

**Oak Park High School
Physical Education
Strength and Conditioning Class**

Course Description:

This course offers a high level of fitness through participating in various strength and conditioning practices. Students will gain a depth of knowledge of various gym equipment, gym etiquette and safety, major muscles groups and how to target them, and proper form executing exercises. Students will gain a better understanding of their level of fitness, set personal goals, and assess their progress. The class is designed to be interactive, fun, and intended to help students develop lifelong fitness practices.

MEDICAL EXCUSE POLICY

*Situations will be evaluated on a case to case basis.

- **Short term-** If a student is to be medically excused due to injury/illness for a short period of time, the following procedure will be implemented:
 1. Students must bring a parent note or email prior to class requesting limited or no activity. The note should be specific as possible for what the student can and/or cannot participate in during class. The note is good for one day only.
 2. If a parent excuses their student for a prolonged period of time, we will need to re-evaluate the situation and request a doctor's note.

- **Long term-** If a student is to be medically excused from all physical education for a period of three weeks or more, every effort will be made to try and keep the student in class. However, if there is too much of the required curriculum the student is missing further arrangements will be made. The student may be ineligible to earn physical education credits and moved to a new class or become a teacher's assistant.

**This also applies to a student that is absent and misses an extended number of classes for other reasons.

SAFETY

Any injury or accident that occurs during class or in the locker room must be reported to the teacher immediately. Students will adhere to the safety procedures in the weight room to avoid any possible injuries and ensure a safe learning environment.

LOCKER ROOM PROCEDURES

PE teachers will check out lockers at the beginning of the year. You are assigned a locker and may not change it without the teacher's permission. No drinks or food are allowed in the entire

gym facility. The locker room is not a play area-- no running or throwing things is allowed. It is the students' responsibility to lock all their belongings as the locker rooms may be unlocked during class.

- Before class, students go straight to the gym for attendance. The teacher will dismiss the students to the locker room to get changed in their PE clothes.
- After class, students will go to the locker and change. They will then return back to their designated area by the teacher to be dismissed.

CELL PHONE POLICY

Cell phone use is strictly prohibited in the locker room at all times. Cell phones are only permitted with teacher approval. In most cases, students may use their phones to listen to music during the warm-ups. At all other times phones must be put away and out of sight. Unauthorized use of cell phones during class or in restricted areas may lead to a loss of participation points and/or removal of cell phone privileges.

UNIFORMS

Students in class must wear the following:

- PE/athletic shirt- Grey/Black or any OPHS t-shirt
- Shorts/sweats- Grey or Black
- Athletic shoes (No boots, sandals, uggs, slides, etc.)
- * If it is cold- students can wear black/grey sweatpants and sweatshirts over their PE clothes.

*It is important that students are dressed appropriately for safe participation in class activities. Unprepared students may not be able to participate in class and will lose participation points.

GRADING

- Participation
 - 100 points every 2 weeks- breaking down to 20 points a day
 - 10 points received for dressing in approved PE apparel
 - 10 points received for actively engaging in activity, level of effort and attitude, behaving appropriately to peers, unauthorized use of phones and following instructions.
- Assignments
 - Assignments will be given during class as well as for homework. Students only have one class period following the due date to turn in a late assignment for half credit.
 - 20-50 points for each assignment (about 1 assignment a quarter)

*All current grades will be found on Q. The final grade is based on cumulative points earned throughout the entirety of the semester.

**OAK PARK HIGH SCHOOL
PHYSICAL EDUCATION
SIGNATURE PAGE**

STUDENT NAME (printed): _____

In an effort to better enhance communication between the Physical Education department, the students, and the parents/guardians, please sign below indicating you are aware of our program and policies.

I have read and am aware of the Physical Education program and policies at Oak Park High School.

PARENT SIGNATURE

STUDENT SIGNATURE

If you have any questions or concerns, please feel free to contact me. I look forward to a fun and successful year.

Kathryn Klamecki
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