

# Berrien Springs Partnership Syllabus and Instructor Qualifications

**CLASS TITLE:** Body Strengthening/Technique Development

**GRADE OR AGE LEVELS:** 8<sup>th</sup> – 12<sup>th</sup> grades

**WHEN:** Wednesdays TBA

**HOW OFTEN (REQUIRED):** 1x Week for 1.5 hrs    **HOW OFTEN (POSSIBLE):** 2xweek 4x

**TOTAL SEMESTER HOURS POSSIBLE:** 16 hrs

**WHERE:** Midwest Performance Academy- 1720 Terminal Rd, Niles, MI 49120

**INSTRUCTOR:** Vince Strefling

**CONTACT INFORMATION:** phone: 574-222-5138

email: [vstrefling@gmail.com](mailto:vstrefling@gmail.com) website: [www.mpafirst.com](http://www.mpafirst.com)

**ADDITIONAL REGISTRATION AT SITE REQUIRED?** YES

**IF YES, INSTRUCTIONS FOR REGISTRATION:**

**Call Vince at 574-222-5138**

**INSTRUCTOR QUALIFICATIONS:** Vince has been the volleyball Coach at Glen Oaks Community College since 2016. He has been coaching for over 22 years. He has coached at several high schools in the area. He shares the MHSAA all-time season wins record finishing the season 68-4 while at Coloma. Coach Strefling is also a coach with Krush Volleyball Club. Vince's Training facility, Midwest Performance Academy, holds multiple health and physical fitness certifications including CSAC (Certified Strength and Agility Coach).

## **COURSE DESCRIPTION (OVERVIEW):**

MPA has one of the best jump/SAQ training systems in the country. Increasing your ability to jump high can help to set you apart from the competition and allow you to excel in sports like basketball, volleyball, and football. Exploding off of the ground and high into the air requires a combination of power, force, and strength. Our program cultivates these aspects through plyometric exercises, resistance training, and core exercises which can help to increase your jump by 6 to 14 inches. Also, we will work on sport specific technique to develop muscle memory for setting and hitting for volleyball and shooting for basketball

## **SYLLABUS/OUTLINE: WEEKLY BREAKDOWN OF PROJECT-BASED**

## **LEARNING ACTIVITY**

Wed 8/19- Lower body workout/technique session

Wed 8/26 – upper body & core workout/technique session

Wed 9/2 – Lower body workout/technique session

Wed 9/9 - upper body & core workout/technique session

Wed 9/16 - Lower body workout/technique session

Fri 9/18 - upper body & core workout/technique session

Wed 10/7 - Lower body workout/technique session

Wed 10/14 - upper body & core workout/technique session

\*\*Virtual Instruction is an option for possible lockdown or makeup times before the semester ends

## COURSE OBJECTIVES AND APPROXIMATE TARGET DATES:

The objective of these sessions is to increase the vertical of the students as well as develop their core, build upper body strength and develop muscle memory in their particular sport. There will be 8 sessions of 1.5 hours. Students can come in 2 times a week for 4 weeks to practice and continue development of muscle memory.

-Vertical and target muscle measurements taken at the beginning and end of semester.

Videos taken of technique at the beginning and end of semester.

## STUDENT ASSESSMENT - what will be used to evaluate student progress and/or end of semester pass/fail status?

1. Student agrees to attend at least 80% of class sessions/lessons offered. Attendance is kept online and tracked by Partnership staff. Failure to meet 80% or be on track to meet 80% may result in program discontinuation.
2. The Partnership Student Assessment or Performance Form is filled out by the teacher and turned in to Partnership staff. The link to this form is found on the web page for this class. Failing marks for lack of participation, behavior issues, practice time, etc. may result in program discontinuation.

In PE, a variety of assessments based on the activity are necessary to get a complete understanding of a student's learning and progress towards goals. Appropriate assessments for PE include: **(Circle or highlight one or more than one as appropriate)**

- Formative Assessments- ongoing during instruction and can include checks for understanding, heart rate monitors, checklists, rubrics, exit slips
- Summative Assessments – occur at the close of a unit or instructional sequence and are meant to determine a student’s level of achievement. These can include personal fitness plans and logs, skills test, written tests, video or skills demonstration to peers or the class
- Performance-Based Assessments

**Class-specific assessment:** discuss and include the form or a link to the form that you use.

ADDITIONAL RESOURCES: (online, books, video, etc.):

### **CLASS POLICIES: ATTENDANCE, BEHAVIOR, WEATHER, ETC.**

**Attendance: 80%**

**Weather: Follow Niles schools**

**Other:**