

Strength and Conditioning

Instructor: Mr. Kutches **E-mail:** peter.kutches@ahschools.us
Course: Strength Training I, II, III, IV
Prerequisite: Complete Physical Education II
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Course Description:

This is an elective physical education course that will be emphasizing strength training and conditioning. This class will expose students to activities to help with all aspects of fitness, with an emphasis on muscular strength and endurance.

Daily Grading:

Standard 1: Student demonstrates competency in a variety of motor skills and movement patterns.
Standard 2: Student applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
Standard 3: Demonstrates the knowledge and skill to achieve a health-enhanced level of physical activity and fitness.
Standard 4: Exhibits responsible personal and social behavior that respects self and others.
Standard 5: Student recognizes the value of physical activity through health, enjoyment, challenge, self-expression, and/or social interaction.

Active Engagement (80%) Standards #1 through #5.

District Summative Assessment (10%)

District Fitness Assessment (10%)

Standard grading scale of:

93%+ A
90%+ A-
87%+ B+
83%+ B
80%+ B-
77%+ C+
73%+ C
70%+ C-
67%+ D+
63%+ D
60%+ D-
0%+ F

ANDOVER HIGH SCHOOL

Physical Education Expectations

Attendance

- Students must report to the gym for attendance when the bell rings.
- Students will be given 5 minutes to change after attendance and before the end of the class period. Students who take showers will be given extra time.

Tardy Policy

- After the first, second, and third tardy parents will be notified and teacher consequences be assigned. After the tardy, student is referred to administration.

Locker Rooms

- All PE students will be assigned a combination lock and locker.
- Cell phone use will not be permitted in the locker rooms.

Clothing for Physical Activity

- It is required that students have a change of clothing that is appropriate for physical activity. For example, athletic shorts/shirt/tennis shoes are all appropriate for class.

Safety

- No food or drink are allowed in class, the gyms or in the weight room.
- Do not touch or use any equipment without the teacher's permission.
- No cellphones, electronic devices or ear buds allowed in PE classes after attendance is taken, unless given permission by teacher.
- There will be a zero tolerance on all bullying and harassment.

Injury/Illness

- If a student is unable to fully participate due to injury or illness, he/she must bring a written parent/guardian or doctor note to the school nurse **BEFORE SCHOOL** in the morning.
- Any injury resulting in **NO PARTICIPATION** for a **cumulative total of 15 school days or longer** per trimester, will require the student to drop physical education, and retake the class.
- Any injury resulting in **LIMITED OR MODIFIED PHYSICAL ACTIVITY** for a **cumulative total of 25 school days or longer** per trimester, will require the student to drop physical education, and retake the class .

Make-up Work

1. Make-up work is required for ALL absences. **Absent Re-do's can be done before school, after school, or by completing Absent Make-up sheets. Before and after school re-do's need to be arranged with your teacher.**
2. Make-up forms are located in both the Women's and Men's Phys. Ed. Offices and online.