

2019-20
COURSE INFORMATION SHEET

Course Number: PO1230

Course Title: Intermediate Weight Training

UC/CSU requirement: N/A

Textbook and/or other learning resources: N/A

Student Learning Outcomes:

The Weight Training and Conditioning course is a standards based class that is worth 5 physical education credits. Students will enter this class with basic knowledge of weight training/CrossFit from Physical Education 9. They will understand proper safety, biomechanics and procedures to partake in more advanced weight lifting techniques using Olympic weights. Plyometrics, power/aqua/speed training, Kettlebell lifts and nutrition will also be discussed. This is a year long class, but can be taken as a semester if desired if the student has passed 5 out of 6 of the Physical Fitness Tests. Students in Course 3 (10-12th) will have the opportunity to develop and improve their fitness and conditioning levels through the means of flexibility, weight training, Plyometric, aquatic, and cardiovascular based training. Students will learn these through instruction, observation, demonstration and participation. This course will also support the common Core State Standards for Reading Standards for Literacy in Science and Technical Subjects 6-12.

Assessment and Grading ([BP 5121](#) / [AR 5121](#)): To ensure that every student has an equal opportunity to demonstrate their learning, the course instructors implement aligned grading practices and common assessments with the same frequency.

1. Grading categories and their percentage weights:

- ❖ **Standards Required**– Knowledge of and competency in motor skills, movement patterns and strategies needed to perform a variety of physical activities. Students achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles and strategies. Students demonstrate knowledge of psychological and sociological concepts, principles and strategies that apply to the learning and performance of physical activities.
 - Assignments/Assessments= 40%
- ❖ **Participation, Preparedness and Sportsmanship:** Students will also demonstrate good sportsmanship and participate fully ON TASK in class and coming prepared, dressed in appropriate attire for exercise, and turning in all assignments in on time.
 - Participation = 60%

2. Weight of assignments/assessments within grading categories:

- ❖ N/A
- ❖ Participation Point Break Down:

Offense	<u>A Days</u> 10 points	<u>Block Days</u> 20 points
Tardy	-2 pts	-4 pts
Cut	-All points	-All Points
Non Participation/poor sportsmanship	Up to -5 points teacher discretion	Up to -10 points teacher discretion

Non Suit Not dressed for activity	-2 points	-4 points
--	-----------	-----------

3. Grading scales:

- ❖ 90-100% =A (Advanced)
- ❖ 80-89% =B (Proficient)
- ❖ 70-79%=C (Progressing)
- ❖ 60-69%=D (Not Progressing)
- ❖ 50-59%=F (not turned in or standard not assessed)
 - There will be **no pluses or minuses** given in Physical Education.

4. Homework/outside of class practices ([AR 6154](#)):

5. Excused absence make up practices ([Education Code 48205\(b\)](#)):

6. Academic integrity violation practices ([MVHS Academic Integrity Policy](#)):

7. Late work practices:

- ❖ Work should be turned in on/before the due date.
- ❖ Assignments **may be turned in one week late**. However, every day that an assignment is late, 5% of the grade will be lowered as far as 25%. If work is not turned in, a "0" will result as a grade.

8. Revision practices:

- ❖ **MAKE UPS/REVISIONS can be done during Tutorial on Tuesdays.** Students who turn in work late or incomplete will NOT be given a revision option.

8. Extra credit practices:

- ❖ There is NO extra credit given in Physical Education

9. Additional grading practices:

- ❖ N/A

Additional information:

Daily Attendance

- ❖ You are expected to be dressed for activity and be ready for roll in your specific area of instruction 7 minutes after the tardy bell. Students must see teacher for any work missed during an absence.

Physical Education Uniform

- ❖ Shirt, shorts/sweatpants, socks, tennis/athletic shoes.

Locks and Lockers

- ❖ Students will be provided with a combination lock for the small locker in the the locker room if needed. The long/bigger lockers are for students to use ONLY during the PE period. You are responsible for locking up your things. **DO NOT LEAVE BACKPACKS, PERSONAL ITEMS OR BOOKS UNLOCKED IN LOCKER ROOM.** If your items are too big for the lockers provided, please either: LOCK it up in outside locker or bring into the Physical Education Office to be locked and secured. **DO NOT BRING TO CLASS unless specified by teacher! WE ARE NOT RESPONSIBLE FOR ANY LOSS/STOLEN ITEMS!!**

Physical Education Attendance Policy

❖ Medical excuses from parents are valid for up to 3-days. A doctor's note is required for anything requiring a student to be out longer than 3-days. Physical Education missed for longer due to a medical reason must be made up. Students must actively participate in a minimum of 400 minutes per 10 days as per California Edu. Code 51222. Students with more than 14 days of absences (excused or unexcused)/non-participation per semester from our class, are in danger of failing per MVLA District Policy.

➤ **MVHS Attendance**

■ Absences - an unexcused Absence is an absence in excess of a 30 min period occurring in a given class. Students may not exceed 14 unexcused absences across their entire schedule. A full day, unexcused absence counts as 5, 6 or 7 absences depending on how many classes a student carries toward the total of 14. On the 15th Unexcused absence, students may be referred to an alternative education program/site pursuant to the district's involuntary transfer policy (AR/OP 5113). Block Days are considered 2 classes due to it being 90 minutes (Two 45 minute Classes combined). Make ups for days missed are able to be completed on Tuesdays during tutorial or scheduled with instructor personally.

❖ **MVHS Tardies**

➤ Students may not exceed 19 unexcused tardies across their entire schedule. An unexcused tardy is an absence from class from when the bell rings until up to 30 minutes of a class period. At the 15th unexcused tardy, there will be a mandatory parent conference with the student's Assistant Principal. This conference will be scheduled to occur the morning after the family is contacted by the school.

Instructors' email addresses:

rick.esparza@mvla.net
Kirk.Jennings@mvla.net

Instructors' signatures:

Rick Esparza	Rick Esparza
Kirk Jennings	Kirk Jennings