# **Girls Athletic Fitness**

# **COURSE SYLLABUS**

# **2021/2022**

# **GENERAL COURSE INFORMATION**

# **Course Title**: Girls Athletic Fitness

# **Course Description**: This is a Physical Education and Activities course exploring the basic, beginning, to intermediate levels of Weightlifting and Strength and Conditioning techniques. This class is intended for girls who are involved in a school sport/activity who wants to stay in shape during season as well as off season.

# *“****CLASSROOM”* POLICY**

# Students and faculty of Columbia High School constitute a special community engaged in the process of education. At CHS we expect that its students and faculty will demonstrate a code of personal honor that is based upon honesty, courtesy, integrity, common sense, and respect for others both within and outside the classroom.

# These three ideals are the cornerstone of the Columbia High School Athletic facilities and all strength and conditioning procedures:

# **Take care of yourself.**

# **Help care for others.**

# **Take care of the environment.**

# All students are required to follow NSD and school wide rules of conduct and behavior.

# Plagiarism on any academic endeavor at Columbia High School will not be tolerated. Learn the rules of, and avoid instances of, intentional or unintentional plagiarism.

# Anyone seeking an accommodation under provisions of the Americans with Disabilities Act should notify the teacher and/or counselors and administration.

# **COURSE AS VIEWED IN THE TOTAL CURRICULUM**

# Fitness and Conditioning is an approved general education course and counts as a Physical Education credit to fulfill graduation requirements.

# **ASSESSMENT OF STUDENT LEARNING / COURSE OUTCOMES**

# Columbia High School is committed to the assessment of student learning and to quality education. Assessment activities provide a means to develop an understanding of how students learn, what they know, and what they can do with their knowledge. Results from these various activities guide CHS, as a learning school, in finding ways to improve student learning.

# This course is designed to provide students with an opportunity to learn concepts of physical fitness, strength, flexibility, and coordination of movement.

# **COURSE COMPETENCIES**

# The student upon completing this course will be able to:

# Demonstrate and describe the difference between a sets vs reps approach to training.

# Describe the importance of proper breathing in regard to the coordination of movement.

# Identify all large muscle groups and their function.

# Describe the significance of the abdominal, lower back and leverage systems.

# Describe and demonstrate the differences between power, strength and endurance training.

1. Have fun working out

**INSTRUCTOR'S EXPECTATIONS OF STUDENTS IN CLASS**

1. ***Take care of yourself***
2. ***Help care for others.***
3. ***Take care of the environment*.**

# **METHODS OF INSTRUCTION AND EVALUATION**

# Daily participation and adherence to classroom instruction and procedures.

# Testing procedures, demonstration of exercises, written and oral explanations.

# Lecture, Q&A, teacher demonstrations and technology/media.

# **ATTENDANCE REQUIREMENTS**

# 8-10 minutes for changing before and after class. Come to class dressed down and ready to workout. This is an elective class, meaning you chose to be here because you want to get your sweat on. If you do not plan on doing that, there are other options for you.

# **COURSE OUTLINE, brief introduction and daily procedures.**

# **Daily procedures, “Teacher”**: Explanation and /or lecture of daily objective, reminder of weekly goals and expectations and upcoming events.

# **Daily procedures, “Students”**: Common days training… General Warm Up (WU) – light stretch, Mobility/Agility drills w/PVC pipe, Weightlifting (push, pull squat), body weight training, abdominal and lower back training, stretch.

Make-Up Assignments:

Students are allowed and encouraged to make up excused absences. All make up opportunities will be held in the weight room Monday, Tuesday, and Thursday, during lunch and/or after school from 2:45-3:15. Students will engage in 30 minutes of physical activity to earn their missing grade. A sign in sheet will be present and needs to be signed off by a teacher when your workout is completed.

**Grading Rubric:**

DRESS FOR SUCCESS!

**A=4** Dress, team player, on time, full participation (includes warm-ups, stretches, and working out), 100% cooperation, no complaining, follows instructions, above and beyond

**B=3** Dress, participation, team player (sportsmanship, encouraging, good attitude)

**C=2** Dress, partial participation (ex: no warm-up, only lifted)

**D=1** Non-Dress, full participation

**F=** Non dress, lack of participation/no participation

**~~Online expectations for Girls Athletic Fitness:~~**

~~I understand that you signed up for Girls Athletic Fitness to participate in and have access to a weight room. You signed up 1) because it is an all-girls class and 2) to become more motivated and work out to get stronger. Obviously, that will be challenging while online, but it is doable!~~

* ~~I expect you to check in every assigned class period on time in Remind.~~
* ~~I expect you to be in workout attire and workout when required~~
* ~~I expect you to follow directions given (zoom, log entries, due dates etc.)~~
* ~~I expect you to be respectful and to advocate for yourselves.~~

You are in charge of the outcome of this class. If you want no results, you will do bare minimum. If you want results, you will push yourself, complete every workout, eat nutritious foods, set goals for yourselves and celebrate/encourage each other. I too, will be doing all the workouts!

**NOTES:**

1. Advocate for yourself! It is YOUR job to communicate with me if you do not understand something, or are going to be absent
2. You will come to class DRESSED DOWN in appropriate attire (shorts, sweats, tshirt, tennis shoes, hair up)
3. You will participate in all warm up activities
4. You will complete the workout
5. You will put safety first, always (includes spotting and not goofing off around platforms)
6. You will try!
7. You will help push each other, and make each other better athletes and better overall young ladies!
8. You will set achievable goals and build confidence in yourself
9. Yes I understand there are game days… that is NOT an excuse to not workout, you will still complete the work out but in a lighter form (it should be a warm up for you and prepare you to compete!)
10. You are more than welcome to bring water bottles to class, no open containers.
11. You will leave the weight room cleaner than when you got here.
12. You will take care of each other (no gossiping, making fun of, putting others down). We are all girls here, we need each other and we need to build each other UP!
13. Work out like a girl! And be proud of that!

* Please communicate through Remind OR email [sduke@nsd131.org](mailto:sduke@nsd131.org)

Mrs. Duke’s website: <http://sduke.weebly.com/>

Scroll down to the bottom where it says GIRLS ATHLETIC FITNESS 1A/3B

River Rock Training <https://nsd131-my.sharepoint.com/personal/sduke_nsd131_org/Documents/PE/GAF%20going%20online%202020/River%20Rock%20Training.docx>

Directions for downloading the Nike Training App: <https://nsd131-my.sharepoint.com/personal/sduke_nsd131_org/Documents/PE/GAF%20going%20online%202020/Nike%20Training%20App.pdf>

(It is the green NTC app with the Nike symbol)