

**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.

Refusal of teacher requests are not tolerated.

*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 spandex), 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)

*Tardy	- 4
(report to gym by tardy bell and out of locker room seated in stretching station within 5 minutes)	
*Refusal/poor attitude	-10
*Lack of effort	-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.

PE Lockers & Bags

*Each student will be issued a locker, please use this locker to lock your things up. EJSHS is not responsible for lost or stolen items. Any bags in the locker room must be kept on top of the lockers (except during your scheduled gym or practice time). **All bags must go home at the end of each day.**

Typical Agenda for Physical Conditioning (subject to change)

1. Three days a week - weight room conditioning
2. One day a week - agility/activity day
3. Activity Day

Other Criteria:

- *Absent make-up work must be completed within one week of returning to school.
- * Specific Doctor or Medical Release (two days or less no make-ups, more than two days you must make-up the work)
- *To prevent long-term makeup work we encourage medical release for the parts of Physical Education Class you can participate in. For example, if you have a lower body injury you may be able to participate in upper body activities. He or she may write "Please allow Suzie to do upper body exercises only".
- *Phones will be deposited in the phone basket prior to the tardy bell. Phones maybe picked up prior to going to the weight room to be used for music but must be returned prior to going to the locker room to change. The student may have their phone back after the student has returned to their seating station at the end of the hour.
No use of cell phones with a substitute.
- *No gum/candy allowed
- *No pictures in the locker rooms or restrooms.
- *Students should take his/her clothing home daily to be washed!