**Body Conditioning: Coach Basye**

**Course Description:** This course is designed for individuals with all levels of experience in physical training. It will emphasize development of muscular strength, endurance and cardio-respiratory fitness. The basis of the strength program will be the BFS system. Each week you will get a print out of a work out based on your max numbers. We will lift in the weight room, do conditioning in the gym, and have some paper pencil work to complete.

**Outcomes:**

* Students will set reasonable, objective goals for the class.
* Students will follow a BFS workout plan.
* Students will track their progress and periodically evaluate their fitness level.
* Students will perform key exercise in their plan with proper technique.
* Students will be able to use educational language to describe exercises, equipment, and body parts utilized in specific exercises.
* Students will demonstrate proper knowledge of safety rules in the class setting.
* Students will increase their fitness level to meet their stated goals.
* Students will demonstrate knowledge of cooperation and sportsmanship.

**Grading:**

* Participation: 10 points daily
	+ 10pts: Dressed out, in the gym at 8:15 ready to warm up, and completes daily workout.
	+ 7pts: Dressed out, in the gym after 8:15, and completes daily workout
	+ 3pts: dressed out with minimal participation
	+ 0pts: NO DRESS
* BFS sheets: 2pts daily
	+ You are responsible filling out your daily workout sheets.
	+ This a done or not grade. If your sheet is filled out and in your folder you will get the two points.
* Personal goals: 3 goals worth 30pts
	+ Goals should be measurable.
	+ They may include strength goals, endurance goals, body weight goals, ect…
* Written Tests: point totals vary
	+ Weight room rule/safety test
	+ Exercise test: Testing educational language for each exercise, muscle group used, and purpose of the exercise.
* Max Testing: Students will max out on core lifts every 6 weeks.
	+ Maxes should increase by at least 5lbs if students are following the program.

**Participation:** Students are responsible for having his/her gym clothes for gym each day. These are clothes other than the clothes they wear to school. Gym clothes will include tee shirt with sleeves, gym shorts that meet dress code length, athletic socks, and gym shoes. Students are required dress out each day to earn participation points. Students may not make up participation points if they fail to dress out. Parental/Guardian notes will excuse a student from participating for no more than two class days. If a student is injured seriously enough to be removed from class for more than two class days, the student should seek medical attention. A note from a medical professional will excuse the students from participation for the time specified in the note. The note should include a start and end date. Students who do not participate due to parental/guardian or doctors note will complete a two page typed report on a subject related to physical fitness or sports. Students are expected to give good effort during class, express a positive attitude, and complete they daily workout.

**Absences:** If a student is absent from class he/she must complete a one paged typed report on a subject related to physical fitness or sports within two days of the absence to recover participation points. If the report is not turned the student will lose those points.

Contact Information:

* Email: jbasye@concordia.k12.mo.us
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Student Signature

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Parent/Guardian Signature