



Deer Valley Unified School District

William McEowen

Room D103

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Systematic Conditioning 3 – 4

Course Description:

This course is aligned with Arizona College and Career Ready Standards and/or national content standards and supports school-wide efforts to increase student achievement. It is an elective course designed to provide students with an understanding of basic weight training principles and techniques. This course will cover a variety of basic periodization phases for effective strength training. Other topics to be addressed include basic nutrition, anatomy, flexibility and aerobic/anaerobic conditioning.

Course Objectives:

By the time the student completes this course of study, the student will know or be able to:

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- Demonstrate knowledge in a variety of periodization phases for effective strength training emphasizing safe lifting techniques.
- Identify all major muscle groups of female and male anatomy.
- Demonstrate and differentiate between aerobic and anaerobic exercise.
- Understand and implement the basic principles of nutrition and how it affects one's training.
- Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience.

Classroom Rules and Consequences:

Systematic Conditioning rules have been established to create a positive and safe environment. In addition, they will maximize participation in lifting so that all students can be successful in both skill and knowledge.

Rules to be Followed:

- Be on time (students who arrive late will be swept)
- Always have permission from instructor before operating equipment
- Always have a spotter before attempting a lift
- Any type of horseplay or misconduct in the weight room will result in loss of points
- Follow directions the first time they are given
- Maintain a positive attitude
- **NO PHONES EXCEPT WITH TEACHER PERMISSION**

Students who choose to follow the rules:

1. Develop a positive attitude towards weight training/physical activity
2. Receive verbal praise
3. Receive positive points
4. Receive a positive phone call to home

Students who choose to not follow the rules:

1. Receive a warning
2. Receive isolation from activity and a deduction of points.
3. A negative phone call home, teacher/student conference, referral to administration

Grading:

Students in Systematic Conditioning earn positive points through written tests, personal goal improvements, daily participation and class assignments. Grades are recorded weekly.

Grading Scale:	Matrix:	
90-100 = A	Dress Out/Attendance	70%
80-89 = B	Written & Skills Test/Assign	20%
70-79 = C	Affective domain	10%
60-69 = D		
59 – 0 = F	<u>18 week grade</u>	<u>= 100%</u>

Final Semester Grade:

80%	= 18 Week cumulative grade
<u>20%</u>	= Semester Final Examination
100%	= Semester Grade

Report Cards:

In an effort to conserve resources and harness the capacity of our electronic grade reporting program (PowerSchool) district schools will no longer print hard copies of report cards unless requested by individual parents. To request a hard copy of your student's report card, please contact the front office at 623-376-3000. To receive your PowerSchool login, please stop into the office with a valid photo ID.

Power School Online Access:

Grades and attendance may be accessed 24 hours a day online with your Power School access code. Access codes are available in the Counseling Office or Front Desk Monday – Friday 7:00 AM– 3:30 PM. You may check student progress regularly on the PowerSchool site using the same login for one or more students. For Mountain Ridge parents/guardians without home computer access, a computer with guest log-in capability is available in the Counseling Conference Room.

Academic Assistance/Office Hours:

In addition to the Academic Prep times built into our schedule each week, additional assistance/tutoring is provided on a weekly basis both by MRHS and individually by instructors. These office hours will be posted in the classroom and/or on my website at the start of each week. I will demonstrate to the students how to find my availability each week. I also encourage your son/daughter to write down my availability each week in their Mountain Ridge planner (provided by the school) so that you, too, are aware of my weekly availability.

Absences:

After an absence, a student has one school day for each day missed to make up work/tests, regardless of the number of days absent. If many days were missed, please schedule an appointment with me to formulate a plan for the completion of make-up work. Make-up work for extended absences (over 3 days) may be requested through the Counseling Office and picked up there.

Daily Device Use (iPads):

Students should come to school with their iPads charged and ready to use in each class every day. Within each classroom, there are three possible technology environments. Teachers will identify for students the environment expected during their class period. These environments are described below:

Red: No device use allowed. Devices are to be off and put away. If a device is out and being used at this time, students may receive disciplinary consequences and/or zeroes if appropriate. This environment may be necessary for testing or non-electronic based assessments.

Black: Limited device use allowed. Students may use devices in accordance with teacher instruction in a prescribed manner. Students may be asked to place devices face down on their desk until appropriate to use. Teachers may ask to see students' open apps and require that all apps are closed with the exception of a specific one or two. Games should not be open in this environment unless the teacher indicates a specific game may be used.

Green: Open device use. Students may use their device independently to take notes, complete assignments, conduct research, communicate with the teacher, check grades, and other appropriate educational uses of the device. Students should not access inappropriate content or cause disruption in this environment.

Devices may not be used to record or take photos of other people without their consent. Consequences for classroom disruptions and misuse of devices will follow a progressive discipline model, beginning with a phone call home and progressing to office referrals for repeated or more serious offenses. Students who have devices out during a Red environment or during testing, may lose credit on their test or quiz. See the Student Rights and Responsibilities consequence chart in the handbook for more specific descriptions of infractions and consequences.

Online Learning Expectations and Information:

A student will be marked late/tardy if they enter the Zoom session late or disengages/leaves the class early.

All assignments can be turned in for full credit at least 2 weeks after the due date. *For teacher information: Next steps after 2 week mark is PLC/department discretion. This includes long-term assignments. Assignments can be turned in up until one week prior to the last day of the semester.

Teachers will provide one retake opportunity on assessments to earn a better grade, up to full credit. Teachers will determine steps to practice, learn, and prepare for the assessment retake.

All students will adhere to the DVUSD Student Norms in a Virtual Learning Environment and to the DVUSD Students Rights and Responsibilities Handbook.

Game Day Policy:

The student athlete will be given a separate assignment designed to enhance game day performance.

Non – Dress Policy:

1st – non dress	grade not affected	(no loss of points)
2 nd – non dress		failure to earn 4 pts
3 rd – non dress	student conference	failure to earn 8 pts
4 th – non dress	student conference/powergrade comment	failure to earn 16pts
5 th – non dress	student conference/powergrade comment /parent contact	failure to earn 24pts
6 th – non dress	student conference/powergrade comment /parent contact	failure to earn 32pts
7 th – non dress	possible loss of credit	

Non dress may not be made up:

Students who choose to repeatedly not dress for class will greatly diminish their chances of earning a passing grade.

Dress-Out Policies:

Students **must** change their clothes for all physical education classes. They may wear shorts, t-shirts or sweats. Dark shorts (blue, red, black, dark green) with an elastic waistband, and a t-shirt (white/gray or a Mountain Ridge school shirt) are recommended, unless you have purchased a P.E. uniform from the school. Clothes with zippers, pockets, buttons and belt loops may not be worn for safety reasons. At no time are students permitted to wear MRHS athletic equipment to a P.E. class. Gym shoes must be worn at all times and students must be able to tie their shoelaces.

LOCKER ROOM POLICIES:

1. Do not bring valuables to class. For example – Ipods, cell phones, etc.
2. Do not share lockers.
3. Lock and recheck your locks.
4. Profanity will not be tolerated.
5. Drinks must be consumed in the locker room after class.
6. No personal locks are allowed.
7. No horse play allowed in the locker room at any time.
8. Do not bring glass containers or bottles into the locker room.

Recommended Supplies for this Course:

A Great Attitude!

By filling out the online survey I have read and understand the policies of the Physical Education Department.