

Course Title- Power Training

Instructor - Greg Rice

Room- Gym

School Phone- 602-467-6837 (Email will get the fastest response)

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www.dvusd.org/dh-rice

Course Description: This is a strength and conditioning class that will focus on training principles and nutritional strategies designed to enhance student performance and health. The class includes cardiovascular training, agility training, plyometric conditioning, speed development, hand eye coordination, flexibility and resistance training.

Course Goals & Objectives: Students will gain the tools necessary to become physically fit. This class will also teach proper training for the athletic population.

Course Materials:

Remember Physical Education is an activity class. Students are required to change their clothes daily in order to participate. You may wear a t-shirt and shorts from home. For sanitary reasons no tank tops or shirts with holes in them may be worn. Shorts should not have zippers, belt loops or p

Technology:

Because we are becoming a technology rich campus, we are expanding the use of iPads as a learning tool. The iPads will be increasingly integrated into the curriculum to reinforce critical thinking, collaboration, and cognitive engagement. I will designate during which activities students may use the device, and I will articulate how the device should be used appropriately. If a violation of the stipulated use occurs, consequences will be enforced in accordance with the DVHS Student Handbook. If the electronic devices are not being used on a particular day it will be the students responsibility to secure device in their locked locker. Misuse of the electronic devices may result in disciplinary procedure in addition to the confiscation of the device.

Grading:Grading Scale

A	90-100%
B	80-89%
C	70-79%
D	60-69%
F	0-59%

18 Week Grade = 70% Participation/ 30% assessments

Semester Grade = 80% of 18 week grade/ 20% F(e)13(n)0 0 1 3.z5(g)6xag

