**Coach Brown**

**Weight Training**

**Syllabus**



Bigger, Faster, Stronger

***Rules, Regulations and Grading Policy***

***Course Description:***

*The weightlifting 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 will leave the class 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. Students are encouraged to remain positive with themselves, as well as with other students in order to maintain a good training atmosphere. It is important to realize that everyone begins this course, and progresses through this course at his own rate, as they reach their own individual goals. Safety is always given the first priority in this class.*

***Class Objectives****:* ***The students will set goals each week.***

*• The student will improve their muscle strength and endurance through weight training cardiovascular exercises.

• 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 they will see first hand the effects through class participation.*

*• The student will gain knowledge of developing a weight-training program and training principles:*

***Proper Dress Code:***

* *Students are required to dress appropriately for P. E. class each day. Shorts, T-shirt, tennis shoes, are all necessary for participation. No inappropriate clothing will be allowed (See S.t John Vianney’s handbook for school policy.)*
* *No jewelry should be worn during class since it can pose a safety hazard.*

***Locker Assignments:***

* *You will be given a locker assignment for the semester. Please take care of your locker! Do not leave it unlocked for any reason. Do not give anyone your combination. It is your responsibility to keep your things safe and locked up.*
* *Once class begins the locker room will be locked.*

***Class Expectations****:*

* *Students will be given five minutes to change before class and ten before class ends.*
* *All students will remain in the weight room until they are dismissed.*
* *Any injuries or emergencies must be reported to the teacher during the class period so the proper action can be taken.*
* *Directions must be followed the first time they are given.*
* *Obscene language, gestures, harassment or disrespect will not be tolerated.*

***Participations/Excuses****:*

* *A student well enough to be in school is generally well enough to be dressed and participating in class. Any exception to this will be handled on an individual basis.*
* *Medical Excuses: Any student who must be out of Weight Training for an extended period of time for medical reasons is required to have an excuse from a doctor. This excuse needs to be descriptive letting me know what the student can and cannot do.*
* *Attendance: Students need to be in class to complete the required class work. Students will be allowed one excused absences per grading period. If you have more than one excused absences you will need to make them up. Being late for class and or leaving early from class will also lower grade. If a student is absent, they will have the opportunity to make up the missed work by doing an article and coming in during encore.*

***Grading Requirements:***

***20 points total can be earned each day. Listed below is the break down***

* ***1-points- tennis shoes***
* ***1-points- proper shirt***
* ***1-points- proper shorts***
* ***6- Weight Lifting Log***
* ***11- participation/ sportsmanship***

***Assignments:***

* ***4 Max outs***
* ***You will have a Critical Writing assignment every day before the start of class.***
* ***You will also be required to read (Winning Every Day, by Lou Holtz).***