



## **Strength Training & Conditioning**

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Instructor: Mr. Olson

James.Olson@moundviewschools.org

Phone # 651-621-6866

This course offers a variety of strength training & conditioning activities:

> Strength      >Flexibility      >Power      >Speed      >Agility

### **Expectations**

1. Students will be expected to be in the locker room before the tardy bell, change into appropriate uniform, and be in the meeting area 6 minutes after the tardy bell.
2. Students are expected to be present and participate in ALL activities assigned to the class.
3. Students are expected to be cooperative and polite towards other students, teachers, and paras.
4. Students are expected to use the PE equipment in an appropriate manner. Students who misuse and damage equipment will be expected to reimburse the PE department for full replacement costs.
5. Students are expected to remain in the locker room area until the passing bell rings.

### **Student Uniform**

Students must provide the following items:

Lock

Socks

T-Shirt and Sweatshirt (acceptable markings)

Athletic Shorts or Sweatpants (no cutoff shorts or jeans)

No radio/headsets

No cell phones/pagers

\*Many students and/or staff members have medical conditions affected by fragrances or aerosol propellants. Therefore, NO hairspray, perfume, cologne, or other type of pump or aerosol spray is permitted in classrooms, locker rooms and/or hallways.

### **No Dress Policy**

A student who does not dress because he/she is ill and has the appropriate note from his/her parent/guardian and/or nurse will be required to do make-up before or after school.

No Dress: No credit will be given for that day. The student will lose 10 participation points.

Violation 1 and 2: Teacher warns the student, encourages them to dress, and informs them of further consequences. The student will lose 10 participation points for that class period.

Violation 3: Teacher will call the parent informing them of the problem. The student will lose another 10 participation points for that class period.

Violation 4: Students will be referred to their counselor who will call parent. The student will lose another 10 points for participation for that class period.

Violation 5: Students will be referred to an associate principal. Associate principal will call parent. The student will lose another 10 points for participation for that class period.

Violation 6: Grade for semester becomes an F.

**Participation Policy**

Students must successfully participate in all of the daily activities in order to receive all 5 points. Inappropriate behavior such as not participating, swearing, put-downs, insubordination, or bullying will result in a loss of daily points.

**Make-up Days**

Excused absences can be made up on designated days. Make up days will be announced at the beginning of the semester. Run/walk 7 laps or swim 15 lengths. Students are responsible for their own make-ups. Any excused absence NOT made up will count against the students' participation grade (-5 points per day).

Excused absences include:

- Illness with a note from parent or doctor
- Medical appointment
- Family emergencies
- School related activities

**Unexcused absences** will result in a loss of 10 participation points.

**Tardy Policy**

School rules apply. Student must be in the locker room before the tardy bell rings and to the meeting area within 6 minutes after the tardy bell. Failure to follow this policy will result in losing 2 participation points for each violation.

**Injury Policy**

A parent note can be used by a student as excuse from or to modify activity for 1 – 2 days. After that period, a doctor note will be needed for excuse from or to modify class activity.

**Grading Policy:** Class participation will be a majority of your grade.

<b>Scale</b>							
A	94-100%	B+	87-89%	C+	77-79%	D+	67-69%
A-	90-93%	B	84-86%	C	74-76%	D	64-67%
		B-	80-83%	C-	70-73%	D-	60-63%

Student Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

To receive 5 points this must be returned by one week of the first day of the semester.