

Washington School for the Deaf: Strength/Conditioning **Elective class**

Instructor: Caleb Hinton

Location: Hunter Gym AND in the basement of MacDonald East Cottage

Office: Divine Hall (#314)

Class: High School Strength/Conditioning

Schedule:

- 2nd Period, Elective PE class
- Mondays (9:20-10:17am)
- Tuesdays-Thursdays (9:00-9:57am)
- Friday A only (9:35-10:30am)

Course Description:

Strength & Conditioning includes a wide variety of exercises, lifts, agilities, and techniques designed to maximize one's overall total fitness, strength, and agility. Throughout this course, we will cover weightlifting, fitness and agility topics that will enhance our students understanding of the human body. The student will gain a better understanding of the human musculature and how to target specific area that will enable them to reach personal goals. Finally, this course will enable students to benefit from sport-specific movements and life-long activities allowing each student more functional strength.

Objective:

- To create a physical education program where students are totally accountable for their own actions.
- To give students feedback and share ideas that will enhance their program.
- To provide experience that give release from emotional strain and tension.
- Students will be able to counteract major risk factors of heart diseases.
- Students will be able to improve muscular strength, flexibility, and endurance.
- Students will be able to improve self-esteem and self-control.
- Students will be able to regulate weight control and tone muscles.
- Students will be able to learn how to use the weightlifting equipment in an appropriate and safety manner.
- Students will be able to strive for achievable and personal goals.
- Students will be able to experience that give release from emotional strain and tension.
- Students will be able to develop good social behavior with the other students.
- Students will be able to develop skill, interest, and the appreciation for the need of lifelong learning, activity, and recreation.
- Students will be able to give feedback and share ideas that will enhance their program.
- Students will be able to experience conditioning activity as well as individual works out.

Class Expectations:

- Be respectful to everyone, no bullying or verbal abuse allowed.
- Use school equipment appropriately and always follow safety procedures.
- Do NOT wear jewelry while participating in PE classes (watches, necklaces, rings, bracelets, earrings, body piercing, bands, etc.).
- Raise your hand if you have a question or comment, do not talk over others, and pay attention when asked to do so.
- Always be on task and follow instructions.
- All students are expected to try their best, participate, and have fun during class.

PE Uniforms (REQUIREMENTS):

Your child must wear proper gym clothes and shoes (for safety reasons). If your child doesn't bring/wear clothes/shoes, then this will impact on her/his grade. Please bring proper gym clothes/shoes to my class every day except Fridays. You also can purchase a WSD PE shirt and shorts at WSD Terrier Store.

PURCHASE PE shirt and PE short at WSD Terrier Store

- **PURCHASE** PE shirt and PE short at WSD World Terrier Store on the campus
- Weightlifting PE shirt= \$15.00



- Physical Education EITHER black PE shorts OR Grey “W” shorts= \$10.00



Course Content:

Weights	Neila Rey Program	ABS/Core
Jump activities	Squats	Running activities
Bench Press	Power Clean	Incline Press
Hang Clean	Mobility	Endurance
Flexibility	Body Composition	

Grade System:

Participation: (90%) 10 points per day, 40 points for full week (four days) and Friday on A schedule.

- Participation= 5 points
- WSD PE uniforms= 2 points
- Proper shoes (Tennis shoes) = 2 points
- On time= 1 point

Quiz: (10%)

- Vocabulary/team teaching

Letter grade	Percent ranges	Scale value	General rubric
A	93-100	4.0	Exceeds expectations
A-	90-92.9	3.7	
B+	87-89.9	3.3	
B	83-86.9	3.0	Meets expectations
B-	80-82.9	2.7	
C+	77-79.9	2.3	
C	73-76.9	2.0	Approaching expectations
C-	70-72.9	1.7	
D+	67-69.9	1.3	
D	60-66.9	1.0	Does not meet expectations
F	<60	0	No evidence

Presidential Physical Fitness test will be given at the beginning and at the end of the semester. (Pre-Fitness Testing & Post-Fitness Testing)

Please RESPECT each other as a special and unique person. ATTITUDE IS EVERYTHING!!!!

For Extra Help: See Mr. Hinton after class to arrange for a session or email at caleb.hinton@cdhl.wa.gov

VP: (360-718-9555)