



Advanced Functional Conditioning and Training Grand Haven High School



Course Number: m-75

Grade Level: 9-12

Credits : 1/2

Prerequisite Courses : Advanced approval signature from girls basketball coach.

Course Description

The first twelve weeks of this course, taught by the girls varsity basketball coach, is designed to teach functional strength and conditioning to interested boys and girls and will be offered in the fall semester. This course is for the serious student athlete to improve their overall agility, cardiovascular endurance, quickness, balance, strength, and fitness while also helping with injury prevention. Exercises will be centered around high intensity functional movements for various varsity athleticism including but not limited to, on court turf running / sprinting, jumping lateral shuffling, medicine ball exercises, and other multi-directional movements. The last six weeks will focus on stretching and strength combined with a variety of team sports.

Course Objectives

Student athletes will receive intense training to provide optimal growth during off season. Transitioning into the second nine weeks, student athletes will be supported with complimentary workouts.

Student Expectations

Students will be on time for class daily, with the proper attire for daily activities. Being respectful of everyone in our classroom is an expectation of students' daily behavior. Students will perform daily workouts to the best of their ability.

Communication

Each instructor will communicate with students through Remind 101. Teachers will also be available through email and phone.

Grading Policy

Final Exam: 20%

Building Behavioral Expectations

TEAM GH ... One Team, One Family, One Grand Haven. Be Kind. Always.

It is our expectation that ALL GHHS students, staff and parents will ... always give their best **EFFORT** in everything that they do, work hard to be **INCLUSIVE** of each other, show **RESPONSIBILITY** in class, the hallways, cafeteria and at events, and **WORK TOGETHER** at all times!

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Daily Participation and Effort: 80%

Grand Haven Physical Education Grading Scale:

A	100 - 92	C	77 - 72
A-	91 - 90	C-	71 - 70
B+	89 - 88	D+	69 - 68
B	87 - 82	D	67 - 62
B -	81 - 80	D-	61 - 60
C+	79 - 78	F	59 - 0

Scope and Sequence

For the first twelve weeks - Mondays and Wednesdays we will be lifting weights. On Tuesdays and Thursdays we will be doing footspeed, strength and agility conditioning workouts. On Fridays we will play a variety of team sports. The last six weeks, we will continue to lift on Mondays and Wednesdays, and on Tuesdays, Thursdays and Fridays, we will do a variety of activities such as yoga, p-90x and insanity workouts, as well as a variety of team sports.

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