



Syllabus 2018 - 2019

Teacher: Ryan Galindo
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Office hrs/ Availability: By appointment

Weight Training: The focus will be on decision-making, cardiovascular fitness, muscular strength, muscular endurance, and proper form when engaging in a variety of weight room activities. Students will be informed of the benefits of fitness and strength training. Students will be equipped with the knowledge to make informed decisions in developing and implementing a weight training program. They will acquire a knowledge for living a healthy lifestyle through weight training. The activities covered in this class will be aimed at improving individual strength, agility, flexibility, and cardiovascular endurance. The class will expose students to a variety of weight training and fitness activities. Students will work at their own strength and ability level, and track their individual progress, and will be expected to make strength gains and reach individual goals in the area of strength and fitness. Students will gain knowledge about muscles, activities that strengthen these muscles, as well as learn the proper techniques for a variety exercises. Students will be engaged in a daily weight training program and develop lifelong exercises to assist them in living a healthy lifestyle.

Required Materials:

Athletic wear for participation in Physical Education. (t-shirt, shorts, sweatpants, sweatshirts and tennis shoes).

*If your sweats have belt loops, they are not considered gym clothes

Be prepared for outdoor activity.

Gym clothes and a pen or pencil should be kept in Gym locker

Non Required materials:

Do not bring your phone or headphones to class, leave them in your school or gym locker.

Summative Assessments (70%): Summative assessments will be as follows.

- 30% Weight Training Fundamentals / Demonstrations
- 40% Socratic Weight Training Assessments

Formative Assessments (30%): Formative assessments will be as follows.

- 30% Daily Participation
 - 5 participation points are possible each day. Tardies, non-dress days, sportsmanship, and or a lack of effort are possible ways to lose points.
 - If you are not dressed for Physical Education, you will not be able to earn any daily points.
 - If you miss a class period (excused or unexcused) you will lose your daily points.
 - See make-up policy for regaining points

Grades will be updated every week.

Grade Make-Up's:

Participation in physical education class is necessary to earn a grade.

Missing Work:

Formative Assessments: You can make up your daily points by completing a make up sheet within two weeks of the absence. Refer to website for make-up form.

Summative Assessments turned in after the due date and by the deadline may be lowered no more than one letter.

Re-Learning and Retakes: Teachers will include time during the semester to make up fitness tests and online Socratic exams.

Extra Credit: Extra credit is not offered for our classes.

Grading scale: Is based off of the Minneapolis Public school Grading Scale

MPS GRADING SCALE		Grade Definitions
A	93.00 - 100%	Exemplary work
A-	90.00 – 92.99%	
B+	87.00 – 89.99%	Proficient/Thorough work
B	83.00 - 86.99%	
B-	80.00 – 82.99%	
C+	77.00 – 79.99%	Acceptable work
C	73.00 – 76.99%	
C-	70.00 – 72.99%	
D+	67.00 – 69.99%	Mediocre work
D	63.00 - 66.99%	
D-	60.00 – 62.99%	
F	59%	Unacceptable work