Owen High School - Coach Russell
Fall 2021 Strength & Conditioning Education Syllabus

Contact Information:
Email: brint.russell@bcsemail.org
School Phone Number: 828-686-3852
Planning Periods: 2nd & 3rd
Locations: Gym, Fitness Lab, Weight Room, Outside, Virtual
Learning Management System: Google Classroom
SMART Lunch: TBA

Course Description:
This course is designed to develop the fitness level of each student to a higher level in the areas of personal fitness, cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition. Students will be asked to participate and implement a personal fitness plan. Students will participate in agility exercises, speed development, weight training, plyometric exercises, stretching, and cardiorespiratory endurance training. Students will complete fitness assessments to measure their improvement throughout the semester.

Course Evaluation:
To successfully complete this course, students must demonstrate competency of instructional objectives and proficiency in implementing techniques and strategies to improve fitness. Student learning will be invited through the use of active group participation, small group discussions, presentations, independent research, whole class discussion, and teacher lecture and demonstration.

The successful student will be expected to:
1. Attend class regularly
2. Complete all work and projects on time
3. Invest in their work
4. Be punctual and prepared for class
5. Be respectful and courteous to all members of the class
6. Give 100% effort
Grading:
The grading philosophy of Owen High: The focus of grading at Owen High School is to give students accurate and meaningful feedback that supports and encourages student learning. Student grades are based on mastery of course content. Grades are based primarily on summative assessments (tests, performances, projects, etc.), with little weight on formative assessments (daily practice, homework, etc.). The purpose of daily practice and homework is to learn, receive feedback, and have the opportunity to clarify or correct errors in thinking or understanding. The state of North Carolina requires that final grades be reported as a number grade on a 10 point scale for all students.

A = 90 - 100  B = 80- 89  C = 70 - 79  D = 60 - 69  F = below 60

Grading-Course Specific:
1st 9 weeks – (37.5%) Daily participation, quizzes, tests, group assignments, pre-assessment, and mid-term assessment. (-5 points for each non-dress out or participation)

2nd 9 weeks – (37.5%) Daily participation, quizzes, tests, group assignments, pre-assessment, and mid-term assessment. (-5 points for each non-dress out or participation)

Final Exam – 25% written and physical assessment

Behavioral Expectations:
Owen High School has adopted a Positive Behavioral Intervention & Support model. Our school promotes these characteristics for all students in all situations:
I - Integrity   A- Attitude   M-Maturity
Teachers recognize students for their positive behaviors and try to redirect students from negative behaviors both through modeling and establishing consequences and rewards.

Materials Needed:
School issued computer, internet access, pens or pencils, combination lock, athletic clothing and shoes, notebook, and shower supplies (if applicable).