**Bullitt East High School**

**11450 Highway 44E**

**Mt. Washington, KY 40047**

**(502) 869-6400**

**2016-2017**

**Athletic Conditioning**

**Mr. Robert Troutman**

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**Course Description**

- Athletic Conditioning is designed to promote strength and conditioning of both male and female students through weight training, plyometric, and cardiovascular conditioning.  The class will explore various individual training techniques for development of a sound and healthy body. Wellness, nutrition, and individual training techniques will be covered.

* Accommodations for students with special needs will be strictly followed in accordance to the special education department’s recommendations as well the information in the student’s IEP per board policy. If there is another special need that a student may need accommodations for (i.e. diabetes, asthma, etc.), we ask that the parent/guardian, doctor, or student make the instructor aware of these immediately.
* Methods of instruction will include but not be limited to: lecture, class discussion, peer teaching, modeling/demonstration, hands-on activities, group work, guest speakers, and instructional technology (internet, DVD, etc.)

**Bell Schedule**

1st 7:20-8:10

2nd 8:15-9:05

3rd 9:10-10:00

4th 10:05-10:55

5th 11:00-12:15

6th 12:20-1:10

7th 1:15-2:05

**Grading Scale**

90-100 A

79-89 B

68-78 C

57-67 D

< 57 F

1. **Grading Policy**

* 10 points daily grade. Students must dress out and participate to receive full 10 points.
* Daily grade points can be deducted for not following directions, lack of effort, talking during warm-ups, etc.
* A zero (0) is given if a student does not dress out.
* An average of daily grades, possible skills/fitness tests, written exams, portfolio piece, workout logs, and a final exam will determine your final grade. A PORTFOLIO PIECE MUST BE COMPLETED TO EARN A PASSING GRADE.
* When you miss class, you do not get a grade. Make up work will be in the form of one (1) page reports for each day the student missed. Reports can be about anything related to the class curriculum. For example, an article summary, researching a conditioning topic to report on, a bio of an important figure in the field, etc.

1. **Dressing Out**

* Students may wear shorts, sweats, warm-up pants, t-shirts, long sleeve t-shirts, and/or sweatshirts. The best rule of thumb is to wear something comfortable to perform physical activity. **YOU WILL SWEAT IN THIS CLASS, DRESS ACCORDINGLY!!!**
* No tank tops, sleeveless shirts, “short shorts,” jeans, pants, etc.
* Students must wear some sort of athletic shoe (tennis shoe, running shoe, basketball shoe, etc.). No boots, dress shoes, flip flops, or sandals.
* Students must wear socks at all times.
* Students who do not dress out correctly will be required to fill out a non-participant form during class and receive a zero for the day. If this is the student’s 3rd non-participant incident, a referral will be sent to the office.
* Contact the Youth Service Center (next to library entrance) if you may assistance in obtaining clothes to dress out

1. **Class Procedure**

* Students are tardy if they are not at their assigned spot before the bell rings.
* Students will go to their locker room, dress out, and be sitting in their spot no later than 5 minutes after the tardy bell. Students who do not make it to their spot on time will lose 3 points of their daily grade.
* Each class begins with a warm-up, stretch, and some brief exercises. **NO EXCEPTIONS!!!**
* After the daily warm-up, we will proceed to the weight room.
* Once in the weight room we will review our activities for the day and students will begin training in the designated area. Any student who is not in the designated area anytime during class could be subject to disciplinary action at the discretion of the instructor.
* When it is time to leave the weight room, students will RACK THEIR WEIGHTS, turn the lights off, lock the doors, and head back to the locker room.
* It’s recommended that students wash their hands before they exit the locker room.
* After you have cleaned up and changed clothes, make your way out of the locker room and stand/sit on your spot and wait to be dismissed.
* No one is allowed to go to their car unless they are escorted by a principal

1. **Rules**
2. Follow directions

2. Be prepared for class

3. Respect your fellow classmates, teachers, PE equipment, school property, and other people’s property.

4. Keep a positive attitude and show good sportsmanship.

5. Give your best effort

6. NO FOOD/GUM allowed in the gymnasium. Only bottled water!

Discipline Policy is as follows:

1st warning – Student/Teacher conference during/after class

2nd warning – Parent/Guardian will be contacted

3rd warning – Referral to principal/Teacher Assigned Detention

- Students are expected to do their own work. Check your student handbook for plagiarism policy.

1. **Tips for Success in this Class**

* Dress out and participate. Give your best at all times…that is all I can ask of you.
* Ask questions if you don’t understand something.
* Practice proper technique and obey safety rules.
* Take notes when necessary and keep up with them. You will have tests!
* The theme of the class is teamwork. Respect your classmates, respect yourself, and respect your teacher. Negativity is not welcome in this class. Positive actions and thoughts bring positive results.

Any questions or concerns should be directed to Mr. Troutman. The instructor reserves the right to make changes to the syllabus as needed during the course. You can also sign up to receive text updates for important messages throughout the school year. All you have to do is text 81010 with the message @BEathletic to receive one-way text messages with upcoming events from Mr. Troutman. Thanks again and I look forward to working with you this school year!