



STRENGTH & CONDITIONING SYLLABUS (2023-2024)

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. Those could include: Cardiovascular/Power Circuits, running, plyometrics, balance discs, medicine balls, stability balls, exercise bands, etc. Students will be taught proper lifting techniques, 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 learning. Make-ups will be available Monday-Friday mornings at 7:35 AM. If missing for medical reasons or injuries, please have your doctor specify what activities you can or cannot do.

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, 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%

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. CANVAS, lifting cards, handouts, etc.

Course Calendar/Pacing:

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