

FUNDAMENTALS OF STRENGTH AND CONDITIONING 2016-2017

Syllabus

Instructor: Mr. Chris Morland

Class times: M/F: 2:05-2:55a (be at workout station by 2:12a)
W: 1:30-2:15p (be at work station at 1:42p)
TU/TH: 8:05-8:45a (must be at workout station by 8:12p)

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

Course Description:

This class is designed to build upon the foundation the Level 1 Foundations or of Strength & Conditioning or PE class. Subject matter for this year-long course will include more **intermediate** strength training techniques, power development, and with Olympic lifts) as well as coverage of plyometrics and conditioning. Related topics include nutrition, ergogenic drugs, and basic anatomy and physiology. This class will require participation in daily physical workouts.

Goals

The student should:

1. Demonstrate increases in muscular strength by increasing their STRENGTH GPA and endurance tests (push-ups and pull-ups).
2. Demonstrate proper techniques on all core and axillary exercises to ensure safety in the strength facility
3. Build a base of training knowledge from which one may draw from in the future to enhance personal fitness.

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 full 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 or parents note will be required for an 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 previous week.

1. Do not dress out (*Note: not dressing will not be tolerated*) **-20 points**
*students are allowed one no dress a semester/this class is based on your participation
2. Student is absent and no doctor's note or parents note is provided **-20 points**
3. If the student is disruptive in class you will be dismissed to the hallway **-20 points**
4. Student does not complete the workout prescribed by end of class **-10 points**
5. You can lose up to ½ your points based upon 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 solely on participation. The semester grade is calculated using Quarter 1 (or 3) (40%), Quarter 2 (or 4) (40%) and the Semester exam (20%). See pacing guide for point totals.

Sick/Injured Students: In order to not have points deducted off your grade for not dressing out, I will need a doctor's note.

Materials Needed: Athletic Shoes (no sandals or loafers) and athletic clothing (no khaki shorts or polo shirts!)

Smart Phones 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 have personal items in a gym bag during the period in the locker room. The administration is asking off-season students to store gym bag in coach's classroom or car.

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 _____

Health Concerns? _____

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 to lose 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!