



COURSE NAME: Strength & Conditioning

TEACHER: Jenkins

ROOM NUMBER: 619/Weight Room

PHONE: (702)478-8888 ext. 4270

EMAIL: Dasheem.jenkins@somersetnv.org

OFFICE HOURS

I will be available before and after school for make-up work and questions. Generally, my hours will be from 7:10 AM – 2:40 PM. Special appointments may be scheduled on an individual basis. My office hours are Tuesday thru Thursday 6:50am – 7:25am.

COURSE DESCRIPTION

This fitness class was designed to provide each student with the knowledge needed to understand the importance of strength and fitness training. Students will understand the importance of setting goals for personal improvement and achievement, and will leave the class with a lifelong understanding of how to maintain adequate physical fitness for a healthy lifestyle. Students will be given the opportunity to engage in a training program that will fit their specific training objectives and sport needs, as well as pursuing specific training goals set in a cooperative effort between the teachers and the student

COURSE GOALS

1. Students will gain an understanding of how to train the different muscle groups of the body.
 - A. Students will learn a variety of exercises.
 - B. Students will learn the safe execution of instructed exercises.
2. Students will learn what to look for in an effective training program.
 - A. Know the importance of training splits, rest and nutrition.
 - B. Know how to train to achieve goals.
3. Students will gain a lifetime interest in maintaining adequate fitness.
 - A. Learn how to design a program to achieve your goals.
 - B. Learn how to train safely.

Students will be tested on their ability to perform lifts with the correct form, and show improvement on the execution of specified lifts and exercises. Students will also be expected to show progress in cardiovascular activity. Achievement of goals aligned with these activities will help the students to perform on the National Physical Fitness Test. Students will record the data from their tests for use in the Physical Fitness Assessment Report, as part of the literacy initiative here at the high school.



Classroom Expectations:

1. Dress for class **every day.**
2. ALWAYS use a spotter
3. Work hard
4. While spotting, keep attention on the lifter
5. Return weights/equipment to its proper place
6. No food or drink in the weight room.
7. No IPODS or headphones of any kind.
8. No cell phones – keep them turned off and out of sight.
9. Be Attentive
10. Be positive and respectful.

STUDENTS MUST HAVE A MEDICAL EXCUSE FROM A DOCTOR TO BE EXCUSED FROM CLASS PARTICIPATION. Students who do not dress for class will lose power points for that day (failure to participate and unprepared for class).

COURSE FEES

\$10 Fee for equipment and materials

TEXTBOOK/S

N/A

REQUIRED MATERIALS

Athletic gear/clothing, shoes, water bottle.

STUDENT HANDBOOK

Please reference the Student/Parent Handbook for additional information regarding grading, behavior and Sky Pointe expectations.

GRADING

Students will be graded on the following categories:

Category	Assessment Weight
Summative Assessment	(60%)
Formative assessment	(40%)

A minimum of 3 formative assessments will precede each summative assessment per quarter. There will be a minimum of 3 summative assessments per quarter.

GRADING POLICY

The purpose of grades is to provide effective and timely feedback to students, parents, and the school administration about a student's progress towards mastery of the established standards for a particular course or subject. As such, other factors such as attendance, effort, and behavior will not be considered when calculating a student's grade; however, excessive absences (more than 10 unexcused absences during a semester) may result in a loss of credit. A student who does not do



well on a summative exam will be given opportunities to retake that exam after completing the expected remediation work necessary to show preparation for the exam. The curving of grades is not permitted as it does not accurately reflect student mastery. All assignments are expected to be completed, and a minimum F policy has been implemented.

Students will be allowed a re-take once they have completed the specific chapter section review in complete sentences after school. Appointments will need to be made prior.

Students will be graded on a 50-100 point scale, with the following grade equivalents:

90-100%	=	A	Consistently Exceeds Standards
80-89%	=	B	Consistently Meets Standards
70-79%	=	C	Approaching Standards
60-69%	=	D	Emergent
50-59%	=	F	Does Not Meet Standards

Semester exams shall be comprehensive of the material covered during the semester and may be worth up to, but not exceed, 10% of the student's final semester grade. Final semester grades shall reflect assignments and assessments completed throughout the semester and the final exam grade. Semester grades will be calculated as follows:

Quarter 1/2	=	45%
Quarter 3/4	=	45%
Semester Exam	=	10%
Semester Grade	=	100%

MAKEUP WORK POLICY

In accordance with the Somerset Sky Pointe Attendance Policy, teachers shall provide an opportunity for students to make up missed work due to any absence, and students shall be held accountable for the work. When a student is absent, however, the educational experiences lost during that absence might be irretrievable because the instruction and interaction in the instructional setting cannot be duplicated through makeup work. Students will have 3 days from the day of absence to complete the missed day's assignment(s).

After any absence, the student is required to initiate contact with the teacher(s) to obtain appropriate makeup work within three school days immediately following the absence. Once contact has been made with the teacher(s), specific makeup work must be completed and returned to the teacher(s) within a reasonable length of time, to be determined by the teacher and communicated to the student/parent or legal guardian. The makeup work must be returned to the teacher(s) by the specified due date. Students will have the opportunity to submit assignments in a period of time equal to the number of days absent. Failure to complete required make-up work will result in a referral to ICU. Any previously assigned work that is due on the day of the absence is due on the day the student returns to school after an absence.



DISCIPLINE PROCEDURES AND CITIZENSHIP

Somerset Academy Sky Pointe follows a school-wide Progressive Discipline Plan when students do not follow established rules and behave inappropriately:

Minor Infractions: (e.g.: talking or out of seat without permission, disrupting instruction, minor horseplay, public display of affection, etc.)

STEP ONE:	Verbal Warning by Teacher
STEP TWO:	Teacher Counsel with Student (may include Student Reflection Form)
STEP THREE:	Parent Contact by Teacher (Phone or Email)
STEP FOUR:	Written Citation #1 (Google doc) and Parent Contact
STEP FIVE:	Written Citation #2 (Google doc) and Parent Contact
STEP SIX:	Office Referral and Administrative Action

A teacher may also issue classroom disciplinary consequences for infractions at his/her discretion.

Major Infractions: (e.g.: insubordination, disrespect to staff, profanity, threat of violence, legal offense, etc.)

Some offenses are serious enough to warrant a referral to the administration for the initial infraction. In such cases, the staff member will issue an office referral, the student may be requested to meet with administration or removed, and Progressive Discipline steps will be followed.

CLASSROOM RULES

1. Food, drink, gum, candy is NOT permissible in the classrooms. Water is acceptable.
2. Hall passes must be used to leave the classroom. Restroom passes must coincide with the restroom the student is released to use. No passes to cars will be issued.
3. School Rules – All school rules listed in the Student Handbook will be strictly enforced within the classroom, including but not limited to:
 - a. Proper use of cell phones, computers, and the Internet
 - b. Bullying
 - c. Dress code - appropriate dress for the academic environment
 - d. Tardy policy (see below)
 - e. Academic integrity - see **ACADEMIC HONOR CODE** (below)

Daily Materials: Students will have all required material with them daily.

Dismissal: Students will not leave the classroom/weight room until their teacher has dismissed them.

Talking in Class



Students are encouraged to ask questions, participate in class discussions, and meet with partners or groups nearly every day to discuss ongoing projects and ideas. Talking without permission, however, is a major distraction and will not be tolerated in class. Students will receive 3 verbal warnings when talking without permission. After the 3 warnings, they will move to level three on the progressive discipline plan.

It is the expectation of Somerset Academy Sky Pointe that students will arrive on time to every class. Not only are students developing skills for success in high school, but also for the rest of their lives. The Progressive Discipline Plan will be followed for students who are tardy to class. Furthermore, if a student is 30 minutes or later to a class, he/she will be marked absent for that class. Students who are tardy may also miss graded opening-of-class activities, which may result in a referral to ICU.

ACADEMIC HONOR CODE

Students are expected to demonstrate honesty and integrity while in attendance at Somerset Academy Sky Pointe. Each student is expected to do his or her own work, including homework, test-taking, class and computer lab assignments, and the creation of essays, compositions, term papers, computer presentations, and scientific research. There is no distinction between giving or receiving unauthorized help; one who helps another to cheat is as guilty as one who benefits from cheating. The following actions are considered cheating and/or plagiarism:

- Taking or copying answers on an examination or any other assignment from another student or other source
- Giving answers on an examination or any other assignment to another student
- Copying assignments that are turned in as original work (this includes submitting the same assignment to two separate teachers without prior permission)
- Collaborating on exams, assignments, papers, and/or projects without specific teacher permission
- Submitting someone else's work, such as published sources in part or whole, as your own without giving credit to the source
- Turning in purchased papers or papers from the Internet written by someone else
- Representing another person's artistic or scholarly works such as musical compositions, computer programs, photographs, drawings, or paintings as your own
- Using unauthorized electronic devices
- Falsifying data or lab results, including changing grades electronically
- Forging or falsifying of any school records or forms
- Knowledge of and toleration of any of the foregoing

Students who violate the Academic Honor Code will be subject to one or more of the following consequences:

1. Zero/no credit on the assignment/test and a U in citizenship. Student will be provided the opportunity to re-take/re-do a modified or alternate assignment/test to demonstrate mastery of content; however, the assignment/test may be different from the original, and it must be



completed within the guidelines and timeframe set by the teacher or student may be referred to ICU.

2. Notification of parent/guardian
3. Documentation on discipline record
4. Required Parent Conference
5. Signing of a behavior contract to be placed in the student discipline record
6. Exclusion from school activities such as dances, activities, athletics, and field trips
7. Loss of college recommendation letters

All students who have computer access should be aware of the Acceptable Use Policy for computer usage and follow it.

REQUIREMENTS FOR ATTENDING FIELD TRIPS

A variety of on-campus and off-campus activities will be scheduled throughout the year. Students wishing to participate must be in good standing in citizenship/behavior and academics in all classes. Grades will be checked three weeks prior to a field trip/activity, and the advisor(s) will notify the student and parent of ineligibility. A final grade and citizenship check will be initiated a week prior to a field trip/activity, and the same procedure is required of the advisor(s). In the event that a student is suspended from school, he/she will not participate and will forfeit the fees paid to attend. Please see the student handbook for further details pertaining to field trips and activities.

REQUIREMENTS FOR PARTICIPATION IN SPORTS

Initial Eligibility – General Requirements

1. Must be enrolled in grades 9-12.
2. Must be enrolled at Sky Pointe Academy.
3. Must be enrolled in a minimum of two units of credit consisting of at least four classes per semester and regularly attend school.
4. Must have passed a minimum of two units of credit the immediate preceding semester with a minimum grade point average of 2.0. A student may earn a maximum of one unit of external credit (summer school, correspondence, etc.) to improve previous semester deficiency.

Maintenance of Eligibility

1. Must maintain passing grades (at least a D) in all subjects during the current athletic season (coaches may increase the minimum grade requirement to compete in each sport at his or her discretion).
2. Must regularly attend school. Must be in school in order to participate in practice or games on any given day.
3. Must maintain positive citizenship. Students on RPC or suspension are not eligible to participate. Serious and/or chronic behavior infractions may result in suspension of athletic participation for up to one year, at the discretion of the athletic administrator and/or athletic director.
4. Additional specific eligibility guidelines are contained in Nevada Interscholastic Activities Association (NIAA) regulations (NAC386.776 – 386.855) and Clark County School District regulation 5135.



Dear Parent/Guardian,

Please sign this page and have your child return it to me this week. If you have concerns or questions about this course, you can contact me at 702-478-8888 4270 or via email at: Dasheem.jenkins@somersetnv.org I look forward to meeting you and becoming a partner in your child's educational experience at Somerset Academy Sky Pointe.

Sincerely,
Dasheem Jenkins

I HAVE READ THESE COURSE EXPECTATIONS AND UNDERSTAND THE EXPECTATIONS FOR MY CHILD THIS YEAR.

Parent/Guardian Signature

Date

Parent/Guardian Email

Phone Number

I HAVE READ THESE COURSE EXPECTATIONS AND UNDERSTAND THE EXPECTATIONS FOR ME DURING THIS SCHOOL YEAR.

Student Signature

Date

Student Name (Print)

Student Number



Please indicate your preference, and sign and date this form below.

I give my child permission to view "PG" rated film clips.

I do not give my child permission to view "PG" rated film clips with the understanding that an alternative assignment will be given.

Parent/Guardian Signature

Date

