

Mt. Edgecumbe High School

Physical Education Department Course Syllabus

Course Title: Sports Training

Instructor: Archie Young

Course Description: Sports Training is a course designed to help athletes in basketball, volleyball, wrestling, cheerleading, and NYO reach their athletic potential. Students will strength train, stretch, skill drill, and perform Plyo-metrics in the pursuit of becoming the best athlete they can. The design of the class is best suited for small groups of 3-4 athletes in the same sport. The exercises performed in the course will be chosen dependent on the focus of the group of athletes. Each sport has its own unique skill sets, and thus, the muscles are used in different functions. With this idea in mind students can focus their workouts on a specific sport, or sports. If a student wants to become faster, quicker, stronger, or more flexible for their respective sport they should consider this course a step in the right direction.

Grading:

Grades will be based on attendance, participation, effort, and attitude. Students will be given daily points for those four areas and this will determine their grade for the class. Students must dress in proper gym attire to participate in the class. Proper attire is shorts or sweats, a t-shirt or hooded sweatshirt, and gym shoes that have not been worn outside. If a student does not bring proper attire they are not allowed to participate in the physical education activities due to injury and health concerns and will receive a zero for the day. We will use a 5 point system, 1 for being on time, 1 for dressing down, 1 for warmups and stretching, and 2 points based on participation level.

Lockers:

All students will be provided with the opportunity to use a lock and locker while enrolled in this course. It is highly encouraged that they use these as Mount Edgecumbe High School will not be responsible for items left in the locker room during class time or after school hours.

Injuries/Sickness:

To be excused from Health Wellness students must have a signed note from the nurse or hospital excusing them from physical activity. Any excused absence will not count against their grade.