

Strength and Conditioning

Instructor: Mr. Eric Johnson **E-mail:** eric.johnson@ahschools.us

Course: Strength Training I, II, III, IV

Prerequisite: Complete Physical Education II/Previous Strength Training course.

Google Classroom Code: lp8u7r **Office Phone:** 763-506-8459

Course Description:

This is an elective physical education course that will be emphasizing strength training and conditioning. This is an elective class and active engagement is **MANDATORY!** Students will also be assessed on their knowledge of strength and conditioning concepts and by being actively engaged daily in multiple activities.

Grading % and Physical Education Requirements:

Active Engagement (80%) - The student is actively engaged in classroom activities (Warm-up, drills, activities, modified games and game activities).

-Personal/Social Responsibility - The student exhibits responsible personal and social behavior that respects self and others. Also, recognizes value of physical activity.

-Motor Skill - The student demonstrates competency in a variety of motor skills and movement patterns.

Knowledge (10%) - The student applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

District Summative Assessment (10%) - The student demonstrates the knowledge of concepts to achieve and maintain a health-enhancing level of physical activity and fitness.

Grading Procedure:

Physical Education students can earn 5 points/day based upon the standards listed below:

5 Points

- * Student is actively engaged in activities during the class period and demonstrates the knowledge and skills to achieve and maintain physical fitness **(Standard 3)**
- * Student demonstrates safe behaviors and respect for self, others, equipment and facilities (sportsmanship and class rules) **(Standard 4)**
- * Student demonstrates required motor and movement skills to be actively engaged in class activities **(Standard 1)**
- * Student applies knowledge of concepts, principles, strategies and tactics related to daily activity **(Standard 2)**
- * Student recognizes the value of physical activity through active engagement during class **(Standard 5)**

Standard grading scale of:

93 %+ A
90% + A-
87%+ B+
83%+ B
80%+ B-
77%+ C+
73%+ C
70%+ C-
67%+ D+
63%+ D
60%+ D-
0%+ F

Absent Re-do's can be done before school, after school, or by completing Absent Make-up sheets. Before and after school re-do's need to be arranged with your teacher.