



Weight Training I Fall Semester

This is a performance base elective class for students in grades 10-12, who have completed their Healthful Living requirement. This class is designed as an introductory course in the areas of strength training, flexibility, agility, and cardiorespiratory fitness.

The format of this class is as follows:

Monday, Tuesday, & Friday: Strength training, (primarily in the weight room)

Wednesday & Thursday: flexibility, agility, endurance, core strength, cardiorespiratory fitness (running, jumping rope, insanity or other fitness video)

*Emphasis will be placed on proper lifting techniques, muscle groups involved, correct spotting, and safety. Students will also be administered components of The Presidents Physical Fitness test. A post test will be given and counted as a portion of your 9 week grade.

Weight Training grades will be influenced by many factors. The following is a general overview.

- Attendance
- Dressing Out
- Active Participation
- Effort
- Sportsmanship
- Promptness to roll call

Points will be deducted for the following:

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| • Not dressed out | 5 pts. |
| • At the wrong station | 1 pt. |
| • Not completing required # of sets or reps | 1pt. |
| • Not spotting | 1 pt. |
| • Standing around/horse play | 1 pt. |
| • Not getting to the next station quickly | 1pt. |
| • Not giving <u>full</u> effort on drills, activities | 1 or 2 pts. |
| • Leaving the weight room without permission | 1 pt. |
| • There are other situations that may result in the deduction of points that are at the teachers discretion. | |

The student's 9-week grade will be determined by: 80% Performance; 20% Lifting Journal. There is a written final exam.

Class Participation

1. Students are required to dress-out and participate daily. **Students not dressed-out will not be allowed to participate.**
2. Students with either an excused and unexcused absence will be given the opportunity to earn back missed credit. Excused absences will be permitted to earn back 100%, while unexcused absences can only earn back 70% of daily performance grades. A student who does not dress-out during the class period is **NOT** eligible to earn back missed credit.
3. Make-up days will be offered after-school, twice per week for 30 minutes. Students must arrive on-time, dressed-out, and sign-in to earn credit for participation.
4. Medical concerns and conditions need to be discussed with the teacher on a one-on-one basis prior to the day of class. Written excuses from a medical doctor are required for extended medical problems that would affect participation.
5. Please do not bring in a note from a parent indicating that a student is unable to participate. We encourage student accountability and request that the student **PERSONALLY** talk with the teacher. If you come to school, come prepared to dress-out. If you have a problem that may interfere with participating, come to your teacher and discuss.

If you have any questions, please contact your instructor.

Coach Kelley: bkelly@wcpss.net **387-2240**

Please sign and return immediately.

Student Name _____

Parent Signature _____

Parent E-mail _____

Parent's daytime phone # _____