

Course: Strength and Conditioning

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Course Description

The student who wants to learn the basics as well as some advanced strength and conditioning techniques should take this class. Lifting will take place 3 to 4 times a week and games on the other day or two. Strength and conditioning workouts will include core training, muscular endurance, muscular strength and flexibility exercise. Most games will consist of short sided (4-6 per team) games like ultimate Frisbee, ultimate football, speedball and handball as well as many other active games.

Benchmarks and Shape America Standards

Standard 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Standard 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Standard 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

DCSD Benchmark: Improvement of a student's cardiovascular endurance during the course of the semester.

Assessments

Students will be assessed using some or all of the following:

1. Skill evaluations
2. Fitness testing
3. Unit reflections
4. Projects
5. Goal setting
6. Minutes in target heart zone

Content

In addition to the units in each class, students will be introduced to health and wellness concepts promoting a healthy lifestyle.

Instructional Strategies

The teacher will use various strategies which will include direct instruction, video analysis, goal setting, and cooperative learning.

Behavioral Expectations (rules, consequences, makeup)

1. Students are not allowed to have cell phones or any other electronic devices in class unless approved by their teacher. Cell phones may not be used in the locker room.
2. Profanity will not be tolerated.
3. Students are expected to respect teachers, classmates, equipment, and themselves.
4. Additional rules specific to the weight room are posted in the weight room.
5. Students must come to class ready to participate with activity clothing, athletic shoes and heart rate monitor strap. Each student is given a heart rate monitor strap. If this is lost, the student will need to pay a \$15 dollar replacement fee in the business office.
6. Students will be provided a locker to use during class and must bring their own padlock to lock up their valuables. No food or drink is permitted in the locker room. Students will report to the locker room at the beginning of class and back to the locker room after activity and stay there until the final bell rings.
7. Students will have the opportunity to make up an absence in the mornings from 7:00 to 7:25 am and must get 20 minutes in their target heart zone. Students may also complete an assignment on Health and Wellness (<http://aea1.k12.ia.us/en/onlineresources/teenhealthandwellness>). It is the student’s responsibility to arrange the make up with their teacher and all work must take place within 2 weeks of the absence or by the last day of the semester. *See policy 5107

Grading Plan

(5 points) Cardiorespiratory Endurance Students will participate in lessons using Polar heart rate monitors/sensors to determine minutes spent in the target heart rate zone. Students will be graded using a target heart rate training zone and minutes spent in this zone.

(5 points) Unit and Activity Progression Students will graded on physical activity performance outlined by performance criteria/rubrics, daily lesson expectations, skill progression, warm up activities, etc. Revisit in individual buildings.

Grading Scale

A	93-100%	B+	87-89%	C+	77-79%	D+	67-69%
A-	90-92%	B	83-86%	C	73-76%	D	63-66%
		B-	80-82%	C-	70-72%	D-	60-62%

Communication Plan

Student progress will be available using Power School weekly. Individual teachers may be contacted by phone or email.

Medical Releases

If a student has a medical release from a physician, all paperwork must be on file with the nurse. After this occurs, the student will be sent to the LRC to do an assignment. Students are expected to bring other work with them if the assignment is finished early. Students will report to the locker room at the beginning of class and back to the locker room after activity until the bell rings.