



Deer Valley Unified School District

Teacher Name: Kelly Saufley

Room # D103/Weightroom
Voice Mail #(623) 376 - 3046

Course Title: Power Training

Kelly Saufley@dvusd.org

[Web. Page: dvusd.org/mrhs-saufley](http://dvusd.org/mrhs-saufley)

Course Description:

Power Training is aligned with Arizona College and Career Ready 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 students completes this course of study, the student will know or be able to:

- Design training programs that maximize individual performance by prescribing various training methods based upon an athlete's health, conditioning level and training goals.
- Explain nutritional factors affecting health and performance.
- Design and implement nutritional strategies specific to the student's needs.
- Design and implement a comprehensive strength-training program based on the latest research to include: proper warm-up, periodization, recovery and restoration.
- Identify the major muscles, primary movers and secondary movers of a specific lift.
- Research, article reviews and oral presentations based on the Holistic writing rubric will be required by all students.

In addition to the course objectives listed above, the following AZCCRS for Writing are also embedded;

1. Standard 1- Write arguments to support claims in an analysis of substantive topics or texts using valid reasoning and relevant and sufficient evidence.
2. Standard 2- Write informative/explanatory texts to examine and convey complex ideas and information clearly and accurately through the effective selection, organization, and analysis of content.
3. Standard 9- Draw evidence from literary or informational texts to support analysis, reflection, and research

Classroom Rules and Consequences:

Power Training rules have been established to create a positive and safe environment, as well as maximize participation in lifting so that all students can be successful in both skill and knowledge.

Rules:

1. Be on time (students late will be swept)
2. Always have permission from instructor before operating equip.
3. Horse play of any kind will result in loss of points & participation
4. Follow directions the first time they are given
5. Nothing but positives (attitude) in the weight room

Students who choose to follow the rules:

1. Develop positive attitude towards physical education
2. Receive verbal praise or positive points
3. Receive positive phone call home to parents

Students who choose not to follow the rules:

1. Receive a warning
2. Isolation from activity and or Negative points
3. Phone call, letter, or teacher/student/administrator conference

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:

90-100 = A
80-89 = B
70-79 = C
60-69 = D
59 – 0 = F

Matrix:

Dress Out/Attendance/Participation	70%
Written & Skills Test/Assign	20%
Affective domain	10%

18 week grade = 100%

Final Semester Grade:

80% = 18 Week cumulative grade

20% = 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.

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 (black, dark green) with an elastic waistband, and a light shirt (white or gray) 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!

(pen/pencil/highlighter/one subject notebook-**PROVIDED!**)

Syllabus Signature Sheet on Next Page:

