East Paulding High School

Physical Education Department

Physical Conditioning & Weight Training Syllabus

Course Objective: The student will gain knowledge of weight and strength training, plyometrics, yoga, Pilates, physical conditioning, and cross fitness. The students will be able to design, implement, and execute a strength and conditioning program. Through practice and execution of proper form, lifts, drills, and conditioning, the student will learn strength training skills and improve their fitness level for a lifetime of involvement.

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| Content Area:  Grading Policy:  Participation:  Dressing Out:    Absences:  Skills Test: | Weight Lifting, Plyometric Training, Agility Training, Speed Training, Yoga, Pilates,  Physical Conditioning, and Cross Fitness.  Participation 70%  Skills Tests 100  Final Exam 20%  Exactly 70% of the student's grade is based on participation. Participation means that the student IS dressed out for class and actively participating to the best of their ability. The proper dress out attire will include athletic shoes, shorts/sweat pants, and t-shirts with sleeves. All dress out clothing MUST meet the school dress code! Failure to dress out and participate will result in the loss of participation points for that day. A participation grade will be given daily, per teacher's discretion.  Each student will be issued a locker to store their clothing for class. Students must supply a combination lock for this locker. Students must dress out every day, **EVEN WHEN SICK OR INJURED**. A DOCTOR'S NOTE WILL BE THE ONLY ACCEPTABLE EXCUSE FOR NONPARTICIPATION. In these cases, the student will write a two page report on a fitness related topic for each class participation missed due to the issue. The report is due within the next 3 days of returning to school.  Absences will be handled the same way as a sickness or injury. A student will have to write a two page report on a fitness related topic to receive credit for the missed class time. The student has 3 days to complete the assignment.  Skills tests and assessments will be given to assess the student's level of competency in areas of weight training that is aligned with the curriculum standards. |
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