



Chandler Unified School District

PED710A Weight Training and Conditioning

SY 2023-24



Course Overview

Course Description

In Weight Training and Conditioning, students will learn muscle names, their locations, exercises to increase specific muscle strength, the five components of fitness, cardio fitness zones, fitness testing, healthy fitness zones, heart rates and goal setting. Everything they learn in class will help them to prepare a personal fitness plan that will guide them to maintain or improve their fitness level throughout their lifetime. Students in this class exercise in the weight room up to three times a week and participate in cardio activities up to two times a week.

AP/IB/Dual Enrollment

No

Prerequisite/Fee(s)

None

Course Materials

Weight Training uniform is mandatory. Green shorts, white or gray shirt to change into for class. Students can bring in their own Weight Training clothes or they can purchase a Weight Training uniform in class. Santan shorts are \$10 and shirts are \$10.

Adopted Resource(s)

OPEN <https://openphysed.org/>, Dynamic Physical Education <https://www.dynamicpeasap.com/>, Lesson Planning for High School Physical (Human Kinetics)

**An asterisk will indicate a resource containing sexually explicit materials per legislative definitions. CUSD has determined that all resources listed above are of exceptional educational value.*

Site and Faculty Information

School name and address:

Santan Junior High School, 1550 E Chandler Heights Rd, Chandler, AZ 85249

Building principal:

Maryann Rezzonico

rezzonico.maryann@cusd80.com

Teacher:

Jeffrey Thomas BA Physical Education K-12

thomas.jeffrey@cusd80.com

Office hours: Monday - Friday. 8:15 AM - 4:15 PM

Course Access

This course is taught in-person at Santan Junior High School. Students will have access to the curriculum and instruction in the classroom. Google Classroom is the primary location for students to access material when absent from classes taught in person.

Help

Academic Support

- Contact the teacher to schedule an appointment during office hours
- [Ed Tech](#) support for students, parents/guardians, and community link (cusd80.com/Page/45109)

Mental Health Support

- CUSD mental health support cusd80.com/Domain/10528 or 480-573-8808 (talk or text)
- Suicide & Crisis Lifeline: 9-8-8 hotline
- 24-hour Crisis Line Talk: 602-222-9444, Text: 741-741

Student Conduct, Success, and Responsibilities

Student Handbook

Students must follow the policies and procedures established in the Student Handbook. Copies of the handbook can be found at cusd80.com/handbooks. Printed copies will be provided upon request.

Student Responsibilities

Students are responsible for bringing their Weight Training uniform and to physically participate on a daily basis.

Late work

Absent make-ups will be accepted up to one week from the day they were absent. Students have two options for their absent make-ups: 1. Physical Activity Form. 2. Article Summary.

Assessments and Assignments

Students will complete assessments during each unit of study to assess their understanding. Students will complete the CUSD Common Final at the end of the first and second semesters. The Common Final will count for 20% of the student's final semester grade in grades 9-12 and 10% in grades 7-8 (some exceptions may apply at the Junior High level). Common finals will be in ELA, Math, Science, Social Science, and World Language.

Final exams will be given during the CUSD Jr High/High School Early Dismissal days in December and May, as identified on the [District Calendar](#).

If students are requested to participate in a survey, the survey questions will be provided to parents/guardians seven days before student contact.

Grading

Grade Percentage

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

Quarter grades

Students can earn up to 10 points a day. Daily points will consist of three categories. Dress out (4 points), Participation (4 points) and Readiness (2 points).

Semester grades

Semester grades are calculated using 45/45/10: Each quarter accounts for 45% of the semester grade and the final exam accounts for the remaining 10%.

Units of study

Units for PED710A Weight Training and Conditioning

Students may participate in: Upper body workouts/movements (bench press, dumbbell movements, lat pull down, sit-ups, etc...). Lower body workouts/movements (barbell back squat, leg press, hack squat, let extension, etc...). Cardiovascular endurance/movements (running/jogging the track, jump rope, agility ladder, etc...).

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Parent/Guardian

Acknowledgment

Parents/Guardians should indicate if they "Acknowledge" or have a "Potential Conflict" with their student's participation in the following units by checking the appropriate box for each unit of study listed. Students cannot opt out of a standards-based unit. Marking "Potential Conflict" will prompt the teacher to make contact regarding assignment alternatives.

Unit of study	Acknowledge	Potential Conflict
Students may participate in: Upper body workouts/movements (bench press, dumbbell movements, lat pull down, sit-ups, etc...). Lower body workouts/movements (barbell back squat, leg press, hack squat, let extension, etc...). Cardiovascular endurance/movements (running/jogging the track, jump rope, agility ladder, etc...).	<input type="checkbox"/>	<input type="checkbox"/>

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By signing and returning this form, the parent/guardian acknowledges they have reviewed the resources and units of the study included in the syllabus.

- As the parent/guardian, I understand that I may contact the teacher if I have questions about the resources, content, or units of study.
- As the parent/guardian, I understand I can check my student's grades in Infinite Campus anytime during the school year.

Student name (printed)

Student signature

Parent/Guardian name (printed)

Parent Signature

Date

Please return this page to your student's teacher.