an extracurricular activity must make up for that absence by the end of the next unit.
- Students who miss class due to illness or a medical reason must make up for that absence by the end of the next unit.
- Students who cannot participate due to medical injury or illness **must have a doctor's note** and make up for those absences.
- If absences are not made up for within that time frame, they will be graded as zero and will not be given credit for anything turned in after the allotted time frame.

- **Weight Room Points: students will be given a daily grade of 20 points based on the following criteria**

Daily Weight Training Rubric

20	• Engaged in the designed workout throughout the **entire** period. (*All exercises completed*) • Works with **optimum efficiency 90%** to obtain peak physical conditioning. • Always demonstrates proper technique. • Always demonstrates proper safety. • Completes **all** of the tracking for their exercises, weights, and workouts.
16	• Engaged in the designed workout **throughout most of** the class period. (*3/4's of exercises completed*) • Works with **above average efficiency, 80%-89%** to obtain peak physical conditioning. • Demonstrates proper technique **most of the time**. • Demonstrates proper safety **most of the time.** • Completes **all** of the tracking for their exercises, weights, and workouts.
12	• Engaged in the designed workout **during portions** of the class period. (*2/3 of exercises completed*) • Works with **average efficiency, 70%-79%** to obtain peak physical conditioning. • **Sometimes** demonstrates proper technique. • **Sometimes** demonstrates proper safety. • Completes **most** of the tracking for their exercises, weights, and workouts.
8	• **Sporadically** engaged in the designed workout during the class period. (*1/2 of exercises completed*)

	• Works with **below average efficiency, 60%-69%** to obtain peak physical conditioning. • **Rarely** demonstrates proper technique. • **Rarely** demonstrates proper safety. • Completes **some** of the tracking for their exercises, weights, and workouts.
4	• **Rarely engaged** in the designed workout during the class period. (*1/4 exercises completed*) • Works with **poor efficiency 59% and below,** to obtain peak physical conditioning. • **Hardly ever** demonstrates proper technique. • **Hardly ever** demonstrates proper safety. • **Rarely** track exercises, weights, and workouts.
0	• **Never** engaged in the designed workout during the class period. (*0 exercises completed*) • Works with **no efficiency** to obtain peak physical conditioning. • **Never** demonstrates proper technique. • **Never** demonstrates proper safety. • **Never** track exercises, weights, and workouts.

Cardio Room Grades: Students will earn 10 points on cardio days based on the following criteria:

- Activate and wear an IHT watch for the whole class period.
- Participation and effort toward meeting the IHT heart rate goal for the day.
- Cleaning equipment/deactivating and putting the IHT watch away.
- Giving a good effort

Yoga & Meditation Grades: Students will earn 10 points on yoga & meditation days based on the following criteria:

- Students actively participate in the stretching and yoga
- Students are quiet, respectful, and still during the quiet or guided meditation time

Makeup Work: There will be several options for make-up work**:**

- The preferred makeup method for this class would be to lift weights
- Students can record themselves completing a 60-minute time-lapse video and submitting it to Schoology.
- Time-lapse workouts include but are not limited to:
    - Walking, jogging, running
    - Bodyweight strength training, lifting weights
    - Yoga, Pilates
    - Sports Activities: Playing basketball, shooting pucks, tennis, etc.
    - Lifetime activities: rollerblading, golf, jumping on a trampoline

- Students can also utilize “WIN” sessions to complete make-up work. To make up an excused absence, students must complete and have a teacher sign off on three “WIN” sessions.
- Students can also utilize after-school weightlifting and cardio room for 60 minutes.
- Missing work must be turned in by the end of the next unit. Units are two weeks in total.

******Athletic Practices do not count as make-up work. The workout must be completed outside of organized sports. ******

Athletics will not count as PE make-up because we are teaching to the National PE standards, which are different from athletics' goals. The emphasis of high school physical education is to expose students to lifelong physical activity; therefore, we diversify the kinds of activities we teach bi-weekly. We also want to expose them to social-emotional diversity, teamwork, and collaboration with diverse people.

<u>West Fargo High School Food and Drink Policy</u>

- No food in hallways (This includes all lunches purchased from school, brought from home, fast food, take-out, etc.)
- All drinks must be in a container with a non-spill lid
- Food or drinks NOT in a non-spill lid will be directed to be thrown away

<u>West Fargo High School Cell Phone Policy</u>

The phone must be in the backpack from 8:25-3:35. 5 strikes (see policy).

- ***First Offense:*** **The device is brought to the Main Office, picked up by the student at the end of the student’s day**
- ***Second Offense:*** **The device is brought to the Main Office, picked up by the parent/guardian at their earliest convenience, not to be returned to the student until the end of the student’s day**
- ***Third Offense:*** **The device is brought to the Main Office, picked up by the parent/guardian at their earliest convenience, not to be returned to the student until the end of the student’s day, behavior plan assigned to the student**
- ***Fourth Offense:*** **The device is brought to the Main Office, picked up by the parent/guardian at their earliest convenience, not to be returned to the student until the end of the student’s day, 1 day ISS**
- ***Fifth Offense:*** **The device is brought to the Main Office, picked up by the parent/guardian at their earliest convenience, not to be returned to the student until the end of the student’s day, 1 day OSS**
- ***Sixth Offense:*** **The device is brought to the Main Office, picked up by the parent/guardian at their earliest convenience not to be returned to the student until the end of the student’s day, transition to Virtual Program for the at least the remainder of the semester**

If you have any questions or concerns at any time, please notify me as soon as possible.

PACKER PROCESS – PE



P – PREPARE FOR LEARNING

- BE ON TIME – KNOW YOUR SPACE
- WEAR ATHLETIC CLOTHING
- WEAR TENNIS SHOES (NO CROCS, BOOTS, SANDLES, DUDES, ETC)

A – ASK FOR HELP

- HAVE A FACE TO FACE CONVERSATION WITH INSTRUCTOR
- EMAIL INSTRUCTOR
- USE SCHOOLOGY
- SET A MEETING WITH YOUR INSTRUCTOR OR ATTEND A WIN SESSION

C – COLLABORATE WITH OTHERS

PE IS A PARTICIPATORY CLASS.

- RESPECT PERSONAL EQUIPMENT AND SPACES,
- BE TEAM PLAYER
- USE CLASSMATES AS RESOURCES

K – KEEP TRACK OF ASSIGNMENTS & DEADLINES

- REFERENCE DAILY SCHEDULE (WHITE BOARD)
- USE SCHOOLOGY
- USE POWERSCHOOL FOR MISSING WORK

E – ENTER AND EXIT THE CLASSROOM APPROPRIATELY

- WEAR ATHLETIC CLOTHING DAILY
- BE IN THE ASSIGNED SPACE 4 MINUTES AFTER THE FIRST BELL
- TEACHER WILL DISMSS WITH 5-10 MINUTES LEFT OF CLASS DEPENDING ON THE RIGOR OF THE ACTIVITY.
- ALL STUDENTS WILL STAY IN THE PE WING UNDER THE SUPERVISON OF THE TEACHER UNTIL THE BELL RINGS.
- USE ACTIVITIES HALLWAY. DO NOT CUT THROUGH PE SPACES.

R – RESPECT SCHOOL AND CLASSROOM RULES

- BE COMPASSIONATE TOWARDS OTHERS.
- USE APPROPRIATE LANGUAGE. WORDS MATTER.
- KEEP ALL TECHNOLOGY, INCLUDING IPADS AND EARBUDS OUT OF SIGHT UNLESS OTHERWISE INSTRUCTED.

S – SUBMIT WORK

- MISSING WORK IS DUE AT THE END OF THE NEXT UNIT VIA SCHOOLOGY
- MAKE UP WORK OPTIONS INCLUDE
  - ATTENDING 3 WIN SESSIONS FOR 1 MISSED BLOCK,
  - 60 MINUTES OF PHSYICAL ACTIVITY IN THE SCHOOL CARDIO/WEIGHT ROOM – MUST BE SIGNED BY STRENGTH COACH,
  - 60 MINUTES OF PHYSICAL ACTIVITY TIME LAPSE RECORDING
- ACTIVITIES INCLUSIVE OF ATHETIC PRACTICES AND GAMES WILL NOT BE COUNTED TOWARDS MAKE UP WORK.