# WEIGHT TRAINING I,II,III SYLLABUS

TEACHER: Coach McCoy Email: mccoyg@fulton.k12.ga.us

**Textbook:** None

# **Course Objectives:**

- 1. To introduce the students to strength training as a lifelong activity.
- 2. To learn advanced concepts of advanced strength training using different types of resistance formats.
- 3. To learn the muscles used in individual lifts, names location and functions.
- 4. To learn proper technique of a wide range of intermediate strength exercises
- 5. To provide students with the opportunity to improve his/her level of fitness
- 6. To expose students to methods of evaluating programs for measuring strength, muscular endurance and power.
- 7. To learn & demonstrate proper technique of a wide variety of strength exercises.
- 8. Demonstrate an understanding of H.I.T Training, Power lifting, and Olympic lifting.

# **Units:**

- Weight Training
- Cardiovascular fitness
- Assessing the Fitness Components:
  - 1. Muscular Strength
  - 2. Muscular Endurance
  - 3. Flexibility
  - 4. Cardiovascular Fitness
  - 5. Olympic Lifts
  - 6. Muscle Confusion
  - 7. Proper nutrition

<u>Fitness Gram:</u> As a part of your child's P.E. program, all schools throughout the state will be participating in the FITNESSGRAM fitness assessment which measures health-related fitness for youth.

The FITNESSGRAM physical fitness assessment measures aerobic capacity, muscular strength and endurance, flexibility, and body composition. We ask that you encourage your child to participate with his/her best effort and to the best of their ability. The FITNESSGRAM assessment is a measure of good health as opposed to athletic ability. Each student will be assessed using the following assessment components.

• PACER or One-Mile Run

- Push-Up
- Height/Weight
- Curl-up
- Back-Saver Sit & Reach

A confidential FITNESSGRAM report will be provided for each student to take home. This report will include your child's scores and information on the FITNESSGRAM Healthy Fitness Zones. The Healthy Fitness Zone represents the level of fitness needed for good health. The information on this private report will not be displayed or made public.

For more information regarding the FITNESSGRAM assessment, please refer to <a href="https://www.FITNESSGRAM.net/faqparents">www.FITNESSGRAM.net/faqparents</a>. If you have other questions, please contact your (district Health/P.E. Coordinator, other district contact, school principal, or schools physical education teacher).

<u>Mid-Term Progress Reports:</u> Reports are given to students following the sixth and twelfth week of each semester. Students must sign a form indicating receipt of the mid-term report and will be issued during a student's homeroom.

## **Evaluation:**

- Dress-out, Participation and Attendance (60%)
- Written and Skills Test (20%)
- Comprehensive Final Exam (20%)
- Workout records- Students are required to keep a record of the exercises they perform during class time. The records will remain in the classroom setting at all times. The teacher will grade the workout logs periodically during the semester.

Make-up Policy: Students can make-up excused absences for Full credit. It is the student's responsibility to obtain assignments and homework missed during the time of an excused absence by contacting the teacher upon returning to school. Students may NOT make up points lost, due to the failure to dress out and participate. Work missed due to unexcused absences may be made up; however, the student may receive a maximum grade of 80% assignment.

#### **Late Work Policy:**

Students who fail to turn in assignments on the due date will receive a "zero" until the assignment has been completed. Students will receive partial credit for late assignments. All work must be turn in ten school days prior to the end of the semester.

Recovery Policy: Opportunities designed to allow students to recover from a low or failing cumulative grade will be allowed when all work required to date has been completed and the student has demonstrated a legitimate effort to meet all course requirements including attendance. Students should contact the teacher concerning recovery opportunities. Teachers are expected to establish a reasonable time period for recovery work to be completed during the semester. All recovery work must be directly related to course objectives and must be completed ten school days prior to the end of the semester. Teachers will determine when and how students with extenuating circumstances may improve their grades.

# **Injured Students:**

Students who provide proper notification (Doctors Note) are required to complete a written assignment (length at the teachers discretion) to receive credit of each day missed. Failure to do so will result in points deducted for each day missed.

<u>Honor Code:</u> As explained in the student handbook, cheating is defined as "the giving or receiving, in any form, information relating to a gradable experience." Violations of the honor code will result in a zero for the assignment, plus an honor code violation form placed in the student's disciplinary file. Read the handbook carefully to fully understand what constitutes a violation.

## **Teacher/Parent Communication:**

Parents can contact their child's teacher to discuss grades or /and behavioral concerns by calling the office or by email. It is strongly suggested that you sign up for PARNET CONNECT, a computer program to assist in immediate information on daily attendance and grades.

# **Class Expectations:**

**NO cell phones** OR ELECTRONIC DEVICES are allowed during class. This is determined by the classroom teacher

- Dress-out & Participate on a daily basis!
- Attend School every day!
- Students that do not dress out will not be allowed to participate!
- Be on time! Students are expected to be in their appropriate area by the following times. After the tardy bell rings, students will have six minutes to get dressed. Failure to do so will result in a tardy. The Tardy Policy will be applied!
- Zero Period 7:15
- 1st period 8:26
- 3<sup>rd</sup> period 10:38
- 4<sup>th</sup> period 11:48
- 5<sup>th</sup> period 1:43

- 6<sup>th</sup> period 2:42
- Take care of School equipment and facility!
- Follow safety guidelines given by the teacher during class activities!
- Lock up all valuables in the locker rooms! **YOU** are responsible!
- Be courteous, respectful, and helpful to peers and teachers!
- No food or drinks, are allowed in the weight room
- You may drink only WATER!!!!!!
- Take care of water and bathroom needs before class begins!

Writing for Excellence: The language Arts Vertical Team, a committee of Fulton County Language Arts teachers, has developed guidelines to help our students achieve excellence in communication. The vertical team promotes active communication among teachers to ensure seamless instruction as student's progress through grades 5-12. A main objective is effective student writing in all content areas. The following are basic writing standards: complete sentences, appropriate Punctuation, capitalization, formal spelling and legibility. Clear written communication is necessary for academic and professional success; therefore, our ultimate goal is to promote writing excellence.

Tardiness to Class: Zero Period Students are required to report for roll call by 7:10 First period students are required to report for roll call (attendance) by the 8:20 bell ringing. Students who fail to do so will be marked absent and required to check in at the attendance office.

1 <sup>st</sup> tardy	written reprimand
	one day private detention with teacher
	referral to administrator and two days public
detention	

4<sup>th</sup> & subsequent tardy referral to administrator and one day Saturday School

<u>Failure to Dress out and/or participate</u> > will result in receiving a <u>4</u> point deduction for that class period. Partial credit for participation is given at the instructors discretion.

• All athletes in season are expected and required to dress out and participate on game days in the new Physical Education 2015-16 departmental issued T-shirt. Failure to do so results in loss of points that cannot be made up.