**Teacher: Health/ P.E Dept (Coach Hutto) Class:** Weight Training **Location: Weight Room**  **Class Type:** Elective **Credit:** ½ Credit **Contact Information: HuttoSt@BOE.Richmond.k12.ga.us**

**Course Description**

Weight Training represents a new approach in physical education and the concept of personal fitness. The basic purpose of this course is to motivate students to strive for lifetime personal fitness with an emphasis on the health-related components of physical fitness. The knowledge and skills taught in this course include teaching students about the process of becoming fit as well as achieving some degree of fitness within the class. The concept of wellness, or striving to reach optimal levels of health, is the corner stone of this course and is exemplified by one of the course objectives-students designing their own personal fitness program.

**Instructional Philosophy**

Our philosophy of education is that every child should be provided a quality education. Every child that enters into the classroom should feel safe, capable, and comfortable. It would be an environment full of encouragement and enrichment. My classroom will be student-centered where the students are the major focus which includes, but is not limited to: fitness activities, progress monitoring, journal writing, and team projects. Participation along with preparation from students is essential to their learning process.

**Major Course Goal**

Students will take part in a fun Fitness Focus Activity Program, a Self-Assessment and an activity to build the parts of fitness. Audio and visual tapes will be utilized to support class content. The students will analyze the components of physical fitness. Application of correct biomechanical and physiological principles related to exercise training. Identify characteristics of a positive attitude towards regular physical fitness, and will learn to apply self-management skills.

**Major Topics**

* Fitness Gram
* Principle of Overload
* Principle of Progression
* Principle of Specificity
* FITT
* AED/CPR
* Designing a Personal Fitness Program

**Grading Cat**

* **Classwork: 40% (weekly basis)**
* **Assessments: 20% (at least two grades per quarter)**
* **Warm-up/Participation: 40% (grade submitted weekly)**

**Classroom Expectations**

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| --- | --- |
| **Classroom Rules** | **Consequences** |
| * Respect Everyone
* Immediately follow instructions
* Give 100% & Have Fun Learning
* Students must follow ALL rules in the RCSS Student Handbook
 | * 1st Offense – Verbal Warning
* 2nd Offense – Parental Contact
* 3rd Offense – Department Detention
* 4th Offense – Office Referral
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**Cell Phone Policy**

* Phones should be utilized to access Canvas when you are instructed to do so
* Phones should be kept away (in pocket, book bag, purse) unless otherwise instructed by teacher.
* That means phones should NOT be in hand, on desk, or in lap (so you are not tempted or distracted if it is not needed)

**Classroom Routines: Canvas will be utilized daily**

* Play Your Position (PYP)

Your Position: Child, Student, and Learner

My Position: Adult, Teacher, and Educator

* BE PREPARED AND ON TIME
* Start stretching exercises with designated leaders.
* Wear appropriate PE clothes at all times during activity days.
* PARTICIPATION IN ALL ACTIVITIES

**Supplies and Materials Needed**

* BYOT device to access Canvas
* Pen or Pencil
* Composition Notebook
* Clothing/shoes for personal training
* A willingness to learn/participate
* Hand sanitizer
* Nike Run Club App on phone or an equivalent

**Make-up Policy**

Teacher will have select days/deadlines for completing missing work. Assignments must be turned in prior to the deadline or on select days for make-up assignments, to receive a passing score. Students will have ample time to complete assignments therefore once these dates pass, students/parents should not expect to receive higher than the credit given for students who complete their assignments in a timely manner.

**Extra Help**

Students needing extra help, should email teacher and/or ask questions during synchronous learning opportunities.

**Contact Procedure**

The best way to get in touch with me is via my email. I will respond in a timely manner. Parents needing to setup a conference will need to contact the Guidance Department.

**Grading Scale**

A: 90 – 100

B: 80 – 89

C: 75 – 79

D: 70 - 74

F: 0 – 69

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**Return This Portion Only with Signatures:**

**Health Syllabus Acknowledgment & Understanding**

Student Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Student Print: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Parent Print: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_