



Legacy High School
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<http://www.legacy.adams12.org>



Year	2019 – 2020	Teacher	
Office		Website	http://www.legacy.adams12.org/
Phone			
Email Address			

Course Name		Athletic Performance	
Course Description		This high-intensity course involves advanced weight training and conditioning concepts. The focus will be on developing and executing sport specific weight training programs and conditioning strategies that will help the student become their best.	
Unit of Study	Grade Level Expectations/Content Standards	Approximate Time Spent or Percent of time Spent	Targeted Date of Assessment
Weight room Safety	Utilize safe spotting techniques and all safety aspects within the weight room environment. Standard IV (Prevention & Risk Management)	18 weeks All semester	Quiz or test every 4-6 weeks.
Weight lifting Form	Utilize proper weight lifting form and technique, on all exercises, in the weight room environment. Standard I (Movement Competence) & Standard IV (Prevention & Risk Management)	18 weeks All semester	Quiz or test every 4-6 weeks.
Periodization	Understand and practice the concepts of periodization, through the 3 Phase weight training model. Standard I (Movement Competence) Standard II (Physical Fitness Competence)	18 weeks All semester	Quiz or test every 4-6 weeks.
Terminology	Understand and utilize the proper terminology within the weight room environment. Standard III (Physical Activity Knowledge)	18 weeks All semester	Quiz or test every 4-6 weeks.
Exercise / Muscle Groups	Understand the relationship of key muscle groups with the specific exercises and lifts. Standard III (Physical Activity Knowledge)	18 weeks All semester	Quiz or test every 4-6 weeks.
Core Training	Understand the importance of core training for lifetime fitness benefits. Standard II (Physical Fitness Competence)	18 weeks All semester	Quiz or test every 4-6 weeks.
Pre-Post Testing	Evaluate strength improvements through Max. Lift Testing at the conclusion of each phase. Standard I (Movement Competence) Standard II (Physical Fitness Competence) Standard III (Physical Activity Knowledge)	18 weeks All semester	Quiz or test every 4-6 weeks.
Grading Scale	Grade Percentages/Weights	On group projects, students will receive a grade for individual work and a group grade	
A	90-100 Participation	80%	
B	80-89 Assessments	20%	
C	70-79		
D	60-69	*Weekly progress grades are posted at https://ic.adams12.org/campus/portal/adams12.isp	Grades are based on achievement of Content Standards and Grade Level Expectations.
F	59 or below		



Class Expectations	
<p>Missing or incomplete assignments/assessments for this course: Superintendent Policies 6280 Homework and 6281 Make-Up Work, will be followed for this course.</p>	
Student Expectations	
Other Category = Participation Grade	<p>This grade is based upon your attendance and your effort in class. Each absence or (3 Tardies) lowers this portion of your grade 5% each semester. 1 absences or 3 Tardies = 95% , 2 absences or 6 Tardies = 90% , 3 absences or 9 Tardies = 85% ETC. It is very important to make-up all excused absences and Tardies each quarter and keep this portion of your grade at its best level!</p>
Make-up Policy	<p>The P.E. department at Legacy will offer our students a highly structured opportunity to make-up excused absences and tardies. Students who make-up absences in P.E. do BETTER!</p> <p>Option #1: On Tuesday or Thursday attend academic support from 2:30-3:00 pm.</p> <p>Option #2: On Tuesday or Thursday attend the after school weight lifting make-up program from 3:00-3:45.</p> <p>Active participation is required for the entire 30 minute session. All students must be dressed in proper P.E. clothes. Students may choose between the following choices to earn a make-up:</p> <ul style="list-style-type: none"> • Weight Lifting: Lift weights for 30 minutes. • Exercise Bike: Ride the stationary bike for 6 miles. <p>Option 3: Make prior arrangements with a P.E. instructor to attend a Weight Training Class during your free period to ride the stationary bike for 6 miles. Teacher has the right to say "NO" or give you an alternate day.</p> <p>*NOTE: For the last two weeks of each quarter the weight room will also be open Monday's and Friday's from 3:15-3:45 in addition to the usual Tuesday's and Thursday's from 3:00-3:45 pm.</p>
Late work Policy	You have the number of days missed plus one to get in any late work or make-up work.
Tardy Policy	Every 3 Tardies equals a loss of participation points (5% for single period) (10% for block period). These points can be made-up using the P.E. Make-up Policy.
Plagiarism/Cheating Policy	See Legacy Handbook
General Expectations	
<ul style="list-style-type: none"> • Grades are based upon the demonstration of proficiency on units associated with a standard given during each formative or summative assessment. Formative grades in addition to summative unit assessments will be used to holistically determine your grade. • Summative: 80% Summative measures of achievement are taken when unit master is expected. (i.e., unit tests, culmination of a project, embedded assessments, etc.) • Formative: 20% Formative assessments measure the scaffolding skills and/or content embedded in the unit. Formative assessments are taken frequently, after a student has practiced a skill or become familiar with content. Examples of formative assessments include but are not limited to exit tickets, paragraphs, oral check for understanding, warm-ups, stages in a large project, etc. • Assessments will be graded based on teacher/district/state rubrics. • On group projects, students will receive a grade for individual work and a group grade. • Grades are based on achievement of Content Standards and Grade Level Expectations. 	