



## WEIGHT TRAINING

This is an elective class for students in grades 10-12, who have completed their Healthful Living requirement. The class is structured for those who are athletic or fitness minded and involves following a structured, regimented weight program, for all individuals, called Bigger, Faster, Stronger program.

Following this program will result in the individual improving muscle strength, muscle tone, muscle endurance, agility, speed, power and other qualities. An emphasis is placed on students understanding and demonstrating correct techniques on the lifts and exercises, attentive spotting, safety procedures, and self-discipline.

The *typical* format is that students will lift on Mon., Wed., & Fri., and do some form of running, plyometrics, etc., on Tues. and Thurs.

Grading is based 85% on participation and effort and 15% on completion/accuracy of the workout book. Point deductions *can* result from the following behaviors:

- Not dressed out -5pts.
- At the wrong station -1pt.
- Not completing required # of sets or reps -1,2pts.
- Not spotting -1pt.
- Standing around/horse play -1pt.
- Not getting to the next station quickly -1pt.
- Not giving full effort on drills, activities. -1,2pts.
- Leaving the weight room without permission -1pt.
- Not keeping a complete workout book. Varies
- There are other situations that may result in the deduction of points at the teacher's discretion.

\*A Final exam will be given on the various lifts/exercises and will be worth 20% of the Final Grade.

- If you have a medical condition that is going to interfere with your ability to perform any of the lifts or exercises required in this class, you need to let us know immediately.
- Feel free to contact Coach Campbell at 387-3002 or Coach Kelley @ 387-2240, if you have any questions.

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Student Signature \_\_\_\_\_

Parent Signature \_\_\_\_\_

E-Mail Address \_\_\_\_\_