

PE3720- Strength Training
Summer Session Syllabus

Course Basics			
Course Code:	Grade Level:	Credit Value:	NCAA Approved:
PE3720	09 - 12	0.5	Yes
Prerequisites:	Course Length:	Course Time:	FWPS Standards (link)
PE3700- Fitness Fundamentals	5 Academic Weeks (summer session)	3 hours 21 Minutes per day OR 16 hours 39 minutes each week	https://www.fwps.org/cms/lib/WA01919399/Centricity/Domain/796/Physical%20Education%209-12.pdf
Required Materials: Internet access, computer, printer, printer paper and ink, modern OS/software/web browser, headphones with microphone- <i>if not built into computer</i>			
Course Description: This one-semester course by Carone Fitness focuses on the fitness components of muscular strength and endurance. Throughout this course students establish their fitness level, set goals, and design their own resistance training program. They study muscular anatomy and learn specific exercises to strengthen each muscle or muscle group. Students focus on proper posture and technique while training. They also gain an understanding of how to apply the FITT principles and other fundamental exercise principles, such as progression and overload, to strength training.			

Instructor Information	
Name: Emily Linke	Email: elinke@fwps.org
Phone: (971) 213-2364	Virtual Sessions: varies weekly

Expected Learning Outcomes	
In this course, students will	Complete lessons, assessments, physical activities, and assignments aligned to FWPS Power Standards
Standards Alignment	See Course Learning Plan Contract (LPC)

Assessment Methods	Formative Assessments: Summative Assessments:
Grading Methods	All summative assessments will be graded according to the corresponding rubric. Only summative assessment scores will calculate towards a student's final grade. Each summative assessment is linked to a FWPS Priority Standard (PS), and each PS is a part of a grading/reporting "bucket". All buckets are equally weighted, and the students final grade is the average score of all buckets. Students will also receive an informational grade in non-academic areas of student success.
Grading Scale	A= 90%-100% B-89%-80% C= 79%-70% P= 60%-70% F-59%-0%

Student Expectations	
Weekly Work Completion	Students will submit original work in all classes each week.
Original Work Submissions	Students will only submit their original work. If a student uses outside sources in the creation of their original work, citations must be present in the format requested by their teacher.
Weekly Communication	Students will communicate weekly with their teachers regarding their academic progress.
Functioning Technology/ Required Materials	Students will always have constant and consistent access the functioning hardware, software, technology, and required materials necessary to complete their coursework in all classes.

iA Policies Required for Enrollment	
Academic Integrity	<p>Academic integrity is essential to learning. Students are expected to complete their own work. Copying, plagiarizing, cheating or other methods of intentional deception are prohibited and could result in the student's removal from the class or iA entirely.</p> <p><i>AI Policy-1st Offense: The student will be contact by the teacher via phone call, the student will be made aware of the plagiarism and examples of how this can be avoided will be discussed and shared. Direct instruction on plagiarism will be delivered by the teacher. iA Administration and other teachers will be made aware of the plagiarism. 2nd Offense: The student and parents will be contact by the teacher directly and the student will have to complete the plagiarized assignment without plagiarism before moving on in the course. iA Administration will be made aware. 3rd Offense- The student will be blocked from the course until the student and parents meet with the teacher and iA Administration to discuss iA Academic Integrity policy. 4th Offense- The student will be withdrawn from the course or iA depending on the severity of the plagiarism and the frequency that it is happening in other courses.</i></p>

<p>WAC (Weekly Academic Contact)</p>	<p>State regulations require students in online programs to have weekly academic contact with each teacher. This occurs as students become actively engaged with the curriculum and online instruction, submitting assignments to make progress in learning and successfully complete courses. Students have multiple opportunities and methods to achieve weekly academic contact and receive teacher assistance and feedback: email, SMS, live online sessions, assignments, phone, and/or face-to-face meetings by appointment.</p> <p><i>WAC Policy- If a student consistently fails to meet WAC requirements within one month, the student will be blocked from that course and must contact administration to regain access.</i></p>
<p>MAP (Monthly Academic Progress)</p>	<p>Washington State law requires that students receive a monthly academic progress report and that the student responds to all MAP reports they receive. MAP reports are emailed monthly to their Genius Message account and student's must reply through the Genius system. Students MUST reply via Genius to EACH MAP report their receive. Students earn an academic progress mark each month for each class based on their progress compared to their individual Learning Plan Contract and the course completion date. Students earn OP if they are on pace with their LPC/course pacing or BP if they are behind pace of their LPC/course pacing. BP marks involve communication with the parent/guardian and an intervention plan to give the student additional opportunities to get back on pace toward successful course completion. Multiple probation reports may result in withdrawal from the course or school.</p> <p><i>MAP Policy- If a student fails to reply to their MAP report within 2 weeks of receiving it, the student will be blocked from that class until they contact their teacher directly and show proof that they have replied to MAP.</i></p>
<p>Email/Software Agreements</p>	<p>Student's agree to maintain constant and consistent access to the technology and software needed to complete their iA courses. If the student cannot maintain constant and consistent access to needed technology they will be withdrawn from iA.</p>
<p>Professional Discretion</p>	<p>Teachers reserve the right to make adjustments to the course, content, pacing, and expectations at any time. Students and parents will be notified via email of any changes made after the course has started.</p>