



## **Body Conditioning I and II**

### **Coach Roberson**

**Class Objective:** All students in Body Conditioning will participate in various strength and conditioning activities that will facilitate each student toward his or her personal goals. Each student will be given an equal opportunity to learn and participate in activities that will enhance his or her growth in the area of strength and conditioning.

#### **Class Activities:**

- Static Stretching
- Dynamic Stretching
- Core Training (abdominal / lower back)
- Cardiovascular Development
- Med Ball Training
- Hurdle Mobility

**Class Expectations:** All students will be required to dress in appropriate clothing daily and participate in all activities set by the instructor. Any student that is restricted due to an illness or injury will be required to participate in class with an adjusted workout set up by the instructor.

#### **Class Procedure:**

- Dress out for class
- Participate in a Dynamic Warm-up and Core Training
- Participate in daily work out
- Dress & Shower, suggested

#### **Body Conditioning Dress Attire:**

Each student is required to dress out every day and in appropriate gym attire. Students must wear a t-shirt that is free of any type of inappropriate advertising/words, athletic shorts or sweatpants, socks and tennis shoes. NO SHOES that leave scuff marks ON THE GYM FLOOR. Examples of clothing/footwear not acceptable for PE include: tank tops, halter tops, sperry's, moccasins, cargo pants/shorts, headbands, etc...Athletic shorts and sweatpants must be worn above hips...NO SAGGING! Jewelry is not accepted unless worn for religious reasons or is accepted by the coach.

#### **Tardies:**

Students will be considered tardy if not in the locker room before the bell rings and if not in their assigned spot when the Coach is taking attendance. Students will be asked to get a pass if this happen

**Rules and Policies:**

All district and school rules apply

- NO FOOD will be allowed in gym
- Students are not allowed to play in the gym unsupervised
- Students are to remain in locker room until class is dismissed
- Be on time and dress appropriately
- Follow the rules of the activity, the class and the school
- Respect other students in the class and give your best effort everyday
- No Profanity
- Follow instructions from Coach
- If a problem arises, communicate with Coach
- \*NO CELL PHONES\*

**JCPS Cell phone policy:**

If students do bring cell phones and/or other electronic devices to school, they will need to be turned off during class periods and stored in their backpacks or assigned lockers. Cell phone usage is only permitted during passing times and the lunch periods. Headphones or earbuds will need to be stored securely and should not be worn during class time unless approved by the teacher.

**Make-up assignments/ Injured students:**

1. To be excused from one or more class periods, a Doctor's statement must be presented. The Doctor's instructions must state as to the amount of activity that is permitted and the duration of limitation. The Doctor's instructions must also state the date in which the student can resume activity. With this the student will still be required to dress out and the Coach will structure an activity/assignment based off of students injury.
2. Students are to report any injury to the instructor immediately when the injury occurs.
3. Students will also need to report to the instructor any physical problems that he/she may have prior to the class.
4. Students are responsible for getting make up assignments from Coach when he/she returns to school and will have 3 days from the date of the absence to get the make up assignment in. NO EXCEPTIONS!
5. Students who miss class for a School Related reason will not be asked to write a make-up assignment. EX: Athletes for a game, Band, Student council, FFA, Chorale, etc...

## **Grading**

- Students will have the opportunity to receive 10 points a day if all requirements are met. There will be approximately 900 participation points possible for the Semester which is 85% of your grade. You will be expected to take Unit test at the end of a unit on schoolnet which is worth 5% of your grade. The Final exam will be worth 10% of your grade. **If you do not participate you will not be allowed to have an electronic device out.**

Absent (without make-up work) : -10 points

Non-dress: 1st no dress -5 pts / 2nd no dress -10 pts

Not in assigned seat after bell: -2 points

Poor effort or talking during stretching: -2 points

Poor effort or not in line during agilities : -2 points

Not running during cardio work: -2 points

Poor effort in activity: -3 points

Inappropriate behavior: -2 points

### **GRADING SCALE:**

94-100=A	84-87=B	76-79=C	68-71=D
90-93=A-	82-83=B-	74-75=C-	66-67=D-
88-89=B+	80-81=C+	72-73=D+	0-65=F

**I have read the above course syllabus for health. Please return the bottom portion to your teacher.**

\_\_\_\_\_  
**Student Signature**

\_\_\_\_\_  
**Print Student Name**

\_\_\_\_\_  
**Parent/Guardian Signature**

\_\_\_\_\_  
**Print Parent/Guardian Name**