**2020-2021 Weight Training and Conditioning Program Syllabus**

**TEACHER INFORMATION:**

Bryan Cromer Website: http://cromer9.weebly.com Email: bcromer@wcpss.net

**Pacing Guides:**

Pacing guides will be sent via email and posted to Google Classrooms by 5PM on Fridays. This guide will outline what will be covered during the following week as well as times for “live instruction” each day.

**Live Instruction:**

Live instruction will occur daily. Please be sure to reference the Pacing Guides that are sent/posted. Live instruction for this course will include but is not limited to: daily check-ins, ice breakers, student-teacher discussions, reviewing previous material, answering questions/clarification on assignments, and guest speakers. There will be no new content covered during live instruction.

**Asynchronous Learning:**

All new material will be pre-recorded videos or posted notes for the students to watch/review when they are able. If there are any questions about the video, the student is encouraged to reach out to me via email.

**Expectations**

* Attend class daily, complete and submit work through Google Classroom.
* All PCHS and WCPSS policies will be followed during remote learning.

**Attendance:**

Attendance will be taken daily. To be counted “present” the student must interact with the teacher. This interaction may include but is not limited to: attendance in Google Meetings, responses to discussions, submitting work, email communication. If a student is absent 3 consecutive days there will be an attempt to notify parents/guardians per school policy.

**Grading:**

**The assessment breakdown will include, but is not limited to the following activities:**

Major Assessments (60%): fitness/activity logs, nutrition logs, quizzes, essays, projects, presentations

Minor Assessments (40%): group discussions, videos, daily assignments

**Topics:** (some topics discussed, not an all-inclusive list)

Weight Training Safety Proper Lifting Techniques

Cardiovascular Endurance Training Flexibility

Proper Spotting Follow-along video workouts

Nutrition Sports-specific training

**Parent/Guardian Agreement:**

Please click on the link below and complete a short Google Form regarding the syllabus for this course and your child.

<https://forms.gle/UfBy7ipzH9xq7ZLJ7>

**\* This syllabus is subject to change based upon PLT discretion.**