

CHS Personal Performance Class

Syllabus 2016-2017

Coach Hosley

COURSE DESCRIPTION:

The personal performance class was designed to provide each student with the knowledge needed to understand the importance of strength and fitness training. Students will understand the importance of setting goals for personal improvement and achievement. The students will leave the class with a lifelong understanding of how to maintain adequate physical fitness for a healthy lifestyle.

INSTRUCTIONAL PHILOSOPHY:

All students will be provided with the necessary training on each specific exercise so that the exercise process can be safe and productive. Students are encouraged to remain positive with themselves, as well as with other students in order to maintain a good training atmosphere. It is important to realize that everyone progresses through this course at his or her own rate as they reach their own individual goals. Safety is always given the first priority in this class.

CLASS OBJECTIVES:

- The students will improve their muscle strength and endurance through weight training exercises.
- The students will gain knowledge of equipment and safety procedures associated with the fitness center.
- The students will recognize the benefits of regular physical activity and see first hand the effects on themselves through class participation.
- The students will gain knowledge of developing a weight-training program and training principles.

CLASS EXPECTATIONS:

- Students will be given five minutes to change before class and ten before class ends.
- All students will remain in the fitness center until they are dismissed.
- Any injuries or emergencies must be reported to the teacher during the class period so the proper action can be taken.
- Directions must be followed the first time they are given.
- Obscene language, gestures, harassment or disrespect will not be tolerated.
- The students will always pick up and put all the equipment back after the class is over (including but not limited to: bars, weight, dumbbells, collars and benches).

PROPER DRESS CODE:

- Students are required to dress appropriately for PE class each day. Shorts, T-shirt and sneakers are all necessary for participation.

PARTICIPATION/MEDICAL EXCUSES:

- A student well enough to be in school is generally well enough to be dressed and participating in class. Any exception to this will be handled on an individual basis.
- **Medical Excuses/Doctor Note:** Any student who must be out of weight training for an extended period of time for medical reasons is required to have an excuse from a doctor. This excuse needs to be descriptive detailing what the student can and cannot do. Students on a medical will be given alternative class assignments.
- **Attendance:** Students need to be in class to complete the required class work. Students will be allowed one excused absences per grading period. If you have more than one absence you will need to make these classes up in order to receive class credit. If a student is absent, they will have the opportunity to make up the missed work by making up a PE class at any point during the day.
- **Game Day Modifications:** If a student has a game on the day of PE class the student is still expected to complete their daily workout. The PE teacher will modify the weight during the workout so it will not compromise the student's performance later on that day.

GRADING:

A total of **5 points** can be earned each day. Listed below is the breakdown for each class:

- **1 point** - Attendance
- **1 point** - Completed workout card & Unit Tests
- **1 point** - Being prepared (change of clothing and sneakers)
- **2 points** - Participation

DAILY CLASS ROUTINE:

- Warm-up: agilities and stretching (3 minutes)
- Core Lift #1 (8 minutes)
- Core Lift #2 (8 minutes)
- Core Lift #3 (8 minutes)
- Combined Auxiliary lift #1 & #2 (10 minutes)
- Core Work & Cool Down (3 minutes)

ASSINGMENTS:

- Completing each packet of lifts.
- 1 multiple choice test each quarter on the rules & regulations of the traditional PE units.

QUARTER 1

Written tests: Flag football, soccer, ultimate frisbee & tennis

Week 1: Course introduction, objectives, goals, safety, class routine, max physical testing and presidential fitness test.

Week 2-9: Phase 1 & Phase 2 of training

Week 10: Physical and written testing

QUARTER 2

Written tests: Cross country, bowling, volleyball, fitness, table tennis & badminton.

Week 1-9: Phase 3 & Phase 4 of training

Week 10: Physical and written testing

QUARTER 3

Written tests: Kan Jam, Corn Hole, Floor Hockey and Team Handball

Week 1-9: Phase 5 & Phase 6 of training

Week 10: Physical and written testing

QUARTER 4

Written tests: Fitness testing, tennis, basketball, lacrosse, golf, bocce, croquet, disc golf and softball. .

Week 1-9: Phase 7 & Phase 8 of training

Week 10: Physical and written testing

RULES TO LIVE BY:

1. Safety First

- A spotter must be used on all “main lift” sections of the workout.
- Do not slam or drop weights/the equipment. The equipment needs to last a long time and it is very expensive to service and replace.

2. Record Everything

- Make sure you record every exercise and the weight used in your packet.
- Leave packets in the class folder after each lift.

3. Keep It Clean

- The fitness center should be left spotless after each class period. Dumbbells, weights, barbells, collars, benches, bottles and trash should all be put back in their rightful place.
- Music may be played at a reasonable volume.

4. Be Efficient

- We have a set period of time so keep an eye on the clock. Main lifts have a maximum of 8 minutes per lift.
- Push yourself, attempt to increase weight each week.
- If you do not finish a particular exercise during the given timeframe, you may use extra time at the end of class to complete any unfinished parts of the workout.