

Black Hills High School

Strength and Conditioning (Virtually) Syllabus

Instructor - Mr. Glock

Expectations

- ★ Show up every day with the intention to improve yourself.
- ★ When meeting virtually, follow the meeting-place expectations provided in Google Classroom.
- ★ Track your activity on a daily basis via “Daily Exercise Tracker”.
- ★ Record your workouts on a daily basis.
- ★ Complete assignments/assessments in a timely manner.
- ★ When working in groups, do your fair share.

Course

This course is intended to teach strength training concepts that will benefit the student athlete and student looking to enhance their fitness level. The course will cover safety, proper training technique, exercise physiology, and a variety of training programs. The student should acquire a knowledge base that can be useful now and into their future.

Grading

Students have the opportunity to earn 5 points daily for a total of 200 points each quarter. These points will be earned by participating appropriately each day. Additional points may be earned through periodic assignments, assessments, and projects.

Attendance

Students are expected to arrive to class meetings on time and ready to participate. Whether we meet as a class or not, attendance will be recorded via “Daily Activity Tracker”, so it is important that you sign in **every** school day.