



# 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)

Uniform fee by site

### Course Materials

Athletic clothing and athletic shoes

### Adopted Resource(s)

OPEN Open Physical Education, Dynamic Physical Education, 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:

Andersen Junior High School, 1255 N Dobson Rd, Chandler, AZ 85224

### Building principal:

Antasio Holley

holley.antasio@cusd80.com

### Teacher:

Dar Collins BS and MEd

collins.darius@cusd80.com

**Office hours:** Wednesday 3:45 PM to 4:15PM

## Course Access

This course is taught in-person at Andersen 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](https://cusd80.com/Page/45109))

### Mental Health Support

- CUSD mental health support [cusd80.com/Domain/10528](https://cusd80.com/Domain/10528) or 480-573-8808 (talk or text)

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- 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](http://cusd80.com/handbooks). Printed copies will be provided upon request.

### **Student Responsibilities**

Locker Room Procedures:

- Students arrive to class before the tardy bell rings and go directly to their locker room.
- Students prepare in a timely manner for class and ensure their valuable belongings are secured in a locked locker and the lock is secured.
- When ready for class, students will place their backpacks in the front locker room equipment room and enter the gym.
- After entering the gym, students will walk directly to their class section area of the bleachers and wait for attendance.

Using the Restroom:

- When class is inside, if a student needs to use the restroom they will be allowed (one at a time) to use the restrooms located in the gym lobby.
- When class is outside, students need to ensure they use the restroom before exiting the locker room. If it is an emergency, the teacher will radio the office for support.
- At the end of class, students will wait at the door to be let into the locker room.
- Teacher will open the front equipment room for students to get their bags. Students must grab their bag and take it to their locker.
- When ready, students must return to the gym, sit in their class section area of the bleachers until the bell rings, and then walk to their next class.

Other Student Expectations:

- Students may be allowed to have a small snack in the locker room but must clean up any messes. No gum is permitted. Teachers can revoke food privileges at any time if students are not being responsible with food and drink.
- Phones are not to be out in the locker room at any time. Phones must be locked in the students locked locker. Phones will be confiscated, and parents must pick up phones from the office if visible in the locker room.
- Inappropriate language, bullying, harassment, and/or intimidation will not be tolerated in the locker room at any time.
- Students must practice safe behaviors by walking and keeping their feet on the floor and keeping their hands and feet to themselves.
- Students will report any inappropriate behavior or concerns to the teacher or other staff members as soon as possible.

### **Late work**

- Students have as many days as they were absent to complete any work missed during their absence.
- Make up assignments can be found in Google Classroom.

## **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](#).

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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 per day.

-Five points for dressing out

-Five points for active participation

Student also earn up to 40 points per quarter by participating in timed mile runs.

### 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

*\*An asterisk will indicate a unit of study containing sexually explicit materials per legislative definitions.*

Students will participate in exercises targeting improvement in the five areas of health-related fitness, including muscular strength, muscular endurance, cardiovascular endurance, flexibility, and body composition.



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**Site:** Andersen Junior High School  
**Building Principal:** Antasio Holley, holley.antasio@cusd80.com  
**Teacher:** Dar Collins, collins.darius@cusd80.com

## 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 will participate in exercises targeting improvement in the five areas of health-related fitness, including muscular strength, muscular endurance, cardiovascular endurance, flexibility, and body composition.	<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.***