



COBBLER POWER Syllabus

Course Description: *The emphasis of this class will be the development of athleticism through advanced lifting practices. Students will be taught advanced lifts, strength training periodization, and proper nutritional practices to enhance athletic performance. Sport specific development will also be an emphasis in this class.*

Attendance: Students are required to be in school every day. Students are responsible for communicating with their teachers to make up for missed days. Make ups will be available on Monday, Tuesday, and Thursday mornings at 7:35 AM if needed. If missing for medical reasons or injuries, please have your doctor specify what activities you can or cannot do. Thanks!

Essential Skills:

- 1. The PE student engages in a challenging physical activity daily with the understanding of long term benefits and proper motor skills.***
- 2. Students will demonstrate the ability to access valid information and products and services to enhance health.***
- 3. Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risk.***
- 4. The PE student exhibits responsible personal, social, and emotional behavior that respects self, others, and environment.***

Course Expectations: Although not everything is graded, everything is important. In order to demonstrate growth and learning, students will need to:

- 1. Participate in class activities (take notes, work in a group, complete in class tasks, ask questions) without distractions (cell phones, games, etc.)***
- 2. Use morning time and teacher to seek help outside of class when needed.***
- 3. Complete all assessments within teacher timelines.***
- 4. Display the development of a team mindset, leadership skills, and self reliant problem solving.***

Grading

Learning (Practice) includes instructional activities in and outside of class and are not used in grade determination.

Skyward Assessment (Grades) may include quizzes, labs, learning checks, tests, speeches, performances, and projects.

Final Grade	
A	100% - 90%
B	80% - 89%
C	70% - 79%
D	60% - 69%
F	0% - 59%

Calculations:

Semester Grade	
Semester Grade	95%
Semester Exam	5%
Final Grade	
Semester 1	50%
Semester 2	50%

Central High School Courses:

- Will determine grades based on student learning and growth.
- Will not include practice and behavior in grade determination.
- Will give all students regardless of absence an opportunity to demonstrate learning.
- Will not include extra credit.

Instructional Resources: *Proper lifting attire (t-shirt, shorts, sweat pants, tennis shoes or lifting shoes, and water bottle.*

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