

Cocke County High School

Physical Conditioning 2025-2026 Syllabus

Part 1: Course Information

Instructor Information

Instructor: Dr. Metzdorf

School Telephone: 423-623-8718

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Course Description

This course offers the fundamentals of weight training, plyometric training and individual physical fitness conditioning. The student will utilize the weight room to progress through a designed general fitness lifting plan that focuses on lifting technique. As students become familiar with different lifts and basic weight training concepts, they will begin to develop an individualized program to meet his or her muscular strength fitness goals.

Part 3: Grading Policy

Expectations

CLASS EXPECTATIONS:

1. Be in the classroom by 8:15. Tardies will be counted.
2. **Respect administrators, teachers, students and equipment.**
3. Bring shorts/warm-ups, t-shirt, tennis shoes daily. Tennis shoes required. No flip flops, sandals, uggs, etc.
4. **No phones in the locker room.**
5. The class will leave and return to classroom together.
6. Keep the gym/weight room neat/clean equipment after usage.

Viewing Grades in ASPEN (optional)

Points you receive for graded activities will be posted to the ASPEN Grade Book. Click on the My Grades link on the left navigation to view your points. Your instructor will update the online grades each time a grading session has been completed—typically 3 days following the completion of an activity. You will see a visual indication of new grades posted on your ASPEN home page under the link to this course.

Letter Grade Assignment Final grades assigned for this course will be based on the percentage of total points earned and are assigned as follows:

Letter Grade	Percentage	Performance
A	90-100%	Excellent Work
B	80-89%	Very Good Work
C	70-79%	Above Average Work
D	60-69%	Below Average Work
F	0-59%	Failing Work

Part 4: Course Policies

Attend Class

Students are expected to attend all class sessions as listed on the course calendar. Class participation is expected and part of your grade. You can NOT receive participation grade if you are absent.

Participate

I will keep track of your attendance, tardies, and leave earlys. If you are tardy, leave early, sleep, cell phone out, out of dress code, or refuse to complete class work disciplinary action will take place.

Build Rapport

If you find that you have any trouble keeping up with assignments or other aspects of the course, make sure you let your instructor know as early as possible. As you will find, building rapport and effective relationships are key to becoming an effective professional. Make sure that you are proactive in informing your instructor when difficulties arise during the semester so that they can help you find a solution.

Complete Assignments

Assignments must be submitted by the given deadline. Extensions will not be given beyond the next assignment except under extreme circumstances. Class participation and effort will account for 90% of class grade. Other classroom assignments will be given throughout the semester.

Food Policy

No eating will be permitted in the weightroom. Students may have a bottle of water if the lid can be closed. No other beverages.

Academic Dishonesty Policy

1. Academic dishonesty includes such things as cheating, inventing false information or citations, plagiarism and helping someone else commit an act of academic dishonesty. It usually involves an attempt by a student to show possession of a level of knowledge or skill that he/she does not possess.
2. Instructors who are convinced by the evidence that a student is guilty of academic dishonesty shall assign an appropriate academic penalty. If the instructors believe that the academic dishonesty reflects on the student's academic performance or the academic integrity in a course, the student's grade should be adversely affected. Suggested guidelines for appropriate actions are: an oral reprimand in cases where there is reasonable doubt that the student knew his/her action constituted academic dishonesty; a failing grade on the particular paper, project or examination where the act of dishonesty was unpremeditated, or where there were significant mitigating circumstances; a failing grade in the course where the dishonesty was premeditated or planned. The instructors will file incident reports with the Vice Presidents for Academic Affairs and for Student Affairs or their designees. These reports shall include a description of the alleged incident of academic dishonesty, any relevant documentation, and any recommendations for action that he/she deems appropriate.

Academic Dishonesty Policy Disciplinary Actions

Such behavior will result in a grade of zero and possible office referral.

Important Note: Any form of academic dishonesty, including cheating and plagiarism, will be reported to the office. Course policies are subject to change. It is the student's responsibility to check for corrections or updates to the syllabus. Any changes will be posted in the classroom.