



Trevor Thirsk

Power Training

Course Description:

Power Training is aligned with Arizona College and Career Ready Standards and supports school-wide efforts to increase student achievement. It is an elective course designed to provide students with an understanding of basic weight training principles and techniques. This course will cover a variety of basic periodization phases for effective strength training. Other topics to be addressed include basic nutrition, anatomy, flexibility and aerobic/anaerobic conditioning.

Course Objectives:

By the time

Room D103

Voice Mail - (623) 376-4710

dvusd.org/Domain/11753

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Classroom Rules:

Power Training rules have been established to create a positive

Locker Room Rules:

1. Do not bring in excessive cash, jewelry, or iphones, etc.
2. Do not share
3. Lock and recheck
4. Profanity will not be tolerated.
5. Drinks must be consumed in the locker room after class.
6. No horse p

Make-up Policy:

Absences: After an absence, a student has one school day for each day missed to make up work/tests, regardless of the number of days absent. If many days were missed, please schedule an appointment with me to formulate a plan for the completion of make-up work. Make-up work for extended absences (over 3 days) may be requested through the Counseling Office and picked up there.

Missing Work:

An assignment is considered missing work when it is not submitted by the due date.

Missing work will be treated as such:

The assignment will be marked with the “Missing” special code in the gradebook

A **zero (“0”)** will be entered as the score for the assignment in the gradebook

No Evidence (NE) will be entered for the standards attached to the assignment

Late Work:

An assignment is considered late work when the assignment is not submitted by the due date that was established but is submitted within the parameters listed below.

For **Late Work** to be accepted, students must meet the following parameters:

Assignment is not due within the class period

Assignment is not a timed activity (such as a Quick-Write Essay)

Assignment is not a Long-Term assignment (over multiple weeks)

Assignment is turned in within the following time frame (By the end of the Unit)

Test Retakes – Assessment Category Only:

The student completes another assessment of the same learning targets. The assessment to be retaken may be in the same format or a different format and will be at the same difficulty level. The higher of the two scores will be entered in the gradebook.

To earn a retake opportunity, a student must complete all of the following:

- Consult with the teacher
- Submit a reassessment plan or

Daily Device Use (Chromebooks)

Students should come to school with their Chromebooks charged and ready to use in each class every day. Devices may not be used to record or take photos of other people without their consent. Consequences for classroom disruptions and misuse of devices will follow a progressive discipline model, beginning with a phone call home and progressing to office referrals for repeated or more serious offenses. See the Student Rights and Responsibilities consequence chart in the handbook for more specific descriptions of infractions and consequences.

AI Statement:

In the Deer Valley Unified School District, we are committed to providing our students with the best possible education while ensuring their safety, privacy, and well-being. As part of our ongoing efforts to enhance learning experiences, teachers may incorporate generative Artificial Intelligence (AI) in the classroom for students.

Students must adhere to the specific guidelines provided in the assignment details. If no guidance around the use of generative AI is provided, students should follow the “restrictive” level (see chart). Teachers