

Syllabus

Weight Training Class

Steve Hancock

Rules Regulations and Grading Policy

The weight lifting class was designed to provide each student with the knowledge needed to understand the importance of strength and fitness training. Students will understand the importance of setting goals for personal improvement and achievement and leave with a lifelong understanding of how to maintain adequate physical fitness for a healthy lifestyle.

Instructional Philosophy

All students will be provided with the necessary training on each specific exercise so that the exercise process can be safe and productive. It is important to realize that everyone begins the course and progress through the course at their own rate as they reach their own individual goals. Safety will always be given first priority in class.

Class Objectives

- *Students will improve their muscle strength and endurance through a periodized strength program.
- *The student will gain knowledge of equipment and safety procedures with free weights and machine weights.
- *The student will recognize the benefits of regular physical activity and see firsthand the effects on themselves through class participation.
- *The student will gain knowledge of developing a weight training program and training principles.
- *The students will improve speed, agility, quickness and flexibility through our strength program.

Proper Dress Code

Students are required to dress appropriately for weight class each day. T-shirt, tennis shoes, gym shorts are all necessary for participation. No jewelry should be worn during class because it can pose a safety hazard.

Locker Assignments

Students will be provided a locker for use during class time. The locker room will be locked while the class is in session.

Participation Excuses

A student well enough to be in school is well enough to dress out for weight class. Any exceptions to this will be handled on an individual basis. Medical excuses for students being out of class for an extended period of time must have an excuse from the doctor. Students need to attend and participate in class to complete the required class work. Being late for class and or leaving early unexcused will effect a student's grade.

Class Expectations

Students will line up in gym when the bell rings and attendance will be taken. After attendance has been taken the students are given 5 minutes to dress out and report to class. All students will remain in class until dismissed. Any injuries or emergencies must be reported to the teacher in class, so the proper action can be taken. Directions must be followed and everyone is expected to participate. If not, their grade will be effected.

Grading Requirements

- *10 points total can be earned daily. (dress out – participate – give effort).
- *5 points will be given if you dress out but do not participate or give effort.
- *0 points if you do not dress out.
- * Grade will be derived from % of total points possible using the school's grading scale.