Oak Park High School
Physical Education
Strength and Conditioning Class

Course Description:
This course promotes a high level of physical fitness through participation in a variety of strength and conditioning activities. Students will develop a strong understanding of gym equipment, gym etiquette and safety, major muscle groups and how to effectively target them, and proper exercise technique and form.

Throughout the course, students will assess their current fitness levels, set personal fitness goals, and monitor their progress over time. Activities include strength training in the weight room, cardio/activities on the field/tack, and occasional off campus walks.

Designed to be interactive, engaging, and enjoyable, this course encourages students to build confidence, improve overall fitness, and develop healthy habits that support lifelong wellness.

MEDICAL EXCUSE POLICY
A parent note or email is required for a student to be medically excused due to injury or illness for a specific class period. Long term medicals will be evaluated on a case to case basis, but missing an excessive amount of classes may lead to the student not earning physical education credits and being dropped from the class.

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.

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