

**North Bullitt High School  
3200 East Hebron Lane  
Shepherdsville, KY 40165  
(502) 869-6200**

**2020-2021 Athletic Conditioning**

**Mr. Minnis**

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<http://mrminnisnbhs.weebly.com>

**School Mission Statement**

The mission of North Bullitt High School is to provide a strong academic and social foundation, within a safe and nurturing environment, whereby all students can achieve their maximum potential and become responsible productive members of society.

**Course Description**

This course is designed to inform and improve overall athletic conditioning in men. The class will be designed to inform and improve cardiovascular fitness, muscular strength and endurance, flexibility, mindfulness, nutrition, etc.

Accommodations for students with special needs will be strictly followed in accordance to the special education department's recommendations as well as the information in the student's IEP per board policy. If there is another special need that a student may need accommodations for (i.e. diabetes, asthma, etc.), we ask that the parent/guardian, doctor, or student make the instructor aware of these immediately.

- Methods of instruction may include but not be limited to: ZOOM workouts/ discussions, workout videos, pre-made workouts, student led workouts, free-choice workouts, etc.

**I. Grading**

-You will be graded based on participation in ZOOM workouts, daily workouts, and assignments/reflections.

**DRESSING OUT**

-Due to the nature of the activities we are doing, I highly encourage you to wear athletic clothes and tennis shoes.

-During live ZOOM classes, make sure you are dressed appropriately (must wear a tank or shirt)

**PARTICIPATION**

-This class will be a mixture of live ZOOMS where we workout and discuss topics together as well as individual workouts where you will fill out a reflection about the workout.

-There will also be some short assignments related to health and fitness topics.

**VIRTUAL CLASS EXPECTATIONS**

- **Log-on google classroom everyday at 12:05 pm** to check for assignments and links to meetings.
- Students are expected to have their notifications turned ON in google classroom so they get emails when an assignment is posted, announcement is made, etc.
- Participate in all ZOOM meetings
  - o Video cameras are expected to be turned ON so we can get to know your face and who you are!
  - o We will experiment with microphones being turned ON first so we can communicate during the workout. We may have to turn them off if the feedback is too much.
- Ask questions if you don't understand. I know this is going to be a new process and unfamiliar to most of you.

- Turn assignments in on time.
- Students are expected to complete assignments by the due date. If you cannot for some reason, you need to email me explaining why the assignment is late.
- Respect one another in this class. Always feel free to ask for help, offer ideas, and contribute to class discussions.
- **Students are expected to do their own work. Check your student handbook for North Bullitt's plagiarism policy.**

Any questions or concerns should be directed to Mr. Minnis.

For further assistance, contact your grade level principal, counselor, head principal, or board of education in that order.

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