



PHYSICAL TRAINING FOR ATHLETES COURSE SYLLABUS



INSTRUCTOR: KATHY HOOVER, LAT, CSCS

Email: khoover@yumaed.org

Phone: 928-502-5623

COURSE DESCRIPTION

The PTA class is designed to provide an opportunity during the school day for athletes to participate in a structured strength and athletic enhancement program. This class is geared toward the student-athlete who shows an above average interest and ability in physical fitness through participation on an athletic team. In order to get the full benefit of the program, athletes should enroll in the class as often as their academic schedules allow for it.

CLASS EXPECTATIONS

1. **REQUIREMENT:** trying out and participating on a Kofa High School athletic team. This counts for 50% of your final exam grade. If you are cut during try-outs, you are still eligible for full credit on the final. If you quit the team, or get cut for disciplinary reasons, you will lose those final exam points.
2. **Daily participation** is NOT enough...you must be self-motivated daily to GET BETTER and LEARN MORE ABOUT HOW YOUR BODY WORKS! Your effort will be reflected in your participation grades.
3. **Dress code:** either the PE uniform or **school colored** team gear, athletic shoes (including cleats, court shoes, etc.); must wear t-shirt in the weight room (no tank tops, sleeveless shirts).
4. **Locker room:** Be in BEFORE late bell, dressed and at your roll-call number **5 minutes** after the late bell rings. You will have non-dress day if you don't make it to locker room on time, and marked tardy if you don't make it to roll-call on time. Follow all locker room rules and **lock all belongings in your assigned locker.**
5. **Restroom needs:** Take care of it in locker room **before** class...we will use every minute in class to GET BETTER! DON'T ASK TO USE RESTROOM DURING CLASS!!
6. **CELL PHONES/iPODS ARE NOT PERMITTED IN CLASS OR IN THE LOCKER ROOMS.** They will be confiscated and turned into the main office. Extra credit can be earned for creating a CD for use in the weight room throughout the semester.
7. **Injuries:** Make Coach Hoover aware of any injuries that require time off or a modified workout **before** you actually get to class that day (before school, after school, lunch, etc.) **Any non-dress days due to illness or injury must be accompanied by a doctor's note, a pass from school nurse, or assigned by Coach Hoover** (the athletic trainer) in order to be exempt from dressing out.

ATTENDANCE

- Only excused absences involving participation in athletics will be exempted. All other excused absences will require an extra workout/assignment to regain lost points.
- Unexcused absences **cannot** be made up. **There will be no teacher option for unexcused absences.**

NON-DRESS POLICY

1ST NON-DRESS DAY: LOSS OF **30 POINTS** & ASSIGNED ALTERNATE ACTIVITY

2ND NON-DRESS DAY: LOSS OF **60 POINTS** & ASSIGNED ALTERNATE ACTIVITY; PARENT CALL; 30 MIN DETENTION

3RD NON-DRESS DAY: LOSS OF **90 POINTS** & ASSIGNED ALTERNATE ACTIVITY; PARENT CALL; 1 HR DETENTION

4TH NON-DRESS DAY: LOSS OF **120 POINTS** & ASSIGNED ALTERNATE ACTIVITY; PARENT CALL; REFERRAL TO ADMIN

GRADING POLICY

Grades will be based on the following:

1. Participation – *Dress out/Participation in all class activities (30 points per day).*
2. Fitness Testing – *Mandated tests to measure improvement in strength & conditioning.*
3. Class Assignments

Grading Percentage Distribution:

A – 90% or above B – 80%-89% C – 70%-79% D – 60%-69% F – 59% or below



KOFA KINGS:
GET BETTER EVERY DAY!
There is NO OFFSEASON!

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I have read and understood the PTA rules and agree that I am fully responsible for my actions & behavior.

STUDENT PRINTED NAME

SIGNATURE

PARENT/GUARDIAN SIGNATURE

PARENT COMMENTS/CONCERNS: (PLEASE LEAVE A PHONE NUMBER OR EMAIL SO THAT I MAY RESPOND PROMPTLY)