**RANDOM LAKE HIGH SCHOOL**

**Strength and Conditioning**

**2017-2018 SEMESTER 1**

**Instructor:**

Mr. Donahue

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**Email is preferred**

**Course Content:**

Physical Education Class (Strength and Conditioning) is a one semester course. It focuses on improving sport and lifetime activities. Possible activities could include, but are not limited to Speed Training, Weight Training, Cardiovascular Training, and Agility Training.

**Locker Room:**

1. All students are given a lock (at their request) if they choose to lock up there physical education clothing.
2. Students issued a lock, if lost the replacement fee is $5.00
3. No food or drink is allowed in the locker room.
4. Profanity and rough-housing will not be tolerated in class or in the locker room.
5. **Random Lake High School is not responsible if your property is stolen.**

**Uniform**

1. You must wear clothes suitable for physical activity.
   1. Appropriate – Athletic shorts – not jean or khaki, athletic socks, athletic shoes, sweat pants, wind pants, sweatshirt (Socks must be worn)
      1. Dress weather appropriate
   2. Not Appropriate – Sandals, jeans, skirts, jean shorts, khaki shorts or pants, Barefoot, Heels, Boots, Dress Shoes, Dress Shirts, Dangling earrings, necklaces, hats, dew-rags, bandanas, head gear of any kind
   3. Use Common Sense, ask the teacher, if necessary.
   4. DO NOT wear the clothes you wore to school that day.

**Student Expectations:**

1. Be on time to class.
   1. You must have two feet inside of the gym doors when the bell rings.
   2. You must be on your spot on the gym floor dressed and ready to go 5 minutes after the bell has rung.
2. Be dressed everyday.
3. Participate everyday.
   1. You cannot have a parent note to excuse you from class.
   2. You must have a doctor’s not or note from a physical trainer
4. Remain in the gym unless you have permission from the teacher to leave.
5. Use equipment safely and correctly.
6. Enter class through the gym doors, and you must leave the class through the gym doors. Locker room doors are off limits unless there is an emergency.
7. Wait **in** (not by) the gym at the end of class until the bell rings.

**Grading:**

1. You will receive up to 10 points daily for being on task.

Formative

* 1. Students will receive a 10, 5 or 0 per day in physical education based on being on task.
     1. 10 points – on task throughout the entire class period
     2. 5 points – on task for some of the class period
     3. 0 points – rarely on task during the class period
  2. Starting in October Heart Rate Monitors will also be used
  3. Homework

Summative

* + 1. Heart Rate Monitor Data
    2. Written Tests
    3. Test Scores
       1. PACER
       2. BODY FAT/LEAN MUSCLE MASS
       3. PUSH-UPS
       4. CURL-UPS
       5. SIT and REACH
    4. Improvement or Maintain a High Level in test scores

1. There will be homework assignments.
   1. Every class is a literacy class and a math class.
   2. If an assignment is turned in one class period after it was due, the highest possible grade is a 90%
   3. If an assignment is turned in any time after the next class period it was due, will result in a maximum of 60% on the assignment
2. There is a final exam worth 15% of the final grade
3. Daily attendance is required.
   1. 2 excused absences are allowed
   2. After 2 excused absences, classes must be made up after school with an appointment with the teacher within 5 school days of the absence.
   3. Unexcused absences result in a zero.
4. Medical Excuse
   1. A short term Medical excuse will be able to be made up through writing an abstract obtained from your physical education teacher.
   2. A long term medical excuse may jeopardize obtaining credit for the course. This will be handled by school board policy and by your physical education teacher and guidance counselor.

**Grading Scale: (Random Lake High School)**

A (93-100) C (73-76)

A- (90-92) C- (70-72)

B+ (87-89) D+ (67-69)

B (83-86) D (63-66)

B- (80-82) D- (60-62)

C+ (77-79) F (0-59)

Please show this syllabus to your parent/guardian and have them sign and date it. This is your first assignment for Strength and Conditioning.

Hour Enrolled:\_\_\_\_\_\_\_

Printed student name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_

Signed parent/guardian name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_

Parent Name : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Preferred Method of Contact (phone or email) \_\_\_\_\_\_\_\_\_\_\_\_\_\_

**(The rest will be filled out by teacher)**

Date Message Information

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