

Springville Physical Education: Advanced Body Conditioning

Ms. Hall

Course Description: Welcome to Advanced Body Conditioning. During this class, you will learn and practice various components and principles of strength training, cardiovascular endurance, agility, flexibility, plyometrics, and weight room safety and etiquette. This class is an activity class and therefore students will be graded heavily on attendance and participation. This class is not a social gathering. Each individual is expected to work at a high level of intensity with their daily routine. If a piece of equipment you want to use is being used by someone else DON'T SIT AND WAIT! Go to the next exercise and come back. Class will consist of a warm-up, a significant dynamic stretch, cardiovascular exercise, strength training, and either speed/agility or plyometrics. Every. Day.

Be prepared to work each day!

Website: All students will be required to access the course website and print out materials needed for class when instructed! This website will be very important to your success throughout this course! The web site address is: sites.google.com/a/nebo.edu/shspe

Class Expectations:

1. All students must be dressed in appropriate workout attire EVERY DAY (Shorts or sweats, t-shirt, **gym** shoes. **No sandals, jeans, JEWELRY, or hats.**) Students must dress modestly.
2. No gum, no candy, no food; it's a choking hazard and it's messy. BRING A WATER BOTTLE!
3. Weights and other equipment MUST be taken care of; when you're done, PUT IT BACK WHERE IT BELONGS. Leave the weight room in better condition than when you entered.
4. No horseplay! Do not touch ANY equipment before instructions.
5. Always have a spotter! Spotters **PAY ATTENTION!**
6. DO YOUR BEST!



Grades:

*Attendance & Participation

10 points/day: 1) On time 2) Dressed appropriately 3) Participating with best effort

Tardy= -5 Not dressed= -10 Unexcused absent= -10

*I reserve the right at the class instructor to take away any points due to a lack of effort, poor attitude, disrespect in any way, etc. Come to class and try your best!

THIS CLASS IS CALLED **ADVANCED** BODY CONDITIONING FOR A REASON! WE **WILL** WORK HARD. THIS CLASS WILL NOT ONLY INCREASE YOUR PERSONAL FITNESS AND STRENGTH, BUT IT CAN POTENTIALLY MAKE YOU A BETTER TEAMMATE AND SPRINGVILLE ATHLETE! TAKE PRIDE IN YOUR WORK AND IN YOUR EFFORT. YOU'RE A RED DEVIL!

****IMPORTANT**** This is a participation class, therefore attendance is crucial. **Unexcused absences will count against the grade.** I will allow *two excused* absences per term, before students will need to start making up participation and attendance points for their grade. If your student exceeds that amount contact me personally so we can work it out together. I will not allow an unexcused absence past one week of it occurring. If your student is going to be absent for an extended period please let me know.

Parent Permission: I have read the course information, understand the requirements for participating in physical education at SHS, and have completed the information below to the best of my knowledge. I will not hold Springville High School nor Nebo School District liable for any injuries that occur while participating in any physical education class under proper supervision.

I give permission for Ms. Hall to take activity photos of my child to use on the school/class website or for promoting fitness activities within the classroom.

I give permission for my child to participate in off-campus activities that foster personal fitness and are supervised by a teacher or member of the Nebo School District.

Parent's Signature _____ Date: _____

Contact Number _____ Best time to reach: AM PM

Student's Name (Printed) _____

Student's Signature _____ Date: _____ Class Period _____

PLEASE INCLUDE any comments, concerns, or anything else you'd like me to know including history of illness, injury, or health conditions (ie: asthma, diabetes, epilepsy, fainting, heart disease, hearing problems etc):

**Parent Consent & Acknowledgement of
Management of Concussions & Head Injuries Policy**
(Required by Utah Code Ann., 26-53-201)

I, _____, parent/legal guardian of _____, hereby acknowledge that I have read, understand, & agree to abide by Nebo School District's Policy #JHG, Management of Concussions and Head Injuries, & give my consent to allow my student to participate in a "sporting event," which includes any game, practice, tryout, physical education class, sports camp, competition, & activity sponsored by Nebo School District or in connection with the Utah High School Activities Association (UHSAA) for the 2013-2014 school year.

Signature of Parent/Legal Guardian

Date

Policy #JHG, Management of Concussions & Head Injuries can be accessed on Nebo School District's website at www.nebo.edu. Go to the "Information" tab and then click on the "Policies" section.