

LONGMEADOW HIGH SCHOOL
95 Grassy Gutter Road, Longmeadow, MA 01106
Course Syllabus



NAME OF COURSE: Strength and Conditioning: ½ credit

INSTRUCTOR: Coach/Mr. Williams

CONTACT INFORMATION: twilliams@longmeadow.k12.ma.us

COURSE DESCRIPTION:

This course will teach students the basics of anatomy of movement and anatomy of sport. Students will learn how to set up an exercise program and use class time to become more physically fit. Students will learn muscle names, locations, and basic muscle function. Students will create their own goals and set up testing to measure the progress of these goals. Students will also learn different training techniques to develop strength, speed, agility, flexibility, endurance and power.

REQUIRED MATERIALS:

All students will need a **phone/notebook**, appropriate clothes (unless told otherwise), sneakers and a pen or pencil.

ATTENDANCE:

A student who misses more than 7 classes of a subject during one marking period may fail the course that quarter. At the teacher's discretion, the student may receive the lesser of a grade of 59 or the actual grade earned.

Students are expected to be in the LOCKER ROOM when the bell rings. Cut slips will be given for tardiness.

COURSE AND CLASSROOM POLICIES:

- Homework will be assigned periodically to help you review concepts covered during class, and to introduce you to new ideas. It is my expectation that all homework assignments be completed on time all late homework assignments (completed within the allotted time) will receive only ½ credit after the due date, and will not be accepted after 1 week late.
- Submitting workout forms is a requirement to receive credit.
- If you are absent, the following rules will apply:
 - Homework may be turned in the following day for full credit.
 - Quizzes and tests need to be completed within a week.
 - Any quizzes or tests announced several days in advance will need to be taken on that day.
- A change of clothes is recommended for days of physical activity. A class grade will be given for changing, participation and citizenship. Forgetting clothes will result in a 0 for the day, detention, and after 3rd instance may incur a meeting with department chair.

Finally, it is my expectation that our class community will be one in which all students are comfortable and safe. To this end, we are all responsible for treating each other with respect.

Let's have a great year!!!