

MONTE VISTA CHRISTIAN SCHOOL
HEXS 1914 High School Physical Education: Strength and Conditioning
Course Syllabus

Course Description:

An intensive course that fosters improvement in the primary components of fitness: cardiovascular fitness, muscular strength, muscular endurance, flexibility, and body composition. Speed, agility, and strength training with the goal of increased muscular power production are the primary focuses of the course.

Curricular Mapping:

In the interest of developing the whole student athlete; this course will provide a venue for improvement in overall physical fitness, team chemistry, character, and spiritual maturity. Specifically, this is a class designed to advance the athletic skills and performance of student athletes who are members of Monte Vista Christian School varsity and sub varsity athletic teams. The class will act as a supplement to athletic team practice and/or offseason workouts with the goal of improving each athlete's strength, speed, agility, motor skills and overall athletic ability, which will lead to improved competition performance in their respective sport.

Course Objectives:

Upon the successful completion of this course the student athlete will:

1. Demonstrate competency in a variety of sport specific speed, agility, and strength training concepts through class participation.
2. Show an improvement in overall physical fitness including cardiovascular fitness, muscular strength, muscular endurance, flexibility, body composition, coordination, and concentration through daily participation and periodic assessments.
3. Integrate appropriate sport specific training into game competition.
4. Develop character, personal discipline, and team chemistry by completing a challenging training regimen.
5. Integrate safe weight room and training procedures into daily workouts.
6. Improve personal responsibility in the areas of locker use, uniform maintenance, and time management.

Course Outline and Requirements:

Weight training workouts will follow a microcycle/mesocycle/macrocycle breakdown and adhere to the concepts of periodization of training. Core lifts will consist of bench press, back squats, and power cleans. Sport specific auxiliary lifts will also be integrated. Speed and agility training will consist primarily of high intensity repetitions and will include: plyometric, change of direction drills, agility ladders, step training, speed training, and cone drills. Core training, static stretching, and dynamic flexibility activities will be incorporated into weekly microcycles.

Students must be active in MVC team sponsored athletics to register for this course. Team sports include: Volleyball, Football, Basketball, Soccer, Baseball, and Softball.

Grading:

Each student will earn a total of two points per day Monday - Friday. Students will be given (1) point for participation and (1) point for dressing out in their P.E. uniform.*

* P.E. uniforms include a P.E. department-issued t-shirt (required), shorts (required), sweatshirt and sweatpants. These items are available for purchase through the MVC Business Office. Team issued MVC athletic gear is also acceptable. Students are required to wear cross-trainer, running, or comparable athletic shoes with laces and socks. Vans, Converse, skate shoes, flat soled shoes, sandals, slip on shoes, Uggs, slippers, boots, etc. will not be allowed. Students should also maintain cleats in their locker for use on grass surfaces.

Grade Book Categories		Semester Weighted Grading Configuration	
Participation	50%	Quarter	50%
Dress	50%	Quarter	50%
		Final	0%

Grading Scale:

- A = 90 – 100%
- B = 80 – 89%
- C = 70 – 79%
- D = 60 – 69%
- F = 59% or less

High School Standard Grading Policy:

Please refer to the policy and procedures posted online in our Student Handbook.

Class Policies:

1. Dress out: Students are expected to dress out in their own P.E. uniform for each class session unless a parent or medical doctor’s note states otherwise or the instructor makes an exception at his or her discretion. If a student does not have their uniform, a loaner uniform will be provided. Students receiving a loaner uniform will receive a tardy and lose their dress points for the day. School clothes are not to be worn under P.E. uniforms.
2. Participation/Effort: Students are expected to participate and give quality effort during class activities. Students who demonstrate a chronic pattern of non-participation and/or

lack of effort may be asked to attend a parent/student conference with their instructor, which will be preceded by an instructor phone call to parents. All varsity team sports and freshman football in season may begin practice during Strength and Conditioning.

3. Absences: Students will be allowed three no-dress days per quarter due to absence, vacation, illness, or injury. Students will receive a zero on the fourth and subsequent absences. After the three no-dress limit, participation and testing points may be earned by the completion of an assignment to be assigned at the instructor's discretion.
4. Notes: Non-participation due to a parent or doctor note will count toward a student's three no-dress day limit. After the third consecutive day of non-participation due to a parent note, a doctor's note must be submitted. Extreme circumstances due to prolonged sickness or injury will be handled on a case-by-case basis. Instructors reserve the right to contact the parent or guardian regarding the validity of any given note or excuse.
5. Lockers and Locks: Each student will be issued a P.E. locker and combination lock at the beginning of the year. Students are responsible for maintaining the cleanliness of their locker. **SHARING OF CLOTHES AND/OR LOCKERS WILL NOT BE TOLERATED.** Students will be billed for the cost of locks that are lost or misplaced. IT IS THE RESPONSIBILITY OF THE STUDENT TO LOCK UP ANY MONEY, VALUABLES, ELECTRONIC DEVICES, ETC. INSTRUCTORS ARE NOT RESPONSIBLE FOR LOST OR STOLEN ITEMS WHICH HAVE NOT BEEN LOCKED IN AN ASSIGNED LOCKER.
6. Instructors may conduct random locker checks. Locker checks will include notation of whether or not a student is keeping their locker clean, locking lock correctly, sharing locker, storing items in his/her locker other than P.E. clothing and/or uniform for sport activities.
7. Safety: Appropriate rules and procedures will be followed while in the weight room and conducting speed and agility training. Horseplay or other disregard for rules and safety procedures will result in strict discipline.
8. No food, beverages (other than water), gum, cell phones or electronic devices are allowed at any time during P.E.
9. This syllabus is subject to change upon discretion of the Health & Exercise Science Dept.

School Policies and Expected Student Learning Results (ESLRs):

Students are subject to all academic policies of the school as found in the Parent-Student Handbook. Furthermore, it is each student's responsibility to read and follow all academic policies of Monte Vista Christian School. In addition to addressing each ESLR every year, we target a specific ESLR each academic year for particular focus.

Miscellaneous:

1. Students are expected to wash their uniforms each weekend in the interest of personal hygiene and overall wellness of the class.

2. Use of locker rooms is a privilege. Please keep locker rooms and athletic facilities clean. Always keep assigned lockers locked, which will help avoid theft. Please note that visiting school athletic teams occasionally use our locker facilities during after school hours.