**Window Rock High School**

**Strength & Conditioning**

***Course Description:*** In Strength & Conditioning, the emphasis in this course is on muscular strength, endurance, flexibility, and safety. The core lifts in this course include Front squats, Back squats, Power cleans, Hang cleans, Deadlift, Bench press upon other lifts. Important components in this course include weight room safety, warm up/cool down procedures, lifting techniques and safety for all lifts, major muscle identification, and individual goal setting. Students will monitor and improve their fitness levels by participating in class and workout sheets. Students will also take the Physical Fitness Test.

***Window Rock P.R.I.D.E. - Class Expectations & Requirements***

**Preparation:** Arrive in the gym prior to the bell straight to the locker room to get dressed

***Respect:*** Respect the educational process so every student has an equal chance to learn. Respect classroom procedure and rules.

***Integrity:*** Integrity is the quality of being honest and having strong values which are very important to sportsmanship and life in general.

***Determination:*** Be firm in your purpose; give your best effort during Strength and Conditioning class which will result in your success not only in class but in your life.

***Empathy:*** Treat other students in our class by treating them the same way you would like to be treated. This includes the locker room and any area in this classroom.

**Dress Requirement**

During Strength and Conditioning classes students will participate in activities that require movement and must wear appropriate clothing:

* Students should wear a t-shirt (cotton or dri-fit)
* Students may wear shorts (appropriate length), sweats or leggings
* Logos on athletic wear will be acceptable as long as the design is school appropriate
* Students must wear athletic shoes for safety; flip/flops, slides, crocs, sandals are unacceptable
* Unacceptable clothing for PE includes jeans, tank tops, skirts, spaghetti straps and shirts that do not cover the midriff.
* Students who are not appropriately dressed for Str./Cond. will have consequence & lose daily points
* Each student will be required to bring a back-up set of Str./Cond. clothing to keep in their locker.

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***Assessment Overview***

***Assessment Grade % Descriptions***

|  |  |  |
| --- | --- | --- |
| **P**reparation **R**espect **I**ntegrity **D**etermination **E**mpathy  | 5% | **P**reparation: Phone and headphones packed away. **R**espect: Having regard for the feelings, wishes, rights, or traditions of others**I**ntegrity: Honesty with strong morals **D**etermination: Your personal best effort **E**mpathy: Treating others the way you want to be treated |
| Warm-Up | 5% | Participation in all warm-up activities |
| Cardiovascular | 40% | Participation in all daily cardio activities |
| Workouts | 40% | Participation in all workouts  |
| Max Outs | 10% | Participation/progress in final max lift |

**Total Possible Points: 100**

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**Medical Issues**

In the event a student must have class participation modified due to a medical issue, a written note or email from a parent/guardian or physician is required. These notes should include the student’s name, ID number, medical condition, and restrictions. Students will continue to dress out in workout gear and train under the modifications provided by the parent, teacher and/or physician. By continuing participation using modifications, the student will be able to earn class credit.

**Attendance & Make-up Policy**

Students with excused absences and medicals can make-up points lost by completing teacher assigned make-up work which will be available

**Cell Phone/Ear Bud Use During Class Is Not Permitted**

The use of cell phones/ear buds during class is not permitted. Upon entry to the gym students will need to store cell phones and ear buds in their backpack. Cell phones and ear buds cause a distraction for students in the learning environment. Students need to listen for cues during instruction and work interactively with others in class. Failure by students to store cell phones and ear buds in their backpack will result in loss of points. Following a third incident with cell phone/ear bud use students will be referred to administrations.