

Course Description:

Girls strength and conditioning is a course that teaches a variety of physical training activities to build strength, increase flexibility, improve cardiovascular health, educate about best nutritional practices, and promote ways to increase mental and emotional health. The course is designed in a holistic approach and targets improving areas of physical, social, emotional, and emotional health. Physical education and health standards are taught throughout the course and cover the following categories:

- Component 1: Motor Skills
 - Fitness and lifetime activities
 - Dance, rhythms, and lifetime activities
- Component 2: Cognitive Concepts
 - Movement concepts and principles
 - Skill analysis
 - Tactics and strategies
- Component 3: Fitness and Physical Activity
 - Health-related components
 - Skill-related components
 - Physical activity knowledge
 - Exercise prescription
 - Assessment
- Component 4: Personal and Social Responsibility
 - Personal behavior
 - Rules, etiquette, and sportsmanship
 - Cooperation
 - Safety
- Component 5: Values Physical Activity
 - Appreciation
 - Challenge

The standards for Physical Education grades 9 - 12 can be found at:

https://www.tn.gov/assets/entities/education/attachments/std_pe_gr_9-12.pdf

Materials required:

Athletic T-shirt

Athletic Shorts or leggings

Tennis Shoes (mandatory)

- **If you are storing personal belongings in the locker room, please use a lock to prevent items from getting stolen. The school is not responsible for lost or stolen items.**

Attendance: Various assessments and classroom assignments are given throughout the course. It is the students' responsibility to complete all make-up work in order to receive full credit for the activity that was missed. Please refer to your student handbook for details on the attendance policy.

Dr. Note, injury & non-participation policy:

Students who bring a doctor’s note, are experiencing an injury of some sort, or decide not to participate in strength and conditioning class will be administered a writing report that is due at the end of class. Failure to turn in the written report will result in the student’s grade dropping and further consequences will be discussed at teacher’s digression.

Grade Distribution:

Participation, individual work, teamwork: 70%

Assessment / Projects (written and skills based): 15%

Personal and social responsibility (sportsmanship, personal behavior, wearing proper attire): 15%

Class Participation: In order for classroom participation to be productive and to improve students’ understanding of the importance of strength and conditioning training, the following “Norms for Active Participation” will be used as a guideline.

Norms for Active Participation in Class:

You have the right to:

- Make a contribution in a respectful, safe, and welcoming environment
- Ask questions that clarify and advance your understanding
- Be treated fairly and with proper sportsmanship
- Feel confident to learn new and challenging activities in a comfortable and safe learning environment

You are obligated to:

- Actively engage and participate in daily strength and conditioning exercises (unless noted otherwise)
- Try new activities with a non-judgmental, open mind
- Respect other classmates regardless of skill level
- Dress appropriately wearing the proper workout attire
- Critique other’s skill-based performance, not other’s athleticism

Strength and Conditioning Focus:

- | | | |
|-------------------|------------------|------------------------------------|
| - Weight Lifting | - Balance | - Tabata |
| - Speed & Agility | - Mindfulness | - Interval Training |
| - Flexibility | - Yoga | - Nutrition |
| - Plyometrics | - Boxing | - Sport Specific Training |
| - Meditation | - Cross Training | - High Intensity Interval Training |

Girls Strength and Conditioning
Coach Julie DeGenaro
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Parents / Guardians,

Please read the syllabus for this class, complete, and return this page to the teacher.

Student's name: _____

Name of person(s) to contact about grades/behavior/injury:

Contact number: _____

E-mail: _____

Your expectation for your child's grade in Girls Strength and Conditioning : _____

Is there anything I need to know about your child that may affect his or her ability to comfortably or safely perform challenging physical exercises during class?

I have read and understand the class syllabus for Girls Strength and Conditioning.

Parent / Guardian signature: _____

Date: _____