

## **Conditioning/ Weight Training Syllabus**

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### ***Communication:***

Parents will be able to reach us on the phone number listed above before or after school hours. Parents may also reach us on the email listed above at any time. Parent Portal may also be used as a way to keep up with student progress in ALL assigned classes. More information about the parent portal is available in guidance. All schoology assignments can be found on the Schoology website.

### ***Course Description:***

Strength and Conditioning class will provide an opportunity for development of strength and conditioning for various sports and fitness related activities. Free weights, exercise machines and conditioning activities will be incorporated to promote improvement in strength, endurance, balance, agility, and speed. Students will lift on select days and will participate in conditioning activities on select days. Proper technique, safety precautions and proper application of the Principles of Training will be emphasized. Students will be tested to monitor physical progress and to determine semester grades. A plan to achieve goals will be developed and implemented during this course.

### ***Website:***

**Coach Green/ Coach Harris:** <https://sites.google.com/newberry.k12.sc.us/mkimbrellmchs/home>  
**Coach Stribble:** <https://sites.google.com/newberry.k12.sc.us/lstribblemchs/home>

### ***Learning and Developmental Goals:***

By the end of 2020-2021 school year, students in this class will:

- Become more physically fit/educated
- Become more proficient in the weight room
- Become more aware of the importance of strength training, cardiovascular exercise, and plyometrics.

### ***Required Materials:***

1 subject notebook

Tennis shoes (NO FLIP FLOPS, BOOTS, SANDALS, ETC.)

Gym shorts or sweatpants (NO LEGGINGS; NO SPANKS; shorts must be approved by teacher)

T-shirt (NO TANK TOPS)

Pen or Pencil

***Grading Policy:***

Major Grades 50% (Strength and Skill Progress and Final Project)

Minor Grades 40% (Participation/dressing out/homework and fitness progressions)

Semester and End of Year Exam 10%

***Grading Scale:*** 90-100 =A; 80-89 =B; 70-79 =C; 60-69 =D; 59 and below =F

***ALL MCHS ACADEMIC GUIDELINES WILL BE FOLLOWED IN MY CLASS. A COPY OF THESE GUIDELINES IS FOUND ON PAGE IN YOUR STUDENT HANDBOOK.***

Each day you dress out and participate, a daily grade of 100 will go into the grade book. You will be allowed 2 “free” days to ie) forget your clothes, feel sick, etc. before your daily grade is affected. Parent notes can be used for these days. An alternative written assignment will be provided so that you can still earn up to a 100 on a “free” day. Each day after your second “free” day will count against your grade unless a DOCTOR’S excuse is provided. You will be given an alternative written assignment on these days as well. With this assignment, you can earn UP TO a 50 if the assignment is completed correctly. If you fail to complete the alternative written assignment, you will receive a zero for your daily grade that day.

At the end of each quarter, your daily grades will be averaged and entered into the grade book as a MAJOR Participation grade.

***Make-Up Work:***

Teachers will permit students to make up work missed during an absence as long as the student makes appropriate arrangements with the teacher no later than his/her fifth day back at school. The student must then complete the work within 10 days after his/her return to school. It is the student’s responsibility to inquire about make-up work due to absences and suspensions. **A 0 will be entered into the grade book for the MISSING GRADE until it is turned in.**

***Homework:***

You will be given out of class assignments during this course. Just as in other courses you are taking, the assignments will count towards your overall grade. Failure to complete these assignments by the given due date will result in a decrease in your overall class average. The weight of class assignments will fall under the “daily grades” category in the grading policy.

***Tutoring/Extra Help Procedures:***

If extra help is needed, all coaches are available. Although tutoring is typically unnecessary, the only time allotted is after school by appointment only.

### ***Rules and Expectations:***

- Be Prepared- it is expected of you to come to class each day with the appropriate clothing and shoes. This is a PHYSICAL education course. Be prepared to move!
- Be Punctual- be on time, follow procedures.
- Be Positive- have FUN! Come with a good attitude and a positive mindset every day!

### ***Procedures:***

1. Students will meet in the gym on the bleachers for attendance to be taken
2. Students will have 10 minutes after the attendance is taken to dress out
3. Students are to begin the assigned instant activity followed by stretching once they are dressed out
4. If they have completed the assigned instant activity, they walk and/or jog around the gym until the class has been started by the teacher
5. Students will be given ten minutes at the end of class to freshen up and change clothes.

- Classroom Rules and Expectations:
  - No posting inappropriate comments
  - Participate - work will be required daily
  - Help others
  - Use proper writing techniques
  - Respect

**\*\*If a student chooses not to dress out, or cannot dress out due to voluntary decisions, they will be given a written assignment to complete during that class and will only receive partial credit for that day. If the student refuses to complete the written assignment, they will receive a 0 for the day and will be put on a referral.**

**\*\*We hold you accountable not for being perfect, but for always giving it your best effort. There will be activities that some enjoy more than others. I ask that you stay as positive as possible as well as encouraging to your classmates. Lack of good sportsmanship will not be tolerated.**

**\*\*You are NOT allowed to leave my class to make up or finish work for another class. You are provided adequate time throughout the day to complete your assignments. Physical education is not a “free” period to hang out in the gym. You receive a grade for this class that you are held accountable for earning in which you will do so by being IN and APART of class.**

**\*\*You may also not leave my class to go with another class. You are enrolled in my class and you are my responsibility. You cannot leave Math to go to English. The same concept applies ☺**

**\*\* You will be given ten minutes after the bell rings to get dressed out and be ready to start class. Failure to meet this expectation will result in a daily grade deduction. You will also be given 10 minutes at the end of class to freshen up before your next period. Ten minutes is adequate time and will not be used as an excuse to be late to your next class.**

**\*\*NO CELLULAR DEVICES OR ELECTRONICS ALLOWED** unless given permission. If you decide to display or use an electronic device without permission, appropriate action will be taken according to the student handbook. All students will be given the option to place their valuables into a box that will be locked up by the teacher on a daily basis and returned at the end of class.

***Instructional Units:***

Possible units that will be available for this course are:

**Weight training**

- A. Upper body/Back
  - a. Bench Press (Dumb bell)
  - b. Incline Bench Press (Dumb Bell)
  - c. Chest Flies
  - d. Seated Military Press
  - e. Lat Pulldowns
  - f. Upright Rows
  - g. Tricep Press
  - h. Bicep Curls
  - i. Shoulder Routine
  - j. Deadlift
  - k. Squat
- B. Lower Body
  - a. Leg Press
  - b. Calf Raises
  - c. Hang Cleans
  - d. Power Cleans
  - e. Plyometric Box Jumps
  - f. Weighted Lunges
- C. Cardiovascular Exercise
  - a. Pacer test
  - b. 1 Mile Run
- D. Circuit Training

**\*\*You will use the units listed above to develop strength and fitness throughout the semester as you develop your own strength and conditioning program based on your specific needs as an individual.**

***Consequences:***

1<sup>st</sup> Offense: Verbal Warning

2<sup>nd</sup> Offense: Conference

3<sup>rd</sup> Offense: Lunch Detention (10min)

4<sup>th</sup> Offense: Parent Contact

5<sup>th</sup> Offense: Referral to the Office