

**PHYSICAL CONDITIONING
SYLLABUS**

Parent/Guardian Signature: _____

Student Signature: _____

I have read the following rules and policies of Physical Conditioning class.
These signatures are worth 20 points if turned in within two days. If turned in on or after the fourth day; it is noted that the parent has been notified.

**PHYSICAL CONDITIONING
SYLLABUS**

Class Description: This class consists of daily high intensity strength and conditioning activities. The activities and weight training that this class consists of are designed for those individuals who wish to better themselves physically.

New Requirement: The student will be required to attend one powerlifting meet during the year. The student may choose between the TVL Powerlifting meet or the State Powerlifting meet. There will be an opportunity for a alternate assignment This will be worth 100 points.

Non-suits or refusal of teacher requests are not tolerated.

*Suiting out is **not** an option; it is a requirement. If student refuses to suit:
The student will receive a zero. His/her parents/guardians will be notified and referred to the administration.

*Teacher request is **not** an option; it is a requirement. If student refuses a request:
The student will receive a zero. His/her parents/guardians will be notified and referred to the administration.

Failure to abide by this contract will result in removal from this class.

Adequate Equipment Needed: t-shirt (nothing torn or cut off), shorts (no bike shorts unless other shorts are worn over the top and nothing torn or cut off), socks, tennis shoes, and sweats when weather requires.

***Shoes** - Bring a separate pair for class if possible; if not, you must clean off the bottoms everyday before class. Shoes that leave black marks on the floor will not be allowed.

Loss of points: (10 points possible per day)

| | |
|---|-----------|
| Borrowing Clothes/towel | - 4 |
| (no borrowing on the first day of the week) | |
| Tardy | - 4 |
| (report to gym by tardy bell and out of locker room seated in stretching station within 5 minutes) | |
| Refusal/non-suit/poor attitude | -10 |
| Effort | up to -10 |

Damage to Equipment and/or Facilities

*A student who willfully damages equipment and/or facilities of Eureka Junior Senior High School will be subject to disciplinary action. Special emphasis on ceiling and walls of all facilities used. Damages will be turned in to the office for fee assessment.

Locker Clean Out

Students must have everything cleaned out of their lockers prior to Christmas break, spring break, and the last day of school.

**Items in the locker room may be kept in your locker or on top of the lockers (except during your scheduled gym or practice time). If items are found elsewhere, the instructor will pick them up and you will need to address him/her about getting them back.

Typical Agenda for Physical Conditioning (subject to change)

1. Monday, Tuesday, Thursday, and Friday - weight room conditioning
2. Wednesday - agility/activity day

Other Criteria:

*Absent make-up work must be completed within 2 days following the absence or loss of daily points will occur.

*No make-up is required for an excused absence (except for testing materials). An excused absence is as follows:

- 1) An activity that is associated with one of your classes (for example: a class field trip would be excused but a sports activity would not be excused)
- 2) Specific Doctor or Medical Release (2 day minimum, more than 2, you must make up the work)

**To prevent long term make-ups we encourage medical release for parts of physical conditioning you can participate in. For example: if you have a lower body injury you may be able to participate in upper body activities.

*No gum/candy allowed

*Students will be provided with a locker at the start of the _____ year. The locker should remain locked at all times. If you leave items outside your locker or leave your locker unlocked expect the items to get stolen. If items are left out of lockers at the end of the week they will be discarded. Eureka High School is not responsible for lost or stolen items.

*No pictures in the locker rooms or restrooms.

*Students should take his/her clothing home often to be washed!