Lake Mills High School

Physical Education Department 2015-2016

Strength and Conditioning

Contact Information:

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This year we will be implementing the “Bigger Faster Stronger” program in our strength and conditioning classes.

* BFS Total Program, what is it?
  + The Bigger (Better), Faster, Stronger total program is a training program which allows every student athlete regardless of sport, age, or gender to make great gains and break many personal weight lifting and performance records each week, both in and off season.
* Program Overview
  + The Bigger Faster total program consists of 6 core lifts, auxiliary lifts, flexibility, speed, plyometric and agility. All of these components will be covered in great detail throughout the class and they will be utilized every week in class.
* Daily Class Procedures
  + You need to be in the locker room before the passing time ends. You are to dress in the locker room quickly in order be up in the gym on your dot numbers within 5 minutes from the start of the period. You will have 5 minutes to change at the end of class.
* Proper Dress
  + Students are required to be dressed every day for class in clothes other than those they wore to school. **Students who are not properly dressed will not be allowed to participate or make up the missed class.** After a second non-dress day, the student will receive a consequence. After four non-dress days in a semester, the student may be dropped from the class.
  + Acceptable dress includes: Full length T-shirts and athletic type shorts. T-shirts without sleeves are unacceptable. Soft soled athletic shoes with laces that are tied.
  + Unacceptable dress includes: Clothes worn to school that day. Ripped shirts, low cut and spaghetti straps, A-shirts. Cut offs, jeans, shorts worn below the hips and low cut shorts. Boots, shoes without laces, untied shoes, shoes that mark the floor, slip-ons sandals and crocs. Anything that goes against school dress code.
* Locker Room Procedures
  + Teachers are not responsible for your personal belongings. If your items are left unlocked at any time, they are not safe. We cannot emphasize this enough! All students are required to have their own school lock and locker. Sharing of lockers is not allowed. All lockers and combinations will be registered. Don’t bring valuables to the locker room. All personal items must be locked in the student’s locker during PE class. Do not bring food or drink into the locker room. Please help keep the locker room clean by picking up after yourself after you leave.
* Absence/Medical Policy
  + If a student is absent or unable to participate in class for more than two days due to medical reasons and is still present in class, a doctor’s note is required. (A parent note for missing one or two days of class is acceptable; however, these days must also be made up.
  + Make Ups- Students are able to receive points for absent days in several different ways.
    - Set up a workout time with Mr. Clothier before or after school
    - Write a one page, double spaced report on a fitness related topic (Check with Mr. Clothier) and present to class.
    - ONLY EXCUSED ABSCENSES CAN BE MADE UP
* Assessment
  + Psychomotor 60% (Formative assessment - Combined with affective 4 points per day)
    - Students will be given 3 points per day for participation.
    - Participation grading Rubric
    - **3/3**- Consistently exhibits the appropriate level of effort and efficiency. This level of effort/efficiency goes above and beyond minimum requirements in the daily activity as well as in the warm-up and cool down/stretching activities.
    - **2/3**- Effort/efficiency is usually appropriate, but at times is inconsistent. There are times during the daily activity, warm-up or cool down when the student could be more focused and motivated.
    - **1/3**- Effort/efficiency reaches appropriate levels only when encouraged and is rarely sustained. Student needs to be redirected by the teacher.
    - **0/3**- Exhibits little or no effort and is not working efficiently, even when encouraged or redirected by the teacher
  + Cognitive 30% (Summative assessment)
    - Anatomy Quiz 10 points
    - Lifting Skill Quiz 10 points
    - Final Project (BFS Packet hand in and one page reflection) 30 points
  + Affective 10% (Formative assessment - combined with psychomotor 4 points per day)
    - Students are given one point daily for being on time and following class rules
* Understanding (Assignments and Record Keeping)
  + Recording all lifts and performance tests accurately and completely on a daily basis. Each of you will have a file, which will include your own fitness record card for this class. You are responsible for this file and card. Each day you are in the weight room you will need to record all your lifts completely. Students will be given notice at least two days before logs are collected and graded. This allows you to monitor your progress and see how fast you increase in weight. If your record card is incomplete in any way or excessively sloppy, points will be lost.
* Performance Testing -Performance records will consist of dot drill times, sit and reach distance and possibly more depending on time. You must fill out your Record
* Chart each week and have it initialed each week by your teacher.

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We have read through the syllaubus and understand the expectations and policies for

this semester’s Introduction to Stength and Conditioning class.

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Student Name (Printed) Date

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Student Signature Parent/Guardian Signature