



2023-2024 COURSE SYLLABUS

Weight Training

Teacher: **Coach Arnold** Phone Number: **404-802-3000**
Room Number: **Performance Gym** Email: **calvin.arnold@atlanta.k12.ga.us**
Semester: **Fall 2023 & Spring 2024** Tutorial Days: **Wednesday**
Textbook N/A: Tutorial Hours: **7:40 am - 8:40 am**
Website: <http://carnold81.weebly.com/> Tutorial Location: **G105**

Course Description:

This course is designed to teach nutritional value, fitness concepts, and conditioning techniques that can be used daily. Students will experience weight training, cardiovascular endurance, flexibility, and core activities throughout the semester. Students will learn the basic fundamentals of strength training, muscular endurance, aerobic training, and overall fitness training and conditioning.

Prerequisite:

Course Content Standard - (www.georgiastandards.org):

[https://www.georgiastandards.org/Standards/Georgia%20Performance%20Standards/9-12 Physical Education.pdf](https://www.georgiastandards.org/Standards/Georgia%20Performance%20Standards/9-12%20Physical%20Education.pdf)

Course Outline:

Week 1:	Pre-Assessments & Fitness Gram
Week 2 & 3:	Intro to Weights and Safety
Week 4 & 5:	Free Weight Variations: Shoulder, Arm Exercises, and Leg Exercises
Week 6:	Max Lifts (1 rep max on Bench, Squats, Power Cleans)
Week 7 & 8:	Free Weight Variations: Shoulder, Arm Exercises, and Leg Exercises
Week 9 & 10:	Free Weight Variations: Back, Chest Exercises, Shoulder, and Arm Exercises
Week 11:	Max Lifts (1 rep max on Bench, Squats, Power Cleans)

Week 12 & 13:	Free Weight Variations: Shoulder, Arm Exercises, and Leg Exercises
Week 14 & 15:	Free Weight Variations: Back, Chest Exercises, Shoulder, and Arm Exercises
Week 16:	Max Lifts (1 rep max on Bench, Squats, Power Cleans)
Week 17 & 18:	Fitness Gram

Evaluation and Grading:

Course Components	Weights	Grading Scale	
Formative Classwork (grading floor of 50)	40%	100-90	A
Summative	60%	89-80	B
TOTAL	100%	79-70	C
		69-0	F
		*Not Evaluated	*NE

**NE (not evaluated): Tasks may be entered into the "Formative Classwork" category as not evaluated/not graded/unweighted in order to record formative tasks included in instruction.*

- Grading:
 - **Formative classwork category:** Grading floor of 50
 - "Missing" calculated as 50
 - Graded tasks with earned scores of 50 or below are entered as 50.
 - **Summative category:**
 - Students' grades are entered as earned.
 - Reassessment opportunities are mandatory for students on summative tasks when they score 69% or below.
 - Reassessment opportunities are optional for students on summative tasks when they score 70% or above.
 - This reassessment will be a newly generated teacher assessment and the reassessment score will replace the original score if higher. Students have one opportunity for reassessment.
 - In order to qualify for the reassessment, the student must attend the teacher's tutorial and complete or revise formative classwork.
 - ***The reassessment opportunity does not apply to final exams.***
 - ***For classes with content on Edgenuity:*** If the student has not demonstrated mastery of the content during the reassessment opportunities, the student may be assigned Edgenuity. If assigned Edgenuity, students must take the assessments in a teacher-proctored environment. Courses aligned with Edgenuity:
 - Social Studies: World History, US History, Economics, American Government
 - Language Arts: American Literature, Ninth Grade Literature, World Literature, British Literature
 - Math: Algebra, Geometry, Advanced Algebra, Pre-Calculus
 - Science: Biology, Environmental Science, Chemistry, Physics

- **LATE ASSIGNMENTS:** A late assignment is defined as work submitted after the teacher collected the assignment.
 - Tasks in the formative classwork category must be submitted by the date of the summative assessment (or reassessment) for that unit.
 - For tasks in the summative grading category, late work deadlines are outlined below.
 - Teachers should enter an "M" into IC if a formative classwork task is missing. If the student turns the task in prior to the deadline (see first bullet above), the assignment will be scored based on mastery of the standard(s) and entered into the grade book.

Summative Task Deadlines: 2023-2024 School Year

First semester August 1-December 15, 2023	Midpoint: 10/6	Deadline 9/25 for tasks and reassessments in the summative category that were due 8/1-9/22
		Deadline 12/4 for tasks and reassessments in the summative category that were due 9/25-12/1
Second semester January 3-May 24, 2024	Midpoint: 3/15	Deadline 3/4 for tasks and reassessments in the summative category that were due 1/3-3/1
		Deadline 5/13 for tasks and reassessments in the summative category that were due 3/4-5/10

For AP Classes: All late formative classwork in AP classes will be assessed a 20% penalty. Deadlines noted above also apply to AP classes.

Campus Portal for Parents and Guardians (class schedules, attendance records, grades):

- <https://ic.apsk12.org/campus/portal/atlanta.jsp>
- To activate your account/receive your login activation key, please contact Mr. Montero at bmontero@atlanta.k12.ga.us.

Schoology is a K-12 educational learning management system and an all-in-one platform for teaching, learning, assessing, and reporting grades and data. The goal for an LMS is to allow a school to have a central piece of technology to be the platform for communicating with students, teachers, families, and administration. Students access Schoology through MyBackpack.

Required Materials:

- **School-appropriate athletics gear (athletic shoes, bottoms, and tops) NO TANK TOPS, NO COLLARD SHIRTS, NO POLO'S, NO COMPRESSION SHORTS, NO JEAN SHIRTS/PANTS, NO CARGO SHORTS, NO CROCS, NO SLIDES, NO HEELS etc.**
- **Please bring a combination lock, and a locker will be provided. The PE dept will sell combination locks for \$5 (Midtown High School is not responsible for lost or stolen items)**
- **Inhalers (if applicable)**

School-wide Behavioral Expectations: Be present; be respectful; be responsible; be on task; be peaceful, productive problem solvers.

Classroom Expectations:

- **Report to class on time- You will have 7 minutes to dress at the beginning and end of each class.**

- Dress out in school-appropriate athletic attire.
- Participate to the best of your abilities.
- Participate in Skills to the best of your abilities.
- Respect yourself, others, and equipment.
- The use of cell phone, gaming devices, iPod, and similar electronic devices are not allowed.
- No eating or drinking EXCEPT for water during class (water is encouraged).
- Follow all school and district policies.
- All undocumented absences will result in a MOSSING until appropriate documentation is provided to the registrar and Infinite Campus reflects the correct coding.

Academic Dishonesty:

It is the responsibility of every student and employee to exhibit honesty, trust, fairness, and respect in all academic pursuits. Cheating, plagiarism, and other acts of academic dishonesty are strictly prohibited. Students who exhibit academic dishonesty will face consequences ranging from detention, in-school suspension, out-of-school suspension/disciplinary tribunal/assignment to alternative school. Students who cheat on standardized tests such as the Milestones risk their exams being invalidated. Examples of academic dishonesty include but are not limited to: copying or "borrowing" from another source and submitting it as one's own work; seeking or accepting unauthorized assistance on tests, projects or other assignments; fabricating data or resources; providing or receiving test questions in advance without permission; or working collaboratively with other students when individual work is expected.

Academic Dishonesty with a Device:

Using a cellular phone without the consent of a school administrator or staff during a test, quiz, or completion of a graded assignment is considered cheating and strictly prohibited.

REASSESSMENT OPPORTUNITY: Reassessment opportunities are available for all students on **tests** when they score 69% or below. There will be only **TWO** reassessment opportunities on tests. This reassessment will be a newly generated teacher assessment, and the reassessment score will replace the original score.

- **For classes with content on Edgenuity:** If the student has not demonstrated mastery of the content during the reassessment opportunity, the student will be assigned Edgenuity. The student must take the assessments in a teacher-proctored environment. Courses aligned with Edgenuity:
 - **Social Studies:** World History, US History, Economics, American Government
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 - **Math:** Algebra, Geometry, Advanced Algebra, Pre-Calculus
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School-wide Expectations:

MASTERY LEARNING: With mastery learning, a unit of material is taught, and student understanding is evaluated before students are able to move on to the next unit. Students who have not shown mastery for a particular unit will receive feedback and support in reaching mastery. They may be given practice exercises, study guides, group work or complementary resources to help them improve and achieve mastery. Students who demonstrate mastery of the content for a particular unit early are given enrichment exercises like special projects, tasks or academic games to further or broaden their knowledge of the material.

For additional help, Tutor ATL info: <https://tutoratl.org>

PROGRESS REPORTS: Parents and guardians are informed when students are making unsatisfactory progress in classes. Poor performance will be reported to parents and guardians as soon as problems are

evident. Progress reports with plans for remediation will be provided for all students making unsatisfactory progress, and parent-guardians conferences must be scheduled. Unsatisfactory grades should never come as a surprise to parents, guardians, or students. Also, see Board Policy Administrative Regulation IHA-R(1) under “Students in danger of not meeting academic expectations” for further information. Teachers will:

- Contact parents/guardians early in the semester if academic, attendance, or behavioral difficulties are apparent.
- Notify the counselor, Student Support Team (SST)/Response to Intervention (RTI) Chair, and/or an assistant principal of serious problems that are affecting classroom performance.
- Set up parent conferences as necessary.

ATHLETIC ELIGIBILITY: Students wanting to participate in athletic programs governed by the GHSA and extracurricular activities must meet eligibility requirements to participate. The Athletic Director (and the Extracurricular Activities sponsors) will collaborate with teachers to monitor and to identify students in danger of failing courses. A master list of students participating in extracurricular activities and athletics under the auspices of the GHSA will be available to all staff.

Our Vision: A high-performing school where educators inspire, families engage, and students love to learn.

Our Mission: Every student will graduate college and career ready with a dedication to community involvement and service.

Midtown Graduate Profile (5 Cs): Creative, collaborative, critical thinker, communicative, and a good citizen.

[Midtown Community Resource Guide](https://www.atlantapublicschools.us/domain/11155): <https://www.atlantapublicschools.us/domain/11155>

For Mental Health Crisis you may call the Georgia Crisis & Access Line at 1-800-715-4225.

Resources:

<https://suicidepreventionlifeline.org/>

<https://namiga.org/georgia-crisis-and-access-line/>

<https://www.crisistextline.org>

See Something Say Something Anonymous Line: 1-844-5-SAYNOW

School Counseling Site for Resources/Documents: <https://www.atlantapublicschools.us/Page/46013>



Receipt of Syllabus

Course Name: Personal Fitness
Teacher Name: Coach Arnold

Student Signature

Parent/Guardian Signature

Date

Date