

## STRENGTH & CONDITIONING

### GRADING PROCEDURE

INSTRUCTOR: Mr. de Vries

Letter Grade	Scale	Transcript
A	100.00-93.00	4.0
A-	92.99-90.0	3.7
B+	89.99-87.0	3.3
B	86.99-83.0	3.0
B-	82.99-80.0	2.7
C+	79.99-77.0	2.3
C	76.99-73.0	2.0
C-	72.99-70.0	1.7
D+	69.99-67.0	1.3
D	66.99-63.0	1.0
F	62.99-0	



**Course Description:** This one semester course is offered to students in grades 9-12 and is available to anyone interested in strength & conditioning. This course focuses on developing the understanding, technique, physical conditioning, safety and experience necessary to engage in a regular strength and conditioning program for establishing lifelong fitness habits. Exercise technique, weight room safety, strength training, weightlifting, general physical training and fitness/strength testing are included in this course and will be assessed on a daily basis.

### GRADE SCALE

This is a participation-based course. Students earn points by **attendance and active participation** in class sessions, weight lifting workouts and record keeping, written tests or assignments and weight lifting technique.

### \* EARNING POINTS

#### **CATEGORY 1 – ATTENDANCE, PARTICIPATION EFFORT AND CONDUCT (+ 10 POSSIBLE PER DAY)**

Students will earn up to 10 points per day if they are in attendance, suited, on time and are participating with **acceptable** effort and classroom conduct. **(Approx. 50% of grade)**

#### **CATEGORY 2 – LIFTING WORKOUTS AND OTHER ASSIGNMENTS**

Students will earn up to 10 points for successful completion of assigned weight lifting workouts including proper record keeping documentation. **(Approx. 25% of grade)**

#### **CATEGORY 3 – PHYSICAL FITNESS TESTS / KNOWLEDGE QUIZZES & TESTS**

**(+ 10 POSSIBLE FOR EACH FITNESS TEST – Approx. 15% of grade)**

Students will earn up to 10 possible points based on results of the fitness tests. Tests will include Vertical Jump, 40 yard dash, Agility test, Abdominal curls, and Endurance runs which *may* include the mile run, 12 minute run, cross country run, or 850 yd shuttle pacer. Knowledge quizzes & tests will be given throughout the semester to assess topics discussed during class and homework assignments.

#### **CATEGORY 4 – WEIGHTLIFTING TECHNIQUE TESTING (+ 20 POSS. PER TESTED LIFT)**

Students will earn up to 20 points for each technique on Clean and Jerk, Bench Press, and Back Squat during strength testing period. **(Approx. 10% of grade)**

### **\*\*\* POINT DEDUCTIONS \*\*\***

#### **NON-PARTICIPATION DAYS (-10 PER DAY)**

- 1-Excused Absences (excused absences may be made up.) (School Related does not count)
- 2-Excused Non-Suit days (Can be made up)
- 3-Leaving Early (*truancy* – Cannot be made up)
- 4-Disciplinatory Removal

#### **NON-PARTICIPATION DAYS (-20 PER DAY)**

- 1-Unexcused Absences (Can be made up) and Unexcused Non-suits (Cannot be made up)

**\*\*After ten (10) non-suits in a semester, you will receive an F grade, and FAIL THE CLASS. You may not make up the lost points for unexcused non-suits. \*\***

**OTHER DEDUCTIONS (-5 EACH)**

Insufficient effort during activities will earn deductions for (WU) warm-up, (C) Calisthenics, (S) Stretching, (R) Running or (G) Games (-5). (T) Tardy deduction. (All can be made up)

**MAKE UP (WHEN/WHERE) – Subject to Change!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weight Room	Gym / Other	Weight Room	Weight Room / Gym / Other	N/A

1. Meet as arranged with instructor on time, 7:00 if before school, during advisory or 2:05 if after school, and be suited up for activity. If you are late, your make up may or may not count.
2. **Make up must be completed by the Monday of the last week of the quarter.**

**CLASSROOM RULES**

1. Be in designated area on time.
2. Be dressed in acceptable P.E. clothing.

Acceptable Gear	Checklist
Sweatshirt/Sweatpants	
Shorts	
Athletic Shoes	
T-Shirt	
Socks	

Unacceptable Gear	Checklist
Tank tops	
Spaghetti Straps	
Spandex shorts	
Non-Athletic Shoes	
Jeans, etc.	

3. Students will get **5 minutes** after each bell to get prepared. If you are not in the room or not ready shoes on etc.), you are Tardy (pt deduction). **5 tardies = discipline referral**
4. Students will get **5 to 10 min.** to change at the end of the period, depending upon the intensity of the day’s activities. Upon changing students must wait in the gym lobby or the locker room.  
**\*\*If you leave early 1<sup>st</sup> offense = -10, 2<sup>nd</sup> offense = -10 and referral to the office & call home (Truancy -10). You may only use the front door when leaving the locker room.**
5. Show respect for all PE facilities (Gym/ Weight Room).
6. Show respect to instructor, classmates, teammates, and opponents.

**3 GOLDEN RULES WE PLAY BY IN CLASS:**

- 1: BE NICE,
- 2: BE ACTIVE,
- 3: SHARE THE BALL

7. No pop or Powerade etc. in the gym or weight room.
8. Share your locker and combination with **NO ONE**.
9. Non-suits will be excused for injury or illness with a note from physician. These can and should be made up by the student to receive partial credit.
10. No bare midriffs.

**\*\*\* TO PREVENT THEFT STUDENTS SHOULD \*\*\***

- 1) Pick out a locker.
- 2) Lock all of your valuables in your lockers during class, practices and games.
- 3) Make sure your locker is locked before leaving locker room.

**STUDENT INFORMATION AND HEALTH QUESTIONNAIRE**  
**(TO BE FILLED OUT BY PARENT)**

STUDENT NAME \_\_\_\_\_  
PERIOD \_\_\_\_\_

Please complete the following questions to the best of your knowledge so we are aware of any physical limitations that could interfere with your child's ability to fully participate in class activities.

1- Does this student have asthma? YES NO (Please circle one)  
If YES please explain to what degree and limitations.

2- Does this student have any allergies? YES NO  
If YES please list allergies.

3- Does this student have any other condition that might limit full participation? YES NO  
If YES please explain the condition and degree of limitation.

**Please sign and return this page.**

I have read (and had explained to me) and understand the grading procedure page, the make up and class rules for this class.

STUDENT SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

I have read and understand the grading procedure page, the make-up, class rules page and the student information and health questionnaire page for this class.

PARENT SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

**\*\*THIS PAGE MUST BE SIGNED AND RETURNED BEFORE PARTICIPATION IS ALLOWED\*\***