



CONDITIONING



COURSE DESCRIPTION

- Conditioning is an activity based course designed to provide students with the knowledge necessary to advanced exercise methods and techniques for training for life.
- The course incorporates a variety of activities and technology to teach various types of exercise.
- Activities used to teach conditioning principles include warm-ups, strength exercises, weight training, and other types of exercise.
- Class participation, performance checklists, and fitness assessments will be used to evaluate student success.



REQUIREMENTS

- To receive credit for class, students are expected to wear proper clothing; participate fully in all activities; and successfully complete tests, written assignments and projects.
- For hygiene purposes, students are required to change from regular school clothing into a clean t-shirt and shorts or sweat suit, socks and athletic sneakers. Students are expected to change out of these clothes at the end of class.
- **VALUABLE ITEMS**, if brought to class, should be secured in a locker. The teachers cannot be held responsible for the loss or theft of items left in the locker rooms. Students may use lockers during their assigned class period only.
- Please do not leave clothes in the gym overnight. Students will have appropriate time at the beginning and the end of class to change clothes.
- Showers are available (additional time will be allotted).



REQUIREMENTS CONT.

- A written note from a doctor or the school nurse is required if a student is too injured or ill to participate in class. Written notes from parents must be taken to the school nurse for a medical evaluation before PE class begins. Modified physical activities will be given if the injury or illness is not severe. Expect to dress out every day, and do as much as possible. Alternate assignments will only be given during class, seminar or as take-home assignments when recommended by a doctor.
- Chewing gum, food and drinks are not permitted during class (inside or outside), in the gym or locker rooms.



STUDENT EXPECTATIONS

- All students should be respectful.
- All students are expected to make a reasonable effort.
- All students should respect school facilities and equipment, including the gym, locker rooms, and PE equipment.



STUDENT BEHAVIOR PLAN

- When minor behavior problems occur, counseling with the student is usually and/ or minor consequences are done first.
- If problems continue, parent notification will occur.
- If problems continue, or if a major rule violation occurs, school administration will become involved in the process.



GRADING

- Points are earned each day and final grades are based on:
 - DAILY ACTIVITY GRADE: 95% of grade.
 - Includes: strength training activities, cardiovascular exercise, flexibility, care of equipment and gym etiquette. The **daily grade is 5 points per day**.
 - TESTS AND PROJECTS. 5% of grade.



GRADING RUBRIC

0	<ul style="list-style-type: none"> ● Absent, unprepared, not dressed out, not participating in activities,
1	<ul style="list-style-type: none"> ● Dressed out, but not appropriately and participates at minimum level for warm-up, activity, or cool-down ● Exerts no effort/excessive socializing/fooling around ● Often interferes with others ● Off task ● Disrespectful/insubordinate
2	<ul style="list-style-type: none"> ● Dressed out and participates at minimum level for warm-up, activity, or cool-down ● Exerts effort only if Teacher is watching/socializing/fooling around ● Interferes with others ● Off task
3	<ul style="list-style-type: none"> ● Dressed out appropriately and participates during for warm-up, activity, or cool-down ● Exerts minimum effort only if Teacher is watching or if it is an activity they like ● Minimum socializing and interfering with others
4	<ul style="list-style-type: none"> ● Dressed out appropriately and participates in warm-up, activity, or cool-down ● Works/plays 80% of the time ● Shows good sportsmanship ● Is willing to help out teacher and other students
5	<p>Dressed out appropriately and participates with a positive attitude and respect, along with the following standards:</p> <ul style="list-style-type: none"> ● PELPESK1: Participate fully and communicate cooperatively with others ● PELPESK2: Perform activities safely and follow rules of etiquette and ethical behavior ● PELPESK3: Display age appropriate self-control and discipline ● PELPESK4: Display a willingness to receive and use feedback to improve performance ● PELPESK5: Accept the decisions of and respond positively to teachers/officials in charge of games/activities ● PELPESK7: Display an interest in and assist and encourage others' efforts ● PELPESK8: Display behaviors that are supportive and inclusive ● PELPESK9: Self-initiate behaviors that contribute to personal and partner/group effort ● PELPESK10: Adjust behavior to prevent/reconcile conflicts

MAKE UP WORK

- Required for **excused absences**.
- You may choose one of the following for your make up work for each class missed:
 - Change to PE clothes, warm up and stretch to begin, then maintain your heart rate in your target heart rate zone (60%-90% of MHR) for 30 minutes, cool-down and stretch afterward. You will carry a heart rate monitor for the run/walk.
 - After changing clothes, warming up and stretching, jog 48 laps around the gym (2 miles), then cool-down and stretch.



EXTRA CREDIT

- Because this is an activity class, your physical activity is a priority. We encourage you to be in every class, and to be active outside of class.
- Extra credit is available if you participate in sports/ physical activities after school or on weekends.
- You may pick up a 'WEEKLY FITNESS JOURNAL' from your teacher to record you workouts, and earn **one point for hour per day** of appropriate physical activity.
- The Fitness Journal must be turned in at the end of the week the activity is performed for credit to be awarded.
- **LIMIT 15 points PER QUARTER**

