

**Athletic Weights Course Syllabus**  
**Whitney High School**  
**Physical Education Elective Grades 10-12**

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**Office Hours:** 7:30-7:45 am and during lunch daily

**Class Materials/Fees:**

- Whitney Shirt/ Shorts – PE Uniform
- Tennis shoes (They must have shoes laces)

**Course Content/Description:**

This course is designed to improve functional flexibility, strength, power, agility, and speed. These areas must be improved through training to improve performance, reduce injury potential, and optimize athletic ability. Our weight lifting program macro cycle will follow a seven-unit model. The seven units in the model are: 1. Dynamic Warm-up, 2. Core Stabilization Training, 3. Neuromuscular Stabilization Training, 4. Strength Training, 5. Reactive Neuromuscular Training, 6. Lateral Speed and Agility, 7. Speed Development. Students will need to function in a small and large group setting with other students.

**State Standards:**

[California Physical Education State Standards](#)

**Uniforms**

PE shirts and shorts are sold the first week of school for \$25. Students may purchase them from the student store or bring their own plain maroon shirt and vegas gold shorts. Students may also wear black, grey, maroon, or gold sweats and sweatshirts. Students are also required to have athletic/running shoes appropriate for physical activity. Shoes must have laces and be tied. No "slip ons". Female students may wear black yoga pants.

**Loaners**

The WHS Physical Education department provides loaners to students who have forgotten their PE clothes. Students are allowed 3 "loaner days" per semester. Students must provide a teacher with their ID card to receive clothes. The ID card will be returned when the clothes are returned. After 3 days of loaners have been used, loaners will not be issued to the student and they will lose all dress points.

**Locker Room**

Students will be provided a lock and a locker. Lost locks will cost the student \$6 to replace. Students are responsible for keeping their belongings **locked up in their locker** during class time. The PE staff is not responsible for lost or stolen items. Lost and found items will be donated at the end of each quarter.

**Grading and Correctives**

Physical Education is a participation-based course where students earn points daily by coming to class on time, dressed in PE clothes, participating in all activities, and demonstrating appropriate behavior. If a student does not follow these guidelines they will lose points. If a student is absent, they will not earn their points for the day, but they may make up their points by attending a corrective. Correctives opportunities will be offered throughout the year. You can make up absences, tardies, miles, participation, and non-dresses. All missed and incomplete assignments will be dealt with through your individual teacher. All tests and assignments are essential skills. If a student does not pass a test or assignment with at least 70%, they will need to retake the test until a 70% is achieved. If a student does not pass a mile with 50% or better the mile will need to be made up.

Dress = 35%

Participation = 35%

Written/Skill Tests and Assignments = 30%

### How to Receive a Stamp

Students must present their planner at the beginning of roll call and must have a 70% or higher and all essential skills completed in order to receive a stamp.

### Parent/Doctor's notes

It is the understanding of the Physical Education department that if a student is well enough to attend school then he/she is well enough to participate in Physical Education. However, it is also recognized that there are legitimate reasons for being excused from physical activity. In order to be excused from class activities the student MUST bring a signed and dated note from the parent, explaining why the student is being excused,. All notes must be presented ON the day of inactivity. If the student needs to be excused for more than 3 calendar days, a doctor's note is required! This note must be on file with the PE instructor. No more than one parent note per quarter will be accepted.

To sign that you acknowledge and have read the syllabus for **Mr. Bosco** click [here](#).

To sign that you acknowledge and have read the syllabus for **Mr. Doherty** click [here](#)

To sign that you acknowledge and have read the syllabus for **Mr. Rubalcaba** click [here](#).

To sign that you acknowledge and have read the syllabus for **Mr. Gimenez** click [here](#).

Parent Signature \_\_\_\_\_

Student Signature \_\_\_\_\_