

Valencia High School

Body Conditioning Syllabus

Coach Monteleone

Phone: (661)294-1188 x707

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Course Introduction:

Body Conditioning is defined as the overall conditioning of the body through weight training and exercise.

Body Conditioning is a one semester course that will focus on weight training and running to improve the overall strength and conditioning of the body. Students will be introduced to the proper lifting techniques in the bench press, military and incline. Also, students will work on certain muscle groups such as biceps, triceps, pectoralis major, trapezius, latissimus dorsi, quadriceps, hamstrings, anterior tibialis, gastrocnemius and abdominals. Through group participation students will learn the muscles and improve their own physique.

Standards: We will cover the standards for Physical Education as outlined by the State of California.

- Y Participate in moderate to vigorous physical activity at least four days each week.
- Y Improve and maintain physical fitness by adjusting physical activity levels according to the principles of exercise.
- Y Demonstrate proper spotting techniques for all lifts and exercise that require spotting.
- Y Identify and apply the principle of biomechanics necessary for the safe and successful performance of weight training.
- Y Display safe and responsible behavior while training.
- Y Describe the role of motivation in physical activity.
- Y Identify and analyze weight training and fitness activities that enhance personal enjoyment.

Course Outline:

| Fall Semester | Spring Semester |
|---------------------------------------|---------------------------------------|
| Weight lifting - Upper and Lower Body | Weight lifting - Upper and Lower Body |
| Abdominals | Abdominals |
| Running | Running |

*****Fitness Chart:** Print out both copies and glue them into a manila folder. See P.E. web site.

Grading System:

DRESS AND PARTICIPATION (60% of the grade)

FITNESS (30% of the grade)

WRITTEN (10% of the grade)

NON-DRESS AND TARDIES: The first NON-DRESS is a minus 50 points and will increase with each NON-DRESS after that. Each tardy is a minus five points for the day.

MAKE-UP WORK (Must have teacher permission)

Make-up assignments can be done by either a mile run (before or after school) or through written assignments which can be found on the PE home page (max of 3 assignments).

INJURIES AND ACCIDENTS POLICY

All injuries and accident, regardless or how minor, should be reported to the instructor immediately!

Standards of Conduct:

- Please no food or drinks in the weight room.
- No one is allowed to talk when the teacher is talking.
- Students who disrupt the learning process will be warned. If disruptions persist, we have a problem.
- Please clean up your area before leaving class.
- We will be respectful to each other at all times. Thank you.
- Please be in uniform each day.
- Students should be on the numbers ready to begin the days' lesson prior to the bell.

I am looking forward to a fun and rewarding semester with you! I hope you enjoy the class!

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Course Outline Certification

Please sign and return this certification (Page 2) indicating you have read and understand the information on the course outline

Teacher: _____ Period: _____

Student Name: _____ Parent/Guardian: _____
Print Print

Note to teacher:

My signature below indicates that I have read and understand the requirements for this class as outlined in this course orientation.

Student signature: _____
Parent/Guardian signature: _____
Parent/Guardian signature: _____

date: _____
date: _____
date: _____