



## **STRENGTH AND CONDITIONING**

**Course Description:** The emphasis of this class will be the development of athleticism through workouts that focus on speed, power, muscle endurance, and the cardiovascular system. Cardiovascular/power circuits may include jump ropes, running, plyometrics, balance discs, medicine balls, stability balls, etc. 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 learning.

### **Essential Skills:**

1. Lifelong Wellness
2. Fitness Testing
3. Social Emotional Learning
4. Decision Making and Performance in Class

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

1. Participate in all class activities: complete the warm-up and actively participate in all workouts to the best of their ability without distractions (cell phones, earbuds, games, etc.)
2. Use morning time and the teacher to seek help outside of class when needed.
3. Complete all assessments within teacher timelines.
4. Demonstrate and display safe and responsible behaviors while training

### **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, projects, self-assessments, and fitness testing scores.

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

**Calculations:**

<b>Final Grade Calculation</b>	
Cumulative Grade	<b>95%</b>
Final Exam(s)	<b>5%</b>

**Central High School Courses:**

- Will determine grades based on student performance 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: CANVAS, handouts, etc.**

**Course Calendar/Pacing:** Most days will incorporate a combination of different trainings listed below.

<p style="text-align: center;"><b>August/September</b></p> <table border="1"> <tr><td></td><td></td><td>30</td><td>31</td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td></td></tr> </table>			30	31	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		<p style="text-align: center;"><b>October</b></p> <table border="1"> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td>31</td><td></td><td></td><td></td><td></td><td></td></tr> </table>	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31						<p style="text-align: center;"><b>November</b></p> <table border="1"> <tr><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td></td><td></td><td></td></tr> </table>			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30			
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<b>“Game Day”</b>	<b>“Field Trip”</b>	<b>Semester Exams</b>																																																																																																									