

Western Guilford Hornets Weight Training Syllabus



Healthful Living Weight Training Course Materials:

1. In person material will consist of: Gym shoes, t-shirts, and shorts
2. Online content will not require a textbook. Students will need to access web-tools to complete online modules and assignments.

Course Description

Students will acquire the knowledge and skills for movement that provide the foundation for enjoyment, continued social development through physical activity, and access to a physically active lifestyle. The student will exhibit a physically active lifestyle and understand the relationship between physical activity and health throughout the lifespan.

Students should expect to learn about the comprehensive view of muscular function – how muscles work, how they grow, the nutrition they need to propel growth, how their development can facilitate fat loss, and how to safely exercise using the proper form and technique.

Class Objective

This is a **TOTAL** body conditioning class. The purpose of this class will be to improve the overall conditioning and progression of your body. This will involve the following components: strength, power, endurance, flexibility, agility, and cardiovascular endurance.

Grading Procedures

Process 60%

Classwork, Participation, Quizzes
(Guided Notes, Daily Participation, & Pre-Performance Assessment)

Product 40%

Tests/Projects
(Post Performance Assessments, Content Assessment, Content Projects)

Online Course Requirements:

1. Complete all assignments
2. Upload course assignments
3. Consistent communication with course instructor

In Class Expectations

1. Students must dress out in the appropriate attire each day for P.E.
2. Students must use appropriate language. NO PROFANITY.
3. Students must display respect for classmates, weight room and facility.
4. No one may leave the weight room once lifting has started. Water breaks are permitted. Hall passes are required to be outside the gym.
5. Students who are physically unable to participate in the course due to injury (One week or more). Written assignments will be provided as a supplement for physical activities missed.
6. Students have up to 5 days to make up missing assignments after absence.

The expectations for an “A” will be high and strictly adhered to. We will work every day. There are no “free days”. Each student is expected to dress out and participate every day.

****Unexcused Tardies: Once we have left the locker room are you will not be allowed to dress out, which will result in a point deduction. (Students will have five minutes to dress once the tardy bell rings).***

Tardy policy:

- | | |
|-----------------|---|
| 1st | Warning |
| 2nd | Warning |
| 3rd | Teacher contacts parent and/or guardian & documents contact |
| 4th | Teacher contacts parent and/or guardian & documents contact |
| 5 th | Teacher contacts parent and/ or guardian, documents contact & refers student to administration for disciplinary actions |

TARDIES WILL BE DOCUMENTED BY INSTRUCTOR

****Failure to wear athletic apparel: up to 5 point deduction***

****Failure to participate: up to a 5 point deduction.***

****Failure to warm-up: up to a 1 point per warning deduction (UP TO 5 points)***

****These points are not given back***

Guilford County Schools Grading Scale:

- A: 100-90
- B: 89-80
- C: 79-70
- D: 69-60
- F: 59-0

Weight Training Written Assessments/ Projects 2nd Semester

Students in both Weight Training courses will have online content knowledge assignments throughout the school year. Assignments will be listed on pacing guide provided to students. Be sure to check weekly for due dates.

In Person Weekly Plan

Warm-ups will be student led. Students will be expected to report to warm-up formations when the instructor blows the whistle. Please keep in mind that students have 5 minutes to dress out once the tardy bell rings.

Monday & Wednesday (Warm-up, 5-minute Run, Weight Room (Upper Body)

Tuesday & Thursday (Warm-up, 5-minute run, Weight Room (Lower Body)

Friday (Fitness Assessment based on rubric)

Students are excused from participation with a parent note, but still must dress for class. A parent note is good for 2 days and an alternate assignment will be given.

GRADE RECOVERY (End of Quarter)

Is an intervention offered at the end of each quarter to any student who is failing a course. Students may recover a passing grade of a “D” by completing 100% of the acceleration with an overall average no lower than 60 within the quarterly acceleration time frame. **Weight Training students are responsible for completing all assessments before the assessment window closes as listed on the Weight Room Rules sheet sent home. Online assignments may be available for grade recovery. Student will need to see instructor for acceleration content.**

Weight Room RULES

- No electronics (Unless You Have An Electronic Holder That Straps on Arm)
- Follow assigned workout guidelines
- Students will not be able to leave the Weight Room once class has started
 - Brief water breaks only. Please use the restroom before leaving the locker room.
- No Horseplay at any time! Do not interfere with other students while lifting.
- No Food or Drink or Gum in the Weight Room (Bottled Water Ok)
- Do Not Sit on the Various Lifting Apparatus during your Rest Interval
- Wear Proper Lifting Clothes (Shirts must worn at all times)
- Shoes Must Be Worn at All Times (No Sandals or Open Toe Shoes)
- Do Not Slam the Weights on the Weight Machines
- A Spotter Must Be Used on all Free Lifting Stations. *Example: Bench Press, Incline Press, Squats, Power Cleans, etc..*
- *Always use a collar or clip on your bar when using the free lifting bars.*
- Return all Free Weights to their Correct Weight Racks and or Weight Trees
- Report any Injury to the Supervisor Immediately
- Never Lift Weights Without a Supervisor Present In the Room
- Do not leave the main gym/weight room without permission from the instructor. Otherwise, YOU MAY LOSE PARTICIPATION POINTS FROM YOUR GRADE
- Submit weight training tracking form twice a quarter. Dates will be posted in Canvas.
- Sanitize and clean your Weight training area before exiting the Weight Room

Make-up time and Weight Training Assessments are the student's responsibility

- a. Students have 5 days to complete assignments missed due to absences.
- b. Make-up work must be done before school, during your lunch period, or after school.
- c. Students will not be allowed to make up any days they sat out of class unless it is excused by doctor's note or teacher excused circumstances.
- d. All Pre-Weight Training Assessments must be made up before the Post Assessment is performed to receive full credit. Pre-Assessments will scored '0' if not made up within the Assessment Window.

Student name (PRINT)

Student signature

Parent signature
