

Weight Training/Varsity Conditioning

2018-2019

Mr. McWhinnie

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Conference period: 830-9:25

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Course Description:

This course will provide instruction in strength, speed, agility, and fitness training. The techniques and safety guidelines of each will be taught along with assessing improvement in all of these areas. This course will also provide the necessary nutritional information to maximize the student's training. This class caters to athletes for the improvement of strength, athleticism and speed. This class is also for the student that wants to improve their strength and fitness.

To be successful in this class, a student should:

1. **Be present and on time everyday**
2. **Dress appropriately for class**
3. **Give great effort during the workout**
4. **Learn the necessary safety and technique information**
5. **Learn the necessary health and nutrition information**

Course Requirement:

A student is required to bring a change of clothes for participation. This should include a shirt (with sleeves) and shorts or sweatpants. Students are also required to wear gym shoes. Students will not be allowed to participate with sandals, boots or any other inappropriate shoe. Weather permitting, classes may be held outside. Students should plan to bring clothes accordingly. Please read the dress code section of the handbook.

Class Procedure:

All students are to be inside the gym doors when the bell rings. Those not inside the doors will be given a tardy. Tardies will be enforced according to the handbook.

Students are given 5 minutes to dress and line up for attendance. Being late for attendance will also result in a tardy. Each student will be given a lock and locker. All possessions must be locked in a locker. All possessions should be in large locker during class and then moved to the small locker when not in class.

Students are to remain in the gym until the class is dismissed. Leaving the gym without permission or not being in the appropriate area will result in an office referral. With 5 minutes left in class, students will be dismissed to the locker rooms to shower and change.

*Students must remain inside the gym doors until the bell rings.

Grading Policy:

Dress and Participation

Students may earn 10 points a day by being prepared and participating class activity. Those students not dressed in workout clothes will participate unless they have clothes that make them unable to participate (dress, boots, heels, etc.). A student not properly dressed in workout clothes will be deducted 2 responsibility points from their grade for the day.

3-5 points: Physical Skill: Improvement of performance, effort.

2-4 points: Cognitive skills: Daily questions, quizzes.

2-4 points: Personal Social skills: Responsibility, cooperation, respect for others.

10 points possible per day.

Semester grades- 40% 1st Marking period
40% 2nd Marking period
20% Semester exam
Final Semester grade

Unexcused Non-Participation

Those students that refuse to take part in class without a legitimate reason will result in the following consequence:

1st offense: Write essay.

2nd offense: Write essay in PASS room.

3rd offense: Write essay in PASS room plus a 60 minute detention.

4th offense: Write essay in PASS room plus a 60 minute detention.

5th offense: Write essay plus meeting with parents and administrator.

Parent communication will start on second offense.

Injuries and Illnesses

Students with an injury or illness will dress and participate to their ability or be an assistant to the teacher. A note from a parent or preferably a doctor is necessary also. If a student is unable to participate or be an assistant they will be required to write an essay on why they are not participating. These will be graded and be your grade for the day.

Game Day

On the day of an athletic competition, all athletes will participate in all activities. Workouts may be altered on these days for athletes.

Make up work

Students that miss a class period for any reason will be responsible for running 5 laps to make up for the work missed. You will not receive points for that day until the laps are made up.