

**Jefferson County High School
Course Syllabus**

A. Course *Sports Training*

B. Department *Physical Education – Lifetime Wellness*

C. Course Description *The course offers instruction on off-season conditioning and weight training to aspiring male and female athletes. Emphasis will be placed upon teaching the student the correct techniques in power and auxiliary lifts. Plyometric training will be given to improve power and quickness. Running will be required to improve endurance. A physician’s examination or physician’s statement on physical well-being will be required.*

D. Grade Term *Semester*

E. Grading Scale

<u>Range</u>	<u>Honors/ Regular</u>	<u>College-Level</u>	<u>A.P.</u>
93-100 A	4.0	4.5	5.0
85-92 B	3.0	3.5	4.0
75-84 C	2.0	2.5	3.0
70-74 D	1.0	1.5	2.0

F. Term Dates

- a. 1st 9 Weeks August 5, 2016 – October 7, 2016
- b. 2nd 9 Weeks October 8, 2016 – December 16, 2016
- c. 3rd 9 Weeks January 5, 2017 – March 15, 2017
- d. 4th 9 Weeks March 16, 2017 – May 25, 2017

G. Procedures for Parental Access to Instructional Materials

- a. Aspen Parent Portal
- b. Instructor’s Website
- c. Email Instructor
- d. Parent Teacher Conference
 - a. There are two designated conference dates during the school year. Parents who would like to request additional meetings may make appointments for conferences with the teachers (during their planning periods), counselors, or a principal by telephoning the school office.

H. Field Trips

- a. Any schedule fieldtrip will have a definite educational purpose and will reflect careful planning. Signed permission forms will be obtained when an off campus trip is planned.

Sports Training

1st 9 Weeks

Muscle Knowledge

Standard – Acquire working knowledge of muscles to include but limited to major muscle groups both upper and lower body.

- I can identify the main muscle groups.
- I can recognize the muscle as it relates to a sport or a specific movement.
- I can create and develop a workout plan.
- I can compose a workout utilizing limited facilities.
- I can formulate a modified workout for individuals with physical or mental challenges.

Muscle Movement

Standard – Apply movements to all major muscle groups.

- I can properly demonstrate basic and complex movements.
- I can apply fundamental movements during a compound exercise or activity.

Safety

Standard – Recognize and adhere to safety procedures for a variety of exercises.

- I can assist using proper technique while spotting during a dynamic lift.
- I can organize the usage of weight room equipment to ensure that safety precautions are in place.

Warm-up

Standard – Active participation in a dynamic warm-up designed to prepare muscles for an exercise or workout.

- I can distinguish between static and passive stretches and dynamic movements.
- I can create a dynamic warm-up plan.

Lifting Technique

Standard – Demonstrate and execute proper lifting technique for a wide variety of selected lifting exercises.

- I can observe, modify, and instruct my peers in proper technique.
- I can assist proper technique while spotting during a dynamic lift.
- I can execute proficient lifting skill and technique.

Cool-Down

Standard – Active participation in static cool-down designed to allow for enhanced flexibility, to prevent blood pooling, and the release of waste built in muscles during a workout.

- I can distinguish between static and passive stretches and dynamic movements.
- I can create static/passive cool-down plan.

Total Fitness

Standard – Recognize and establish behavioral factors leading to the development of total fitness.

- I can create and develop a workout plan.
- I can combine a variety of plyometric movements to increase hip mobility, foot speed and knee flexion.
- I can recognize the muscles as it relates to a sport or specific movement.
- I can evaluate my current diet plan and create a new nutritional program that fits my fitness goals.

2nd 9 Weeks

Muscle Movement

Standard – Apply movements to all major muscle groups.

- I can properly demonstrate basic and complex muscle movements.
- I can apply fundamental movements during a compound exercise or activity.

Safety

Standard – Recognize and adhere to safety procedures for a variety of exercises.

- I can assist using proper technique while spotting during a dynamic lift.
- I can organize the usage of weight room equipment to ensure that safety precautions are in place.

Warm-up

Standard – Active participation in a dynamic warm-up designed to prepare muscles for an exercise or workout.

- I can distinguish between static and passive stretches and dynamic movements.
- I can create a dynamic warm-up plan.

Lifting Technique

Standard – Demonstrate and execute proper lifting technique for a wide variety of selected lifting exercises.

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