

Advanced Physical Education

The mission of Milford High School and Applied Technology Center is to provide a quality education that challenges all students to succeed.

Mr. Letarte

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Classroom 000 & Gymnasium Room 103

C Block Semester 1

Mr. Letarte ext.3281

Course Description

- This elective course will provide students with an opportunity to gain in depth knowledge of cardiovascular fitness and strength training, to develop training strategies in selected sports, and to participate in adventure activities. Coaching, and other wellness careers will be explored in this course. Students will also design and undertake their own leisure and physical fitness program. *

Recommendation: *Successful completion of Physical Education 2550—2551.*

***This course is oriented towards students interested in pursuing a college education in the Wellness field.**

- Syllabus/outline of topics covered in course
 - Unit 1: General anatomy and physiology of the human body
 - Unit 2: Muscle physiology & trainability
 - Unit 3: Prescription of physical activity (types of training)
 - Unit 4: Strength training and performance
 - Unit 5: Cardio vascular physiology and training
 - Unit 6: Energy Expenditure
 - Unit 7: Nutrition & performance
 - Unit 8: Coaches & training
 - Unit 9: Diseases & Rehabilitation in sports
- Competencies
 - *Self-Directed Learner:*
 - ❖ Creates a positive vision of his/her future.
 - ❖ Seeks different perspectives and considers choices before selecting a course of action.
 - ❖ Establishes clear goals and manages progress towards achieving them.
 - ❖ Generates and pursues personal standards of performance.
- Essential Question
 - Can the students comprehend the basic human functions that can change physical and mental performances through specific physical activities?

- In this course, students will demonstrate their understanding of physical activities & training choices towards the achievement of personal goals. The students should be properly dressed for class.
- Common Core Assessments
 - Grades will be based on a combination of projects, participation and classroom activities including training logs, notes and worksheets.
 - ❖ Be prepared for class
 - Students must have the correct change of clothes including appropriate foot wear.
 - Complete the warm-up correctly
 - ❖ Participation:
 - Be actively involved in the activity
 - Contributing to play
 - Sportsmanship
 - Fair play
 - Experience different roles during activities (ex. goalie, attacker, and defender).
 - Show leadership
 - ❖ Written Work
 - Weight training workout.
 - Home training room project.
 - Nutrition analysis.
 - Cardio vascular training chart.
 - Classroom notebook
- Resources
 - Students will be able to bring in personal athletic equipment to complete the activities requirements (ex. Cleats, training gloves).
 - Binder/notebook required
 - Watch heart rate monitors
 - Computers
 - Physiology of Sport and Exercise book published by Human Kinetics

Grading

- Formula used to calculate final grade (Quarter 45%, Quarter 45% and Final exam 10%)
- Quarter grades
 - 20% Activity skills
 - 40% Written work
 - 40% Participation
- Describe major assignment types
 - Daily Participation Grade
 - Research and written class work will be expected of all students on a regular basis.
 - Some homework may be required.
 - Daily logs will be attached to specific trainings or projects.

Classroom Rules/Policies/Guidelines

- Class Procedures
 - Arrive to class on time
 - Enter and Exit the locker rooms through the gymnasium.
 - Change into appropriate physical education attire. This means shorts, sweat pants or wind pants, and a t-shirt or sweatshirt. Follow the school dress code rules and no hats. Dress appropriately for the weather. Jackets may be necessary. Tied Sneakers are Mandatory.
 - Follow the attendance procedure.
 - Respect all school, facility and unit rules both safety and behavioral.
 - Keep the locker room clean and neat.
 - No food, drinks, candy or gum is allowed at any time. These are safety hazards and we have many students with various food allergies. Water bottles are allowed outdoors and inside with teacher permission..
 - **Any assessments or class time missed due to illness, injuries or absences must be made up. See “Make Up Options”.**
 - Any notes regarding health conditions or medical excuses must be brought directly to the nurse. Only excuses written by the nurse’s office will be accepted.
 - Students are responsible to have a pencil available in the locker room at all times.
- Discipline Guidelines
 - The first warning is verbal
 - On the second warning, the student will be sent to a specified area where he/she must remain quiet until a teachers conference can be held to correct the unacceptable behavior and determine consequences to be applied should the behavior persist.
 - The third warning will result in a detention. A form may be sent home with the student containing the behavior, date and time of the detention. This slip must be returned the next school day signed by the parent/guardian. Any detention will require the student to give a written account of the behavior and steps for improvement.
 - Failure to sit quietly in the specified area or a fourth warning may require the removal of a student by the teacher or an administrator to the office. In this case the student will receive a detention and/or an office consequence.
 - Serious offenses will be dealt with immediately to step 4. Such offenses may include, fighting, bullying or harassment of any kind.
 - Any student who fails to return a detention slip or stay for his/her detention will receive double time and a phone call will be made to the home. Any further miss will result in notification to the office.

Extra Help

- Teachers are available by appointment.