

ADVANCED STRENGTH AND CONDITIONING 2016-2017

Syllabus

Instructor:

Mr. Chris Morland

Class times: M/W/F: 8:05-8:45p (must be at workout station by 8:12a)

W: 8:05-8:35a (must be at workout station by 8:12a)

TU/TH: 2:05-2:55p (must be at workout station by 2:12p)

Individual meeting times: Hours during 5th Period Lunch Beginning or End

Description:

This year-long course will continue to build on the knowledge base and techniques that students learned in their Level 1 & 2 Strength & Conditioning classes. There will be a greater emphasis on Olympic Lifts (especially the Power Snatch), as well as exploration of greater variety of exercise (kettle bell, ropes, barrels, and others that are power related). Other requirements will be 15-points on proper nutrition, the effects of steroid and supplement use, and a more expansive look at how anatomy and physiology influences proper workouts. This class will require daily participation in workouts supplemented with about 5% written work to learn the methodology through quizzes.

Strength Facility Rules (see posted on the wall): 1. No horse play in strength facility (safety first) 2. No food or drinks of any kind. 3. Wear proper athletic wear. 4. Be on time 5. Work hard 6. No Profanity

Participation: If you're not putting forth a good effort during class you will have points deducted from your grade on that particular day as indicated from the list below. If you miss class you will be required to make-up the work outside of class to get full credit for that day. A doctor's note or parent note will be required for any excused absence.

Grading:

You have 20 points when you walk through the door. The following are ways that you can lose points. Points will be added weekly on Fridays for the week and reported.

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| 1. Do not dress out (<i>Note: not dressing will not be tolerated</i>) | -20 points |
| *students are allowed one grace day per semester/this class is based on your participation | |
| 2. Student is absent and no doctor's note or parent note is provided | -20 points |
| 3. If the student is disruptive in class they will be dismissed to the hallway | -20 points |
| 4. Student does not complete the workout prescribed by the end of class | -10 points |
| 5. You can lose up to ½ your points by having a bad attitude in class | -5 or 10 pts. |
| 6. Points can also be taken away at the teacher's discretion (Ex. language) | -5 points |
| 7. Student does not document workout using the Teambuildr application | -5 points |

Each Quarter grade is based up participation, Teambuildr, and quizzes. The semester grade is calculated using Quarter 1 (or 3) (40%), Quarter 2 (or 4) (40%) and the Semester physical exam (20%). See the pacing guide for additional details on point totals.

Start of class

-Be at your station and ready to workout at the designated time (**-5 points if not**)

-You have 7 minutes after the 2nd bell to be in the weight room properly dressed out and ready for class.

Smart phone and personal items:

- Smart phones will be allowed in the Teachers box and must stay on the ledge until the last 5 minutes of class when the workout will be documented.
- Each student should store personal items in a gym bag during the period in the locker room (which will be locked). The administration is asking off-season students to store gym bag in coach's classroom or car.

Required:

-Proper gym clothes (shorts, socks, shirt (no half shirts), tennis shoes you can run in

-Proper attitude and mind set to get better

-Optional: Hard soled shoes will provide a better base for you to make progress. Examples: hiking boots, military boots, or weightlifting shoes

Honors Option:

Students will be able to earn honors credit with a 30 additional hour for a special project. The link to do this is on the class website and must be finished by Aug. 19th by noon. Details will be presented to the class about this option.

**Shared Responsibility for Strength and Conditioning training Safety
Assumption of Risk**

By signed this I agree that I have reviewed this information included. Administrators, coaches, physicians, trainer, and student –athletes must share the responsibility for Strength and Sport safety. I, the undersigned, am aware and appreciate that there are risks of injury involved in my participation in Strength and Conditioning training activities at **Cardinal Gibbons High School** during the school year. The school and I understand that my signature below in no way relieves the school of its responsibilities for my welfare. Signing this statement is intended to make me aware of my responsibility in preventing potential injuries or harm, reporting actual injuries, and complying with the treatment plan of my health care providers and indicates that I understand and appreciate the risks involved with my participation. I understand that this includes the risks and responsibilities of participation in this class.

Student's Name (Please Print)

Student's Signature Date

Parents signature Date

H phone _____ W phone _____

Sport/s or Clubs _____ Grade Level _____

Health Concerns/Injuries _____

Please return this form signed by **August 17th, 2016**. Your name will be checked off when the form is returned signed. You will not be able to participate until this form is returned. Each student will begin losing 20 points starting **August 18th, 2016**.

I hope that your son or daughter has a safe, fun and healthy year. If you have any questions, please feel free to call me.

Thanks for your parental support of your student this school year!

Mr. Morland, MS, CSCS, SCCC