

# College Park High School Physical Education Weight Training Syllabus

## COURSE DESCRIPTION

Weight training will utilize free weights, dumbbells, and machines to achieve the desired training results on the following areas of the body: abdomen, chest, legs, arms, back, and neck. Instruction covering anatomy, proper lifting technique, and training routine development will be addressed. No other area of the curriculum is designed to help children learn motor and lifetime activity skills.

## STANDARDS:

For high school youth, there are three overall model content standards. They are:

**Standard 1: Demonstrate knowledge and competency in motor skills, movement patterns and strategies needed to perform a variety of physical activities.**

**Standard 2: Achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.**

**Standard 3: Demonstrate knowledge of psychological and sociological concepts, principles, and strategies as they apply to learning and performance of physical activity.**

## OBJECTIVE OF THE COURSE

The student will:

- A) Understand the physiological principles of weight training.
- B) Know the general anatomy of the body in relation to weight training exercises.
- C) Demonstrate proper techniques of weight training.
- D) Have a routine of systematic training.
- E) Develop an interest and awareness in the proper care of the body through physical conditioning.

## TOPICAL OUTLINE

- A) Orientation Phase
  - 1) Warm-up, stretching procedures, agility session.
  - 2) Proper care and safety procedures in use of equipment.
  - 3) Explanation of sets, reps, and developing a fitness routine.
  - 4) Demonstration of exercises and explanation of muscles involved.
  - 5) Group abdominal routine.
- B) Continued Instruction and Training
  - 1) Mini lectures on weight training concepts.
  - 2) Further instruction on exercises for basic body parts.
- C) Quarterly Assessment
  - 1) Physical and written testing

## APPROPRIATE ATTIRE

All students are expected to come to class dressed and ready for physical education. Students not dressed appropriately are not prepared for class. Students are responsible for locking their belongings in their assigned PE locker.

College Park Physical Education uniform recommended. Plain white or grey t-shirt and plain purple or black shorts are optional. Sweats brought from home must be solid gray, purple, or black. **The student's last name and first initial must be printed legibly and visibly on their PE attire.** There will be no altering of the PE uniform. Other writing, drawings or logos on Physical Education attire will result in the uniform not being acceptable for class. Any attire that violates the College Park dress code will not be accepted.

- 1 Tennis shoes are to be LACED or VELCROED CLOSED. **NO HIKING BOOTS, OPEN TOE SHOES/ SANDALS, SLIP ONS, PLATFORM SHOES, FLIP FLOPS, OR BOOT-LIKE SHOES ARE TO BE WORN.** Shoes MUST be securely tied to the feet. Socks must be worn.
- 2 **Shorts are to be worn around the waist.** Sagging shorts below the waist for style and fashion will result in being marked not dressed/not prepared for class.

### **STUDENT POINTS AND GRADING:**

Students may earn 15 points on Monday's and 20 points on block schedule days. Students are to be standing on assigned number in roll order wearing appropriate attire when roll call begins. Participation in all class activities is a prerequisite to earn credit in weight training.

- A) Attendance; to ensure proper training management
- B) Effort and attitude; evaluated by instructor on effective participation, level of intensity, adherence to safety and training policies.
- C) Quarterly/ semester testing (written and physical)
- D) Progress cards kept up on a weekly basis.

Weight Training is graded on traditional A through F Scale.

(Student responsibility + Student academic expectations = 100%)

100-90%=A

89-80%=B

79-70%=C

69-60%=D

<59% =F

### **EXCUSED MEDICALS AND ABSENCES:**

Weight training is a participation-based class, and regular attendance is critical for success. If a student is unable to participate in Weight Training for a medical or legally excused reason, the teacher must have a note from their parent or guardian for each affected class session. After one week (three consecutive class sessions) with a parent note, a doctor's note will be required.

Students must still dress in PE attire for make up work assignments to be an option. **If a student misses class for any excused absence/ medical, written make up work will be provided for each class session missed. Written responses must be on PE response form. If a student is going to be absent for a prolonged period of time and knows about it in advance, he or she should contact the teacher to receive work to complete while absent. It is the student's responsibility to obtain makeup work. Make up work must be turned in within 2 weeks of students return to class. Unexcused/Truant absences and non-participation will receive no credit for the day and no make up work will be accepted!** Makeup work may be obtained at [www.collegeparkpe.com](http://www.collegeparkpe.com)

**PLAGIARISM:**

STUDENTS ARE EXPECTED TO TURN IN ORIGINAL WORK! PLAGIARISM IS DEFINED IN THE STUDENT HANDBOOK. THE FIRST OFFENSE WILL RESULT IN FAILURE OF THE ASSIGNMENT, THE SECOND IN FAILURE OF THE COURSE!

**CLASSROOM POLICIES, RULES AND EXPECTATIONS**

- 1 Absolutely **NO** Cell phones or electronic device use during instructional time! If a cell phone is seen during instructional time it will be confiscated. Cell phone use will not be permitted!!!
- 2 Arrive to class on time with appropriate PE/Weight Training materials.
- 3 No put downs/Respect classmates and others. Listen when teacher is talking.
- 4 No gum, food, or drinks in class. Water is permitted.
- 5 No use of equipment or apparatus unless instructed by teacher.
- 6 Full participation is expected.
- 7 No horseplay.
- 8 No backpacks, bags, purses, books, etc. allowed in class.
- 9 A spotter **MUST** be used at all times.
- 10 Do not slam or drop weights.
- 11 Return weights to racks.
- 12 Report any injuries to instructor **IMMEDIATELY.**
- 13 Safety collars must be used.

**LOCKS and LOCKERS**

- 1 Each student will be assigned a locker and lock which they can store their PE clothes.
- 2 **LOCKERS MUST BE LOCKED WITH AN ASSIGNED PE LOCK!!!**
- 3 Students are only to use their assigned locker. Students will be held responsible to all damage done to their lock and/or locker.
- 4 CPHS and its teachers/Administration are not responsible for lost/stolen items.
- 5 **DO NOT BRING VALUABLES TO THE LOCKER ROOM!**

**MEDICAL CONDITIONS:** It is extremely helpful to the teacher to be aware of any medical conditions that your child experiences. A note from your doctor will assist us in planning or adapting your child's program. This information will be kept confidential.

**PLEASE SIGN AND RETURN THE BOTTOM PORTION OF THIS FORM.**

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To: PHYSICAL EDUCATION DEPARTMENT

I have received and read a copy of the physical education syllabus and agreement.

**Student name (print):** \_\_\_\_\_

**Student signature** \_\_\_\_\_

**Weight Training Period:** \_\_\_\_\_

**MEDICAL CONDITION, MEDICATIONS, IF ANY THAT TEACHER SHOULD BE AWARE OF:**

**Parent/Guardian Signature:**

\_\_\_\_\_

Parent/Guardian Name (printed):

\_\_\_\_\_

Emergency Contact Info (phone): \_\_\_\_\_

email: \_\_\_\_\_

