

# Dallas High School

## Home of the Dragons



### Advanced Strength & Conditioning

2022-2023

**Instructor(s):** Andy Jackson

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**Office Hours:** Monday-Friday: 2:40 to 3:30

**Course Description:** This is a semester-long course where the student will enhance their personal physical development through the participation in a combination of athletic movements and explosive movements. We will reemphasize the importance of rules and safety in the weight room.. Students will engage in total body strength development as well as speed, agility and plyometric training.

**Athletes will perform:** Bench, Back Squats, Hang Cleans, Power Cleans, **Snatch**, and Incline Bench

**Athletes will be tested on:** Bench, Back Squats, Hang Cleans, Deadlift, and Incline Bench

#### **Standards to Be Assessed:**

Upon successful completion of the course, students should be able to:

Standard # 1 - Students must know and adhere to weight room safety protocols

Standard # 2 - Students must be proficient in lifting and spotting techniques for.

Standard # 3 - Student must understand basic muscle groups and training techniques

Standard # 4 - Student must understand testing and performance criteria

#### **Class Expectations and Grading**

1. You are on time for roll (before teacher arrives) = 5 minutes after the tardy bell rings
2. We strongly encourage you to have active, athletic clothing to wear for class. If you don't have appropriate athletic clothing, you are still expected to actively participate and do everything everyone else is doing.
3. You are following all directions and are completing all tasks given by the teacher to the best of your ability.
4. You are present and performing all assessments.
5. Performing all tasks in a safe manner, not putting other students in danger (shooting half court shots, throwing footballs across the gym, etc)
6. If you are not participating for whatever reason, excused or not, you will be referred to the DSC for the period

## Grading and Assessment:

Student's final grade will be issued based on the following...

- Based on participation, testing, maxes, and technique that measure performance = **10 pts per day**
- Assessments in Class will include the following
  - Bench
  - Back Squats
  - Hang Cleans
  - Incline Bench
  - Deadlift
- Points will be deducted for the following:
  1. Unexcused non-performance or unexcused absence = 10 points per day
  2. Excused non- performance or excused absence = 10 points per day ***Points may be made up.***
  3. Unexcused Tardy = 3 Points
  4. Lack of cooperation, poor effort, poor attitude, or poor sportsmanship = 0-10 points
  5. Performance on Maxes and other Tests
  6. Leaving class early (during the shower bell) results in a 0 for the day
  7. If a student is not participating in class, for whatever reason, they will be referred to the DSC for either discipline or study hall...depending on the situation.

The following grading scales will be used to calculate a student's course grades and grade point average:

<b>Course Grades will be calculated using the following scale:</b>	<b>Grade Point Averages (GPAs) will be calculated using the following scale:</b>	<b>GPAs for Advanced Placement courses will be calculated using the following scale:</b>
<b>A 90-100%</b>	<b>A (4.0)</b>	<b>A (5.0)</b>
<b>B 80-89%</b>	<b>B (3.0)</b>	<b>B (4.0)</b>
<b>C 70-79%</b>	<b>C (2.0)</b>	<b>C (3.0)</b>
<b>D 60-69%</b>	<b>D (1.0)</b>	<b>D (2.0)</b>
<b>F 0-59%</b>	<b>F (0)</b>	<b>F (0)</b>

## Absences and Tardies

- If a student is absent for whatever reason, excused or not, they will get a zero for the day
- Students CANNOT MAKE UP AN UNEXCUSED ABSENCE
- Students CAN MAKE UP AN EXCUSED ABSENCE within **2 weeks** of their absence.
- Once the bell rings, students will have five minutes to be on their assigned roll call spot in the gym or be marked tardy. Students who miss more than half the class period, will be marked absent

## **Make Up Work**

**All missed classes, EXCUSED OR UNEXCUSED, must be made up within two weeks of the missed class session. You will need to go on Canvas, download the DHS PE Make Up form from the corresponding Module, and then share it with your teacher through Google. A student can only make up 8 excused absences.**

Points may be made up in the following instances only:

- Excused non-performance - A note from your parent or doctor must be presented on the days you are unable to perform.
  - **If you have an illness that requires non participation for more than 3 days, a Doctor's note is required**

## **Academic Integrity**

The faculty and administration of Dallas High School believe that honesty and integrity are personal attributes worth nurturing in our students. Because we value the educational and skill development opportunities provided by classroom assignments, research projects, tests, and credit recovery, we expect students to express academic integrity by doing their own work and properly documenting information gathered from other sources. Congruous with this belief is our resolve to handle those who violate the principles of academic integrity with stringent consequences as outlined in the [K-12 Code of Conduct](#).

## **Student Behavior and Expectations:**

Students are expected to demonstrate appropriate behavior in the classroom and contribute to a safe, positive, caring learning environment by cooperating; doing their best to achieve academic excellence; respecting themselves, others, and the environment; and conducting themselves in a safe manner at all times. Clearly defined behavioral expectations are consistent school-wide through the Dragon **PRIDE** acronym. We strive to teach our students to take **PRIDE** in themselves and the school by demonstrating: **Purpose, Respect, Integrity, Determination, and Empathy** at all times. For more information, please see the [Student/Parent Handbook](#).

## **Student Electronic Devices at Dallas High School:**

Students are allowed to possess personal electronic devices at school and at school-sponsored activities provided such devices are not used in any manner that may disrupt the learning environment, school-sponsored activities or violate Board policies, administrative regulations, school or classroom rules, or state and federal laws. Cell phone usage is **only** permitted during scheduled passing periods and lunch times. Students are not allowed to be on their phones in the hallways and other common areas during class time and cell phone usage in the bathrooms and locker rooms is prohibited **at all times**. Students must use a Chromebook or laptop to complete and submit coursework. Cell phones cannot be used for this purpose and can only be used during class time with express advance permission from the teacher.

## **Diversity**

Dallas School District #2 recognizes the diversity and worth of all individuals and groups and their roles in society. It is the policy for the Dallas School District #2 Board of Education that there will be no discrimination or harassment of individuals or groups on the grounds of age, color, creed, disability, marital status, national origin, race, religion, sex or sexual orientation in any educational programs, activities or employment.

## **Gender**

Dallas High School will be proactive in creating a school culture that respects and values all students and fosters understanding of gender identity within the school community. Such guidelines are intended to ensure a safe learning environment free of discrimination and harassment, and to promote the educational and social integration of transgender students. They do not anticipate every situation that may occur and the needs of each student will be assessed on a case-by-case basis.

# Dallas Dragons PE Make Up

## Name:

**Description:** Students can complete a makeup assignment for every day the student misses class. Students will not be allowed to turn the assignment in once the original absence is 14 days past. Students can complete a maximum of 12 makeups per semester. Students must complete at least 50 minutes of activity. Students must complete the sheet correctly and fill out all the areas. Students can complete up to 3 absences on one sheet. Examples of activities include. **Note: You can only use 2 in season sports practices a semester for make-up.**

- Swimming
- Running
- Yoga
- Biking
- Lifting Weights

- Walking
- Skateboarding
- Playing a Sport
- Rollerblading
- Out of Season or Club Practice

## Day 1

Date of Absence:

Reason Student was absent:

Activity Student Completed:

Duration of Activity:

Parental Signature:

## Day 2

Date of Absence:

Reason Student was absent:

Activity Student Completed:

Duration of Activity:

Parental Signature:

## Day 3

Date of Absence:

Reason Student was absent:

Activity Student Completed:

Duration of Activity:

Parental Signature:

**All students are required to take syllabus home and share class information with their parents or legal guardian. This form must be returned to the PE teacher, as it will be the first class assignment for credit.**

**Parents:** Please keep the rest of the syllabus. By signing this form, you acknowledge that you have read and fully understood the expectations, rules, and standards associated with this course. If you have questions, please call 503-623-8336 or email using the email address provided in this document.

Parent Name:

Parent Signature:

Parent email Address:

Parent Phone:

Student Name:

Student Signature: