

Varsity Conditioning Syllabus

School Year: 2026–2027

Instructor: Coach Levi Cooper

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Communication Platform: ASPEN & Canvas

Office Hours / Teacher Availability: By appointment before/after school

Course Outcomes & Instruction

Course Description

Varsity Conditioning is an advanced physical education course grounded in Physical Education II standards. Designed for student-athletes and high-level physical performers, this course focuses on advanced athletic conditioning, strength development, speed/agility/quickness (SAQ) training, biomechanics, injury prevention, and lifetime fitness management. Students will design, execute, and evaluate personalized fitness programs to optimize physical performance.

Curriculum Standards & Competencies

- **State Standards & Curriculum:** [Link to Tennessee Physical Education Standards Grades 9–12 \(PE II\)](#)

Topics / Competencies / Skills Covered

- **Advanced Biomechanics & Movement Analysis:** Applying principles of force, leverage, and power output to athletic performance.
- **Health & Skill-Related Fitness:** Agility, balance, coordination, explosive power, speed, reaction time, muscular strength, and endurance.
- **Training Principles & Exercise Prescription:** Progressive overload, specificity, periodization, and adaptation.
- **Fitness Assessment & Evaluation:** Scientifically based fitness testing, baseline tracking, and program modification.
- **Ergogenic Aids, Nutrition & Recovery:** Evaluating fitness products, dietary supplements, recovery protocols, and performance claims.

General Pacing

Unit	Topic / Focus Area	Estimated Duration
Unit 1: Baseline Testing & Biomechanical Foundations	Fitness Assessment, Safety Protocols, Lifting Mechanics & Movement Concepts	Weeks 1–9
Unit 2: Muscular Strength & Power Development	Periodized Resistance Training, Hypertrophy, & Explosive Power	Weeks 10–18
Unit 3: Speed, Agility & Quickness (SAQ)	Acceleration, Plyometrics, Change of Direction, & Conditioning Protocols	Weeks 19–24
Unit 4: Advanced Fitness Programming & Evaluation	Individualized Program Design, Energy System Development, & Data Tracking	Weeks 25–30
Unit 5: Recovery, Nutrition & Lifetime Athleticism	Nutrition, Ergogenic Aids, Active Recovery, & Post-Secondary Fitness Plans	Weeks 31–36

Materials & Resources

Required Materials

- Proper athletic attire (school-appropriate t-shirt, athletic shorts/pants, athletic training shoes)
- Dedicated fitness log/notebook or digital device (charged daily)
- Reusable water bottle

Adopted Resources & Supplemental Materials

- **Primary Text / Curriculum:** State-adopted Physical Education II & Strength/Conditioning

curriculum resources.

- **Supplemental Materials:** Exercise technique guides, National Strength and Conditioning Association (NSCA) performance charts, heart-rate monitor tracking, and scientific fitness assessment protocols.
- All instructional materials strictly comply with Tennessee state law regarding adopted classroom materials.

Objectionable Content Policy

If a student or parent finds any assigned reading or supplemental media content objectionable, a written request may be submitted to the instructor. An equitable alternative assignment of equal rigor and point value will be provided without penalty.

Safety Procedures

Safety in the weight room, training facilities, and outdoor fields is mandatory.

- **Weight Room Safety:** Spotters are required for all free-weight lifts. Collar clips must be used on all barbells at all times.
- **Equipment Inspection:** Students must inspect all cables, racks, and turf areas prior to use.
- **Hydration & Warm-Ups:** Dynamic warm-ups are mandatory before all high-intensity sessions to prevent soft-tissue injuries. Proper hydration protocols are strictly enforced.

Academic Intervention & Support

- **Tutoring / Afterschool Support:** Fitness log remediation, technique refinement, and make-up conditioning sessions are available by appointment before/after school.

Assessment and Grading

Grading Policy & Scale

Grades are calculated using a total points breakdown focusing on active participation, mastery of lifting mechanics, personal fitness growth, and coursework:

- **Daily Physical Participation, Effort & Safety Compliance:** 40%
- **Practical Movement Assessments & Lifting Mechanics Evaluations:** 30%
- **Personal Fitness Logs, Workout Designs & Data Tracking:** 20%
- **Quizzes & Technique Writing Rubrics:** 10%

Writing & Rubric Expectations

Program design submissions, exercise analysis, and technique critiques will be scored using a rubric evaluating:

1. **Application of Exercise Science & PE II Standards**
2. **Precision in Program Design (Sets, Reps, Intensity, Periodization)**
3. **Analysis of Technique & Safety Factors**
4. **Clarity, Organization & Proper Terminology**

Explanation of Assignments and Projects

- **Daily Training Log:** Recording daily workouts, sets, repetitions, weights, and exertion rates.
- **Personalized Performance Plan Project:** Design an 8-week periodized conditioning plan tailored to a specific athletic or fitness goal (milestones and rubrics provided in advance).
- **Movement Technique Assessments:** Practical evaluations of core compound movements (e.g., squat, clean, hinge, push, pull mechanics) for safety and efficiency.

Make-Up Work and Late Work Policy

- **Make-Up Work:** Missed physical performance days due to excused absences must be made up through alternative fitness workouts or written exercise analysis assignments per Cocke County School Board policy.
- **Late Work:** Unexcused late written submissions will incur deductions per school board guidelines.

Grade Posting Policy

- Student grades will be updated in **ASPEN** at least once per week. Parents and students are encouraged to check ASPEN regularly to monitor athletic and academic progress.

General Expectations (Students & Teacher)

Student Expectations

1. Be dressed in proper athletic attire and ready on the floor/weight room on time.
2. Prioritize safety, form, and technique over heavy loading.
3. Encourage peers and maintain an elite, respectful training atmosphere.
4. Properly sanitize and return all weight room and conditioning equipment after use.

Teacher Communication Strategy

- **Primary Contact:** Email (levifcooper@gmail.com) and ASPEN system messages.
- **Class Updates:** Delivered via ASPEN and Remind announcements.
- **Office Hours:** Available by appointment before/after school.

Attendance Policy

Because physical adaptation and athletic conditioning require consistent daily training, regular attendance is vital to student safety and progress. All school board attendance policies strictly apply.

Classroom Policy, Procedures & Discipline

Facility rules, weight room safety protocols, and progressive discipline follow Cocke County School Board guidelines. Horseplay or unsafe behavior in the weight room will result in immediate removal from the activity, parent notification, and potential administrative referral.

Honor Code (PBIS Plan) & Rewards

Students are expected to uphold the school Honor Code and PBIS framework. Displaying exceptional leadership, effort, sportsmanship, and facility stewardship earns PBIS rewards and eligibility for school incentive activities and reward trips.

Academic Integrity & Plagiarism Statement

Generative AI Policy

The use of generative AI tools (such as ChatGPT, Gemini, etc.) to complete workout plans, reflection papers, or exercise science assignments without explicit permission and proper attribution is strictly prohibited per board policy.

Plagiarism Definition

According to *Harbrace Handbook, 15th edition*:

Plagiarism is defined as “presenting someone else’s ideas, research, or opinions as your own without proper documentation, even if it has been rephrased.”

This includes but is not limited to:

- Copying verbatim all or part of another’s written work;

- Using phrases, figures, or illustrations without citing the source;
- Paraphrasing ideas, conclusions, or research without citing the source;
- Using all or part of a literary plot, poem, or film without attributing the work to its creator.

Consequences of Plagiarism

Plagiarism is a form of stealing and academic fraud. Students who are found guilty of plagiarism have the option of either redoing the assignment within a specified time period and accepting a letter drop or taking a zero on the assignment. Parents are to be involved in making this decision.

Religion in the Classroom

The Board affirms that it is essential that the teaching **about** religion—and **not of** a religion—be conducted in a factual, objective, and respectful manner in accordance with the following guidelines: (*Board Policy 4.804 - Cocke County Schools*)

1. **Academic Context:** The school's approach to religion is academic, not devotional.
2. **Awareness vs. Indoctrination:** The school strives for student awareness of religions, but does not press for student acceptance of any religion.
3. **Study, Not Practice:** The school sponsors the study of religion, not the practice of religion.
4. **Exposing, Not Imposing:** The school exposes students to a diversity of religious views, but does not impose any particular view.