

Berrien Springs Partnership Syllabus and Instructor Qualifications

CLASS TITLE: Body Strengthening/Technique Development

GRADE OR AGE LEVELS: 8th – 12th grades

WHEN: Monday, Wednesday, Friday 4:30-5:30 beginning in September

HOW OFTEN (REQUIRED): 2x week **HOW OFTEN (POSSIBLE):** 3x week

TOTAL SEMESTER HOURS POSSIBLE: up to 42 possible hrs over 1 semester (14 weeks)

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

INSTRUCTOR: Vince Strefling

CONTACT INFORMATION: phone: 574-222-5138

email: vstrefling@gmail.com website: 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):

This class will give teens the opportunity to focus on plyometric exercises, resistance training, weight lifting, and core exercises. The student will improve in strength using proper form. We will also work on sport specific techniques to increase explosiveness and muscle memory tailored to the attendee's particular sport (i.e. basketball, volleyball, football etc). MPA has one of the best jump/SAQ training systems in the country.

SYLLABUS/OUTLINE: WEEKLY BREAKDOWN OF PROJECT-BASED

LEARNING ACTIVITY

Days will alternate between lower body workout, upper body and core work out, and sport specific technique.

COURSE OBJECTIVES AND APPROXIMATE TARGET DATES:

The objective of these 1 hour sessions is to increase strength and explosiveness as well as develop their core, build upper and lower body strength, and develop muscle memory in their particular sport. The classes will run for 1 semester (14 weeks).

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: