

Weight Training Syllabus

INSTRUCTORS: COACH WESTBERG & COACH TAPLEY

Course Objectives: This course is designed to improve strength, speed, and overall athletic ability. Each thing we do in weight training class is universal to all sports weight training programs. We demand a high level of intensity daily. NO EXCEPTIONS.

Area of study:

We will focus on 3 core lifts:

1. Power Cleans
2. Back Squats/Front squats
3. Bench Press
4. Dead Lift
5. Hang Clean
6. Romanian Dead Lifts
7. Bent Rows

Weight Training Room Attire:

Tshirts, shorts and tennis shoes are proper attire for weight training.

***No flip flops, boots, or boat shoes.

***No khaki shorts, jean shorts or any other shorts that are considered non-athletic shorts

***No tank tops or shirtless.

***Athletic shorts, T-shirts and tennis shoes with socks are the only acceptable attire for PE weight training. Points will be deducted if the student is in non-school colors.

***No headphones or IPOD's will be allowed in the building during PE class per student handbook.

***Athletes are required to dress out every day as well as game day. Any athlete that does not follow these guidelines will be reported and not allowed to practice or play that day.

Lockers and Locker rooms:

Students will be sharing a locker in the locker room for the entire year. We strongly recommend that students have a separate gym bag to put all belongings and valuables inside the lockers and locked up during class. The PE staff is not responsible for any lost or stolen items in the locker room during class. The PE teachers will provide an alternate location to lock up anything of value for the student throughout the school year.

Class Expectations:

Students are expected to be through the double doors to the Physical Education hallway to be considered on time. The physical education staff follows the tardy policy for Northern Guilford High School. See handbook for a detailed explanation. Once students are dressed for class they will remain in the locker room or wait for the teacher to direct them into the appropriate gym. After class has been dismissed by their teacher, the students are to head to the locker room and dress back in their school clothes and wait quietly in the hallway for the music to signal class is over. Any student leaving early will be considered skipping and will result in an office referral.

Grading Policy:

Grading is on the 10 point scale. Each student will receive a copy of the PE rubric which determines their daily grade which is worth 20 points each day, 100 points a week. Students are expected to actively participate and dress out every day. If the student is injured, it is their responsibility to bring in a parent note to excuse them for the day. Anything more than one day requires a written note by a medical Doctor. If no note is brought in, the student will not be able to sit out without losing points. Once the doctor's note is received an alternative assignment will be given for each day student is unable to participate in weight training

If a student misses class, please see your teacher for makeup work. Anything after 3 days of missed class will result in additional make-up time required i.e. 30 minutes for each day missed. Please see the student handbook on the Northern Guilford High School makeup policy. If the student does not make up their time, they will automatically fail the class due to school board policy. Please feel free to contact us anytime during the school day @ 336-643-8449 or visit our individual websites for contact info via the NGHS home webpage. Please fill out the below form and return to your students teacher.

I have read and understand all rules and regulations stated on this syllabus for the 2014-2015 school year:

***PLEASE PRINT ALL INFORMATION UNLESS A SIGNATURE IS REQUIRED

Student Name_____

Student Signature_____

Parent Name_____

Parent Signature_____

Parent Daytime Phone Number_____

Parent Home Phone Number_____

Parent E-mail Address_____

I have listed below any physical restriction that my child may have in your class:

(Medical Information is required to be on file in the main office and documented by the nurse)

Or
NO RESTRICTIONS
(CIRCLE IF NO RESTRICTIONS)