

McPherson High School
Class Expectations
2008 - 2009



Instructor Thomas Young

Class SPEED, POWER, AND STRENGTH

Period

Course Description:

Improve aspects of fitness that relate to athletic performance. This includes improving one's strength, power, flexibility, speed, cardiovascular fitness, muscular endurance, agility, and skill development. Reducing the risk of athletic injuries will also be emphasized. This class is for the highly motivated student who has demonstrated his/her serious interest in improving his/her athletic performance. The student must have a KSHSAA physical on file in the athletic office by the first day of class. (For incoming freshmen, participation in the Summer Speed, Power, and Strength program would demonstrate one's "serious interest in improving his/her athletic performance").

Materials needed for the class:

Gym apparel; as outlined by the board of education, which includes: full white plain T-shirt, red gym shorts, athletic socks, and any type of athletic shoe made for running.

Types of activities taking place in your classroom:

Weight lifting: bench press, incline press, squats and squat variations, power and hang cleans, push-presses, Olympic style lifts and variations, RDI's, dumbbells, dead lifts, and others. Other: Agility drills, sprints, bounding, plyometrics, flexibility work.

How students will be evaluated:

Weight lifting: bench press, incline press, squats and squat variations, power and hang cleans, push-presses, Olympic style lifts and variations, RDI's, dumbbells, dead lifts, and others. Other: Agility drills, sprints, bounding, plyometrics, flexibility work.

Discipline rules and expectations:

When the teacher speaks—listen. Respect the right of the teacher to teach and the student to learn. Be on time. Students will be responsible for care of equipment used. The weight room must be respected as a place to work. The locker room must be kept clean. The student must be responsible for their lock and upkeep of their locker.

Consequences for inappropriate classroom behavior:

Failure to follow instructions will result in disciplinary action. This may include extra work assigned, and/or possible detention(s), and/or referral to the office. Misuse of equipment could result in financial compensation and/or detention time.

Additional Comments

This is a semester class that may be taken multiple times by qualified students.

Instructor's Name

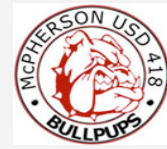
Thomas Young

Name of Class:

SPEED, POWER, AND STRENGTH

I have read and understand the Classroom Expectation:

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Parent/Guardian signature

Date

Student signature

Date