



JOHN F. KENNEDY HIGH SCHOOL
DEPARTMENT OF PHYSICAL EDUCATION
Weights & Conditioning Course Syllabus

Instructors 395-5090

Dave Parsh david-parsh@scusd.edu

Sean Finegan sean-finegan@scusd.edu

PRF22G, Weight Training and Fitness Grades 10-12

This course is designed for the athlete to develop strength, endurance, flexibility, coordination, and body fitness. Principles of weight training, proper diet and nutrition, and basic anatomy will be taught.

Students will be able to:

- Students demonstrate knowledge of and competency in motor skills, movement patterns, and strategies needed to perform a variety of physical activities. (Standard 1)
- Students achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies. (Standard 2)
- Students demonstrate knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity. (Standard 3)

Class Objectives:

- To introduce students to physical fitness principles for a healthy lifestyle.
- To teach proper techniques of a wide range of fitness training exercises.
- To provide the students with the opportunity to improve their fitness level.
- To teach the basic concepts of strength training, muscular endurance.
- To help students become knowledgeable in the area of weight training.
- To introduce basic anatomy.

General Weight Room Policy:

- No food or snacks
- No cell phones or electronic devices
- Use professional and mature language
- Athletic shoes ONLY (no open toed shoes)
- No horseplay or running around in weight room.
- Always lift with a spotter.
- Always re-rack weights.
- Never throw or drop weights.
- Always use collars on bars.

Locker & Locker room rules:

Students may use any locker in the locker room AT THEIR OWN RISK, during their PE period ONLY. They are not to share their locker combination with anyone else and should check their locks before leaving the locker room. All students' possessions should be locked in a locker or taken to class. VALUABLES SHOULD NOT BE BROUGHT TO SCHOOL. Students inside the locker room, other than during their PE class, will receive a referral for further disciplinary action.

Cell Phones & Electronic Devices :

When students enter the locker room all cell phones and electronic devices should remain in a backpack and/or locker until the end of the period. Cell phones and electronic devices are not allowed during class. If a student has a cell phone or electronic device during class it will be taken and given to the front office to be picked up after school. Refusal to give up the cell phone or electronic device will result in a referral and the student will be sent to the front office for defiance. Please review the school's cell phone policy for more information.

Uniform:

Students must wear the required uniform consisting of the JFK PE t-shirt and shorts or a plain grey t-shirt and plain green shorts with their LAST NAME AND FIRST INITIAL PRINTED ON THEM. All students must wear appropriate ATHLETIC SHOES WITH LACES OR VELCRO CLOSURES. STUDENTS WITHOUT PROPER FOOTWEAR ARE NOT ALLOWED TO PARTICIPATE and will lose all points associated with participation. Sweatshirts and/or sweatpants are optional. Plain grey, green, or black sweats may be worn UNDERNEATH the required shirt and shorts. Shorts and sweatpants must be worn at the waist. All PE clothing with other writing on them is not allowed and must be replaced at the student's expense. PE clothing may be purchased through the PE Dept. with cash only. Lost or stolen clothes must be replaced by the student within two days. For any questions about P.E. clothing please check with your teacher.

Assessment (20%):

In class and online assignments will be posted on Infinite Campus to check for student understanding and/or develop further understanding of weight training and fitness concepts. Each student is expected to login to their Infinite Campus using their username (firstname-lastname@student.scusd.edu) and password (Date of birth in the mm/dd/yyyy format (including slashes)). Here they can get their grade, class information and online assignments. If the student does not have access to their account, they need to inform their teacher immediately. Most assignments will be submitted through Infinite Campus. If you have never used Infinite Campus, please ask your teacher or counselor for help ASAP.

To learn how to access assignments on Infinite Campus use the following link:

<https://content.infinitecampus.com/sis/1725/documentation/assignments-portal/>

Participation (80%):

Students are expected to come prepared with the required uniform and participate in all activities on a regular basis. Students will receive 10 points per day. Standing around, horseplay and doing lifts other than what is assigned are off task behaviors that will result in a loss of points. Students who are not dressed will lose all points for the day unless they have appropriate footwear and fully participate. Any off task behavior by a non-dressed student will result in a zero for the day. Points may be deducted for the following reasons:

Tardy	-2
Off task behavior (each occurrence)	-2
Partial dress (incorrect shirt or shorts)	-2
Non-dress (with full participation) "All or nothing"	-4
Non-dress (with any off task behavior) "All or nothing"	-10
Absent (See Make-up Work section below)	-10
Non-participation (dressed or not dressed)	-10
Cell phone or electronic device in class	-10

Grading Scale:

A	B	C	D	F
89.5 – 100%	79.5 – 89.4%	69.5 – 79.4%	59.5 – 69.4%	below 59.5%

Athletes:

All athletes are required to dress and participate in PE class on game days. Athletes will not be dismissed until the posted dismissal time and not be allowed in locker rooms until after dismissal time.

Medical Excuses:

A parent or guardian may excuse a student from participation in PE for 1-3 days by writing a note to the teacher explaining the reason for the excuse, the number of days to be excused and a time/number to call for verification. **EXCUSES LONGER THAN 3 DAYS REQUIRE A DOCTOR'S NOTE. PARENTS MAY NOT EXCUSE STUDENTS FROM DRESSING FOR PE.** Make up work will be done by the student for missing participation.

Make-up Work:

One make-up assignment is required for each excused absence or each excused non-participation day. Make-up work is due within FIVE (5) days of a return from absence or end of excuse. Students may make-up no more than TEN (10) days per quarter. If there is a medical situation that will require missing more than 10 days, students are advised to take P.E. another semester when they can fully participate. Click on the Make-up Work assignment for details on completing make-up work. Off campus school related activities including athletics are excused from make-up work assignments. **NON-SUITES AND UNEXCUSED ABSENCES CANNOT BE MADE UP**

Transfers:

Students who transfer into PE more than 20 days after the beginning of a semester will not receive a passing grade unless they arrive with a transfer grade from their previous teacher/school, or they make arrangements with their teacher to do make-up assignments.