

Weight Training, Athletes Weights and Conditioning Syllabus 2019-2020



Instructors:

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Department Goals/Objectives:

1. To provide a regular opportunity for improvement of personal fitness levels in the area of cardiovascular endurance, strength, flexibility, power, as well as increased skill related components such as agility, coordination, speed, and balance.
2. To introduce a variety of activities that enhances fundamental and specialized athletic skill.
3. To encourage the inclusion of regular physical activities, by developing positive attitudes towards fitness and recreation activities as a part of a healthy lifestyle.

LOCKER ROOM GUIDELINES:

1. **Each student will be issued a lock and locker.** These become the responsibilities of the students until they are returned at the check out time. Combinations **are not to be shared with anyone**
2. Replacement locks cost \$7.50.
3. **All items are to be locked up properly during the class period. Locker rooms are not a safe place for highly valuable items. CCHS not is responsible for lost or stolen items.**
4. Students need to be safety conscious, especially in the locker room area.
5. Locker room doors will remain locked during class time.
6. Food and drink are not allowed in the locker rooms, gymnasiums, weight rooms or any other P.E. areas. Water bottles are allowed and drinking fountains are available.

Hygiene:

1. All toiletries brought into the locker room must be in unbreakable containers
2. No aerosol items allowed, including hairspray or deodorant. Use gel or solid deodorant bars.
3. Students are expected to wash PE Uniform regularly.

Rules and Expectations

1. Students are expected to observe all CCHS rules, follow all instructions from the staff, and avoid any form of unsafe behavior. CCHS disciplinary protocol will be followed.
2. Students are expected to dress down and actively participate every day of their scheduled class. Even with a parent or Medical Note students are still required to dress down whenever possible and participate fully to the extent of the injury. For example, if there is an upper body injury lower body can still be utilized.
3. **Appropriate Dress-** Mesh shorts, t-shirts, sweats, sweatshirts, and athletic shoes.
 - a. PE Clothing must still follow school dress policy. Make sure clothing fits properly (no sagging or too tight fitting) School Colors encouraged. Loaner clothing is not available through the P.E. department.

- b. Make sure clothing will be comfortable for you, and others, during activities such as running, jumping, stretching, push-ups.
 - c. Have warm clothing for outside activities during the winter months.
4. Students are expected to be inside the locker room before the tardy bell rings. Students will have 5 minutes to dress at the beginning and end of class. At the end of class students must stay in the locker room or PE hallway until the bell.
 5. Cell phones and headphones will not be allowed during class time. All phones need to be secured in a student's locker either in the PE locker room or hall locker. CCHS cell phone and electronics policies will be followed.

Grading Guidelines

CCHS PE curriculum is designed to enhance your student's present fitness level and introduce them to new skills that will provide them with more opportunities for lifelong activity. Each day students have the ability to earn 3 points for a total of 15 per week. The following 3 categories will be assessed daily.

Responsibility	On time and dressed down Respect facilities and equipment on and off campus. Use appropriate language and volume. Stay in the area designated by the teacher. Participate in groups and spotting when not lifting
Character	Consistent effort even in new or challenging situations Fully participates in warm ups and all assigned daily activities Treat staff and peers with dignity and respect. Show good sportsmanship. Positive attitude towards self and others Students will return all equipment to designated areas and make sure the PE areas are clean and safe at the end of class. Students involved in athletics or extracurricular activities are expected to dress down and lift on contest days. Teacher will give specific instructions for those circumstances.
Activity	Full Participation in activity Follow rules and expectations Use equipment properly Accept teammates and support differences

Lost points for an **excused** absence may be made up. A PE makeup form, with a list of appropriate activities and time requirements, is available in the PE offices. (Boys and Girls Locker rooms)

1. **The student must make up the missed class within 2 weeks of the absence.**
2. **One form is required for each absence with a limit of 5 a semester.**
3. **If a prearranged absence will be longer than 5 school days students will need to come in during ELO to meet with the teacher for further instructions.**

Grading:

- A 100 - 90%
- B 89 - 80%
- C 79 - 70%
- D 69 - 60%
- F 59 and under

Grades will be based on a daily point system and weightroom assessments:

45% of grades will come from the guidelines above. 55% of the grade will come from assessments.

Class Procedures:

Student will be in locker room before the tardy bell rings.

Student will be in attendance position within 5 minutes of tardy bell.

Student will be dressed in PE attire.

Student will have athletic shoes on at all times.

Student will lock all clothing in lockers during class times.

Student will not store PE clothes in long lockers.

Student will not bring cell phones or valuables to class.

Student will stay in locker room until the end of class.

Student will be respectful of others and their property at all times.

Student will treat the equipment and weight room with respect at all times.

Student will be expected to help clean up the weight room or risk losing daily points.

For further resources and a more in depth outline please refer to the electronic version on our district website
www.crookcounty.k12.or.us.
