

Body Development/Advanced Physical Education

COURSE OVERVIEW

TITLE OF COURSE	<ul style="list-style-type: none"> • Body Development/Athletic Conditioning
TEACHER'S NAME	<ul style="list-style-type: none"> • Mr. Jay Witham
Course Information	<ul style="list-style-type: none"> • 1 Semester Course for ½ Credit • Open to sophomores, juniors, and seniors • Room 400 Weight Room
Teacher Information	<ul style="list-style-type: none"> • Bachelor of Science Degree, Central Michigan University (1998) <ul style="list-style-type: none"> ○ Major: Sports Medicine ○ Minor: Exercise Science • Teaching Certification, Saginaw Valley State University (2004) <ul style="list-style-type: none"> ○ Major: Physical and Health Education ○ Minor: Biology • Master's in the Art of Teaching, Marygrove College (2006) • Athletic Trainer in the CA district since (1998) • Varsity Boys Soccer Coach (2007) • Varsity Boys Basketball Coach • Certified Strength and Conditioning Specialist • Office Phone (810) 591-5552 • Conference Hour-6th hour • Email address- jwitham@carmanainsworth.org
Prerequisite(s)	Essential Physical Education
Course Description and Overview of Content	This semester course will be designed for students interested in the growth, development and physical conditioning of the human body. Students will be introduced to a number of different training methods to help enhance they're overall physical fitness. The main focus of the class will involve strength training methods with an emphasis on sound techniques and systems. Other areas of concentration will include the importance of strategies to improve lean body mass by way of various cardiovascular fitness activities. Students should be prepared for both strength training and cardiovascular training.
Course Goal/ Intended Outcomes	This course is designed to help student's experience the importance of participating in physical activity throughout their adult life. Students should have the basic knowledge and understanding of what it takes to keep their bodies fit and healthy through a consistent weekly weight training and cardiovascular conditioning program.
Texts and/ or Other Materials	Text-none Students will need tennis/athletic shoes, shorts or sweat pants, tank-tops, t-shirts, or sweatshirts and socks. Basically, all students will need a change of clothes. Students need to wear something other than what they are wearing to school. <u>Students will not be allowed to work out in SANDALS!</u> Shirts must we worn during the entire class period!!!

Format and Activities	Class sessions are structures to give all of our student's information, practice time, repetition, feedback and performance in the activity. Students are assigned daily to groups for roll, warm up, and an explanation of the day's activity. Students must wear appropriate change of clothes.												
Grading Practices and Procedures	<p>Grading will be based on an overall point system. Students must acquire <u>at least 60%</u> of the total number of points given to pass. 10 points are possible each day for being on time, dressing appropriately, participating appropriately, and cooperating with classmates and the teacher. Additional points will also be added from written test and/or performance test. First 4 Tardies = -3, 5-8 Tardies = -6, >8 Tardies = 0, There is a possibility for negative points. All absences including both non-school related and school related will receive "0" points for the day. Students will be given the opportunity to gain back missed points from absences up to five times for the marking period.</p> <p>1. Write a one-page report on an assigned topic from a documented resource. 2. Report to the weight room for a workout at 6:30 am on one of the assigned mornings.</p> <p>Grading Scale:</p> <table><tr><td>100-94 A</td><td>82-80 B-</td><td>69-67 D+</td></tr><tr><td>93-90 A-</td><td>79-77 C+</td><td>66-63 D</td></tr><tr><td>89-87 B+</td><td>76-73 C</td><td>62-60 D-</td></tr><tr><td>86-83 B</td><td>72-70 C-</td><td>59-0 E</td></tr></table>	100-94 A	82-80 B-	69-67 D+	93-90 A-	79-77 C+	66-63 D	89-87 B+	76-73 C	62-60 D-	86-83 B	72-70 C-	59-0 E
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Attendance/ Tardiness	<p>According to the handbook, a fourth tardy results in a referral to the main office. The first referral will result in a day of ISS; the fifth, sixth and seventh will result in a call home. The eighth will be handled by the administration. Students can be tardy twice during the hour by not getting to the locker room on time and/ or reporting go the class late for attendance. Absences will be reported as per the handbook. Please see pages 13-16. Student's grades are based on participation, so attendance is essential. <u>All absences receive "0" Points unless it is made up within one plus days upon the students return to class!!!</u></p> <p><u>Any student caught leaving class early will receive a minus 20 pts and will be sent to the office with a referral the following day.</u></p>												
Classroom Rules and Procedures	Students are expected to comply with the CA code of conduct as outlined in the Student Handbook. Referrals are given and points deducted for un-sportsman like behavior, disrespectfulness, disruptive or unsafe behavior, improper language and/or destruction of CA equipment or property.												
Academic Integrity	Students need to assess their own behavior regarding cheating or plagiarism. Any problems pertaining to the above may result in loss of credit for the course.												

Important: Be sure to bring a lock to class in order to keep your belongings and valuables safe. We cannot be responsible for any stolen items that were not locked up. No bags will be allowed in the gym or weight room during class time.