SYLLABUS
SPORT PERFORMANCE

Mr. Ty Baumeister: tbaumeister@forsyth.k12.mt.us
Phone: 406-346-2796

Instructor Availability: 8:15am-4:00pm. Or contact the school at 406-346-2796.

Course Description: This course is for those who want to improve their overall health in the form of weight lifting, agility and cardio workouts. The semester starts with the students following a predetermined workout routine. During the first few weeks they are instructed in developing a workout routine that works the three main muscular groups as well as improving their agility and cardiorespiratory endurance. They then create their own workout routine in order to achieve the desired goals they are looking for with assistance from the teacher. When they create their workout routines they create following a guideline of one upper body, one lower body, and a core day of weight lifting. They also are free to incorporate agility workouts, flexibility workouts for those days as well.

Supplies Needed: School appropriate gym shorts, shirt, and a pair of gym shoes that are not used outside.
Notebook and Pencil

Course Overview: Along with following their workout routines one to two days a week they are provided the opportunity to participate in a physical activity game that requires a high level of cardio-endurance as well as agility. If a student chooses not to participate in the game they are required to be doing some sort of agility or cardio-endurance workout they have put together.

Activities
Tchoukball
Flickerball
Flag Football
Kickball/ Hispanic Kickball
BaumeisterBall
Team Handball
Handball
Flag-Frenzy Ball
Pinball/ Dodgeball (Very limited)
TrenchBall (Very limited)
Weight Lifting
MatBall
SabakiBall
Basketball
**Grading:** Students will be graded on a daily basis using a point system they can achieve a maximum points 10pts each day. They will also have tests and an occasional quiz during the classes. The daily points are broken up as seen below.

- Participation- 2pts.
- Attitude (Towards class/ Towards other’s)- 4pts.
- Skill Development- 2pts.
- Showering -2pts.

Daily Total: 10pts.

**Rules and Expectations:**

**Class Rules**

1. **GOLDEN RULE:** treat others the way you would like to be treated.
2. Come to class with a positive attitude and prepared to learn.
3. Respect schools and personal property.
4. No Electronic devices.

Failure to follow class rules will be result in the removal of the student from that activity.

**Dress Policy**

**Shoes**
- Shoes must be worn unless otherwise told.
- No street shoes on the basketball court.
- Acceptable shoes are those that are not worn outside, are athletic, have non-marking soles and lace ups, unless otherwise approved.

**Socks**
- Socks will be worn with shoes no exceptions.

**Shorts/sweatpants**
- With arms at side, shorts will not be higher than finger tips unless otherwise approved. Both shorts and sweatpants will be worn on the waist.
Shirt

- All shirts are acceptable unless they contain an inappropriate message or image. As well as being overly damaged. (Example: shirt is ripped down the sides.)

Caps/hats/headwear

- No caps/hats are allowed in class unless teacher preapproved for religious, safety, hygiene, modesty reasons or outside. Hair should be put up and out of the way in order to see.

Washing

- Dirty cloths will be taken home each day and washed. If there is an issue, please contact me.

Forgotten items

- If gym cloths are forgotten the teacher has extras but must be checked out and returned at the end of the class period.
- If student forgets gym cloths excessively they will not be allowed to check cloths out.
- Also if forgotten excessively student will receive zero’s for those days.

Questions/concerns

If anyone has questions or concerns about the dress policy talk with me before or after class.

If you have problems with access to any of this equipment talk to me to arrange a way to fix the problem.

Showering Expectations

1. Females do not have to wash their hair.
2. You must wash your body. Which means you need to have your body under the water. Splashing water on yourself or wiping your armpits does not count as a shower.
3. Soap must be used.
4. Using your gym cloths as a towel in is unhygienic and they are not towels. (You are putting bacteria back on your body that was just cleaned from the shower.)
5. 10 Minutes will be given to shower. (Use the time given to shower, 2 minutes is not enough time to shower with soap and water and be dressed.)
6. Bathing suits are ok to wear in the shower, your gym cloths and under garments do not belong in the shower. Shower policy is posted on the boards around the locker rooms.
Shower Policy

Showering is required when class is physically active.

- Students will be given 10 minutes to shower.
- Bathing suits are ok to wear in shower if desired, but must be taken home daily to wash.
- Showers are not necessary when activities like archery are being done, students will be allowed to shower if desired.
- There will be a locker room supervisor in both locker rooms.
- Towels and soap will be the responsibility of the student to bring.
- If there is any problems with modesty, religion, or other factors accommodations for showering may be approved based on prior arrangements with the teacher.
- If student does not shower and is reported student will not only lose 2 pts for showering but also 2pts for attitude.

Homework and Makeup Work: This class will have minimal homework due to it being an active setting class. The majority of homework will come in the form of filling out the study guides for test to help them study for tests.

Makeup work must be completed within two days of returning to school unless otherwise instructed by the instructor.