Weight Training Syllabus  
Central High School Physical Education

Teacher: Mrs. Perry (hperry@springcovesd.org)

Objectives of the Weight Training Course:

- Understand the concept of total wellness and physical fitness and how weight training contributes to this.
- Demonstrate the basic fundamentals of weight training such as form, technique, spotting, breathing, and safety.
- Understand and demonstrate various training methods such as low repetition for strength, high repetition for endurance and toning, and circuit training.
- Identify major muscle groups and give examples of specific lifts for those muscles.
- Demonstrate proper warm-up and cool-down procedures specific to weight training.
- Demonstrate correct mechanical and physiological principles on all lifts.
- Perform aerobic exercises that will decrease body fat and improve muscle endurance.
- Perform a pre-assessment and post assessment (including push-up, sit-up, and pull-up test) to determine fitness and strength accomplished through the semester.

Uniform Requirements:

- Shoes need to be non-marking, athletic shoes (sneakers).
- Short or long-sleeve t-shirt that is CHS colors (red, gray, white)
- Athletic shorts or sweatpants that are CHS colors (red, gray, black) and worn properly
- No jewelry is permitted during weight lifting class.
- All clothing must meet school dress code and you must wear a different outfit than the clothes you are wearing to school that day.

Students will not be allowed to participate in weight lifting class if the uniform requirement is not met for the day. Failure to dress properly will result in one strike. When a student acquires, three strikes, he or she will receive 1 night of detention and an extra night of detention for each additional day that he or she is not dressed properly.

If a student is not dressed properly enough to participate in class, he or she may complete a written activity to earn back half of the points for the day. (If a student has appropriate shoes and clothes but clothing but it is not school colors, he or she may still participate, but will lose 5 points for uniform requirements that day).

Attendance:

Consistent attendance is imperative to the success of every student in Weight Training. If a student is too injured or sick to participate that day, he or she may bring a note from a parent or from the school nurse and be allowed to complete a written assignment for the 10 participation points instead of weight training for the day. After three parent excuses in a semester, a student must have a note from a doctor to be excused from participating in weight training for the day. If a student has a doctor note, the student must still complete the written make-up assignment to earn participation points for the day.
When a student is absent or excused from class, he or she must do the following to make up participation points for the day:

- Weight train for 30 minutes of the student's own time and have a parent or coach sign off on the activity using the appropriate document within 1 week of the class missed.
- Complete a written make-up assignment within 1 week of the class missed.

**Grading:**

*Daily participation, cooperation and effort are key components of this class, along with periodic skill, written, and physical fitness tests.* It is extremely important that students are in class and properly suited for participation each day.

**Daily Participation:**

Ten (10) daily participation points are possible for every class period. The following are a deviance from the daily norm:

- Absence (-10)
- Non-Participation (-10)
- Non-Dress (no tennis shoes or uniform) (-10)
- Partial Non-Dress but still able to participate (-5)
- Electronic Device brought to class (-2)
- Jewelry/Watches (-2)
- Unexcused Tardy (-2)
- Lack of effort, Inappropriate Participation (-1 to -10)

Students may only make up participation points that are a result of excused absences. Points lost as a result of unexcused absences and unexcused tardiness cannot be made up.

**Tests, Quizzes, and Other:**

In addition to the daily participation points, approximately points will be awarded for various safety, skill, written, and physical fitness assessments. Additionally, at the end of the semester, students will create, carry out, and reflect on a personalized weight training plan.

**Expectations:**

- Be in the locker room prior to the tardy bell and dressed and ready to begin activity five minutes after the tardy bell.
- Students will dress out in proper clothing and participate every day.
- Electronic devices are not permitted in the weight room or and must be off and out of sight in the locker room.
- Students will respect the rights, property and privacy of others.
- Students will not attempt to lift weights or begin activities when a teacher is not present in the weight room.
- Students will not have any food, beverages or gum in the gym or during class at any time.
- Students will not use profane or vulgar behavior or speech, or violent or intimidating behavior.
- Students will not leave the supervision area without permission.
- At the conclusion of class, students will remain in the locker room until the dismissal bell rings.