

# **NORTH DORCHESTER HIGH SCHOOL**

## **STRENGTH & CONDITIONING COURSE SYLLABUS/OUTLINE**

**INSTRUCTOR: Dave Morrissette EMAIL – [morrissetted@dcpsmd.org](mailto:morrissetted@dcpsmd.org)**

**SCHOOL PHONE NUMBER 410 943 4511**

### **Class Length:**

**90-minute semester classes will have 45 minutes of synchronous instruction and 45 minutes of asynchronous instruction Tuesday – Friday during your scheduled class times.**

**45-minute year- long classes will have 45 minutes of synchronous instruction on Tuesdays and Thursdays and 45 minutes of asynchronous instruction on Wednesdays and Fridays during your class time.**

**Instruction will be delivered during your scheduled class time through Google Meet. Schoology will be the platform used for assignments.**

### **Schedule –**

**\*\*WHILE WE ARE VIRTUAL, EVERY MONDAY THERE WILL BE A NEW WRITTEN ASSIGNMENT TO BE TURNED IN BY FRIDAY FOR THAT WEEK. THIS WILL BE YOUR ASYNCHRONOUS LEARNING FOR THE WEEK**

#### **Period 1**

**8:00 –9:30 am - PLANNING**

#### **Period 2(A) YEAR LONG PHYSICAL EDUCATION**

**9:35-10:20 am Synchronous Learning on Tuesdays and Thursdays - you should be on Google Meet with the teacher.**

**Asynchronous Learning on Wednesdays and Fridays – you should be completing work provided in Schoology. Teacher is available to answer questions.**

#### **Period 2(B) YEAR LONG STRENGTH & CONDITIONING**

**10:20-11:05 am Synchronous Learning on Tuesdays and Thursdays - you should be on Google Meet with the teacher.**

**Asynchronous Learning on Wednesdays and Fridays - you should be completing work provided in Schoology. Teacher is available to answer questions.**

#### **Period 3(A) YEAR LONG STRENGTH & CONDITIONING**

**11:45am-12:30 pm Synchronous Learning on Tuesdays and Thursdays - you should be on Google Meet with the teacher.**

**Asynchronous Learning on Wednesdays and Fridays - you should be completing work provided in Schoology. Teacher is available to answer questions.**

**Period 3(B) YEAR LONG PHYSICAL EDUCATION / HEALTH**

**12:30-1:15 pm Synchronous Learning on Tuesdays and Thursdays - you should be on Google Meet with the teacher.**

**Asynchronous Learning on Wednesdays and Fridays - you should be completing work provided in Schoology. Teacher is available to answer questions.**

**Period 4 SEMESTER LONG PHYSICAL EDUCATION**

**1:20-2:05 pm Synchronous Learning on Tuesdays and Thursdays - you should be on Google Meet with the teacher.**

**Asynchronous Learning on Wednesdays and Fridays - you should be completing work provided in Schoology. Teacher is available to answer questions.**

**Course Description:**

**To develop a comprehensive program of weight training (lifting, flexibility, agility and running) to assist individuals in becoming physically fit in both strength and cardiovascular levels. Being virtual will present some other options throughout this course.**

**Course Requirements/Objectives:**

**The students will...**

- 1. complete a daily warm up, stretch, cardio activity, cool down**
- 2. actively participate in all class activities.**
- 3. listen attentively to class lectures.**

**Texts/Resources:**

**Internet**

**Required Materials:**

**Athletic clothing and tennis shoes**

**Grading Policy:**

**60% Quizzes, Tests and Projects**

**40% Class work, Warm- Ups and Exit tickets**

**The final exam will count 5% of your final grade**

## **Guidelines for Success:**

- 1. Be on time for your class through google meet.**
- 2. Be changed into comfortable clothing and tennis shoes.**
- 3. Complete all class work, projects and tests to the best of your ability.**
- 4. Keep track of all your graded assignments.**
- 5. Study class material frequently.**
- 6. When absent make up your missed work.**
- 7. Always respect others.**
- 8. Practice good character traits. They will take you far in life.**

## **Units of Study**

**Daily Activities – Warm up, Flexibility, Weightlifting, Agility, Cardiovascular Endurance, Plyometrics**