



Dallas High School Home of the Dragons



Strength and Conditioning 2013-2014

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Office Hours: Tues-Friday 3:00-3:30, and additional times by arrangement.

Course Description: This is a semester long course where the student will enhance their personal physical development through the participation in weight training and conditioning. Understanding the importance of rules and safety in the weight room is a high priority. Students will engage in total body strength development as well as speed, agility and plyometric training. Due to class size limitations, if this is a repeat course, students must have earned a “B” grade or higher to retake class.

Course Outline:

| | Unit Topic | Summative Assessment (Standards 1-4 are assessed, in part, on every exam listed below) |
|--------------------|--|--|
| Week 1 | Weight Room Safety/ Policies | Safety Quiz |
| Week 2 | Lifting and Spotting Tech. Program Intro | Functional Movement Screen |
| Wk 3/9/15 | 3x10 reps | Observation |
| Wk 4/10/16 | 3x 8 reps | Max Testing |
| Wk 5/11/17 | 4 x 5 reps | Observation |
| Wk 6/12 | 4 x 3 reps | Observation |
| Wk 7/13 | 10-8-6-5 / 5-4-3-2-1 | Observation |
| Testing Wk 8/18 | Max Testing | Max Testing |

Standards to Be Assessed:

Upon successful completion of the course, students should be able to:

- | | |
|-------------|---|
| Standard #1 | Students must know and adhere to weight room safety protocols |
| Standard #2 | Students must be proficient in lifting and spotting techniques. |
| Standard #3 | Student must understand basic muscle groups and training techniques |
| Standard #4 | Student must understand testing and performance criteria |

Career Related Learning Standards: Career-related learning standards (CRLS) are fundamental skills essential for success in employment, college, family, and community life. We have integrated the Personal Management standard from the CRLS into all courses at DHS. **This standard will be assessed and communicated independent of the academic grade.** It is included below and mainly includes behaviors that will be assessed in this course.

- **Personal Management Standard:** Exhibit appropriate work ethic and behaviors in school, community and workplace.
 - Students will identify tasks that need to be done and initiate action to complete the tasks.
 - Students will plan, organize and complete projects and assigned tasks on time, meeting agreed upon standards of quality.
 - Students will take responsibility for decisions and actions and anticipate consequences of decisions and actions.
 - Students will maintain regular attendance and be on time daily.
 - Students will maintain appropriate interactions with colleagues.

Grading and Assessment:

Student's final grade for each course will be broken down into two categories:

- 1) **Academic:** based on participation, testing and maxes and technique that measure performance.
- 2) **Personal Management:** based on dressing down, attendance and other behaviors measuring the CRLS personal management standard.

The Final grade is calculated as follows: 75% of the course grade will be based on the **Academic** grade and 25% on the **Personal Management** grade.

- Any items included in the Academic grade (PA) may be retaken and the higher grade recorded. Teachers may extend the retake time period, but as a rule all retakes need to be done within **2 weeks** of the initial assessment.
- Students will complete extra preparation before retaking an assessment.
- Personal management work turned in late may be reduced by up to 50% credit.
- Retakes are not allowed on Personal Management assignments.
- Students must schedule performance retakes at their teacher's convenience. (Speech, drama, labs.)

Academic Integrity: We expect students to express academic integrity by doing their own work and properly documenting information gathered from other sources. Students who violate the principles of academic integrity will be subject to disciplinary consequences (see Insubordination section of the on-line student agenda).

Extra Credit: Extra credit is not offered, however students may be given additional opportunities to show mastery.

Cell Phones and Electronic Devices: Mobile phones are not to be in use or in open view within classrooms, restrooms, locker rooms, or during lockdown situations. Misuse of mobile phone or electronic device will lead to the following consequences:

- ☐ 1st offense - confiscated device is delivered to the main office and returned to the student at the end of the school day.
- ☐ 2nd offense - confiscated device is delivered to the main office where parent/guardian will be contacted to reclaim possession.
- ☐ 3rd offense – discipline referral for “insubordination”, parent contact, and student will no longer be allowed to have the device at school without administrator permission

Personal Communication Devices Board Policy: <http://policy.osba.org/dallas/j/jfceb%20r%20g1.pdf>

Tardies and Unexcused Absences: Points will be given towards the Personal Management grade at the end of each grading period (9 weeks/18 weeks) for daily participation, attendance and punctuality. Points will be deducted for each tardy, failure to dress down and each unexcused absence in that 9-week grading period. Excessive non-dress may result in student placement in I.S.S.

