**Advanced/ Varsity/ Regular Weight Training**

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**Grading:** Studentswill be graded upon the following requirements. Percentages will follow the traditional 90/80/70/60 percent grading. 59% and below is failing.

**Attendance:** Students are expected to attend class regularly and will be awarded 10 points per day for full credit. Point deductions may occur for failure to dress for class, poor participation, poor language, and tardiness. Students are allowed to miss up to 2 excused class periods per quarter without penalty.

**Dress Code:** Students are required to dress appropriately for class. Appropriate attire would include tennis shoes, shorts/sweats, and an appropriate T-Shirt or sweat shirt. PE attire must be compliant with the district dress code (Board Policy 504 – pg 4 in Student handbook). Flip Flops and Sandals would also be in violation of the PE dress code.

**Performance Enhancing Drug Paper:** Only students taking Advanced Weight Training will need to complete a written paper worth 50 points during 2nd or 4th quarter.

**Record Keeping:** All students are required to maintain a daily journal/log of their strength and conditioning workouts. These journal entries are worth 5 points and must include the date, sets, reps, weight being used, and have the appropriate number of lifts completed.

**Pre/Post Fitness Testing:** All students will complete a series of fitness tests at the beginning and end of each semester. These tests need to be accurately recorded and submitted to earn 20 points. Deductions will be made of incomplete work.

**Journal Article Reviews:** All students are required to complete 1 journal article review per quarter. Advanced students need to complete 2. Each review is worth 10 points.

**Video Project:** Advanced Weight Training students will be expected to complete a strength training video, and may be use as an instructional video. The video will include muscle identification, safety procedures, proper technique and any possible variations to this lift. Project is worth 100 points.

**Locks:** Students are expected to bring their own lock from home. Do not leave valuables in the locker room unattended. Bring valuable with you to class or lock items up in the teacher’s office.

Other Expectations: Following TIGER EYE ON SUCCESS

* Be responsible by asking questions, seeking help if needed or giving help to peers. The teacher is always available to help!
* Show your work with pride.
* Be respectful of others and school property. Interfering with the learning of others will not be tolerated.
* Use appropriate language.
* Be prepared, set high expectations for yourself.

# Academic Integrity Policy

The following is the Health and Physical Education Department policy on academic integrity. You are accountable for it.

Purpose statement: All students are expected to exhibit personal honesty in their work. Academic integrity allows each learner to be evaluated on his or her personal accomplishments and compete on an equal basis with all other students for their scholastic achievements.

Definition statement: Academic dishonesty includes, but is not limited to:

1. Cheating on a quiz, test or other assessment.
2. Copying an assignment or worksheet, or divulging information about a test.
3. Offering to another student the answers to an assignment, worksheets or test, whether

solicited or unsolicited, in written or verbal communications.

1. Theft of intellectual property, such as assignments, worksheets, tests, or answer keys.
2. Lying to a teacher about academic activities, or assessment scores.
3. Failing to indicate quotations taken from a source or failing to identify sources in writing (i.e., plagiarism).

Unless explicitly announced otherwise by the instructor, students are expected to work alone on all assignments.

Penalty: Students who act in an academically dishonest manner will receive no credit (a zero) for any and all assignments that were not their own intellectual work. Academic dishonesty may also result in additional consequences, such as failure of the course.

I have read and understand the expectations and grading policy for Tech physical education.

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student parent/ guardian

Additional comments/ concerns: