

Course Information

Course Title: Weight Training/Physical Conditioning

Grade Level: 9–12

Instructor: Coach Sheppard

Room/Gym: Old Gym

Email: SheppJa@BOE.richmond.k12.ga.us

Course Description

Weight Training

This course introduces students to the fundamental principles of weight training, including muscular strength, endurance, technique, safety, and overall fitness. Students will engage in a variety of resistance training methods to promote physical wellness and personal goal setting. Emphasis will be placed on proper lifting form, spotting techniques, and understanding the role of nutrition in performance and recovery.

Physical Conditioning

Physical Conditioning is a fitness-based course designed to improve students' overall physical health through structured training focused on strength, endurance, flexibility, agility, and cardiovascular fitness. This course emphasizes the development of lifelong fitness habits and physical literacy while promoting personal goal setting and self-discipline.

Students will participate in a variety of activities including resistance training, circuit training, plyometrics, core stabilization, aerobic and anaerobic conditioning, mobility work, and functional fitness movements. Instruction will be tailored to meet students at their individual fitness levels and challenge them to grow physically and mentally.

In addition to physical training, students will learn about key wellness components such as injury prevention, proper warm-up and recovery techniques, nutrition, hydration, and the importance of rest and mental wellness in performance and overall health.

Course Objectives

By the end of this course, students will be able to:

- Demonstrate proper technique and safety in various lifts (e.g., bench press, squat, deadlift).
- Identify major muscle groups and their functions.
- Develop and follow a personalized strength training program.
- Track personal progress through FitnessGram or other fitness assessments.
- Understand the impact of nutrition and rest on physical performance.

Units of Study

1. Introduction to Weight Training & Gym Safety

- Expectations and rules
- Spotting techniques
- Warm-up and cooldown protocols

2. Muscle Groups and Terminology

- Anatomical terms
- Static vs. dynamic movements
- Types of muscle contractions

3. Lifting Techniques and Movement Patterns

- Core lifts: squat, bench press, deadlift
- Accessory lifts: lunges, rows, curls, etc.
- Olympic lifts (intro level)

4. Program Design and Goal Setting

- Progressive overload
- Frequency, intensity, time, and type (FITT)
- Personalized workout plan creation

5. Fitness Assessment and Evaluation

- Pre- and post-tests (FitnessGram or strength benchmarks)
- Reflection and growth tracking

Grading Policy

- **Daily Warm-Ups/Cool-Downs (Minor – 60%)**
- **Participation (Minor – 60%)**
- **Assessments/Presentations (Major – 40%)**

Expectations & Rules

- Wear proper PE attire and athletic footwear daily.
- Respect all classmates, equipment, and instructors.
- No horseplay or misuse of equipment.

- Phones and headphones are not allowed during workouts unless permitted.
- Always use a spotter for heavy lifts.

Materials Required

- Athletic clothing and gym shoes (NO CROCS)
- Water bottle

Assessment Methods

- Skill checks and demonstrations
- Written quizzes and reflections
- Fitness and strength testing
- Final workout plan and self-assessment

Relearn and Reassess Plan

For any major assessments, students will have the opportunity to submit a relearning plan for parent and teacher approval. Upon satisfactory completion of the plan, as determined by the teacher, students will be given a minimum of **ONE** opportunity to be reassessed. Only students scoring below 70 on a major assessment can complete a relearning plan unless exempted with parent approval.

- Reassessments may be different from the original.

- The reassessment score will replace the original score (the scores will not be averaged).
- Reassessments should be completed **within 7 school days** of receiving the original grade. Teachers should have discretion to extend the timeline to address extenuating circumstances.

See teacher class page for Relearn/Reassess Contract

Make-Up Policy

Excused absences may be made up through written assignments or after-school workouts. See the instructor for details.

Late-Work Policy

Students may have their scores reduced by 5% per school day for a 25% maximum reduction (five school days). ***Late work submitted after the fifth school day will only be accepted at the teacher's discretion.***

My Contact Information

- Class Location: Old Gym
- Email: SheppJa@BOE.richmond.k12.ga.us
- Remind: @86c24ac

Acknowledgement of Changes

Please be aware that the syllabus is subject to change throughout the course. Any changes to the syllabus will be communicated promptly via Email or Remind, and it is the responsibility of students and parents/guardians to stay informed of any updates.

Contract Acknowledgment

Student Contract: I understand that all work should be completed on time. I understand that my teacher may deduct five points per day and communicate this in my Infinite Campus

gradebook. I also understand that work turned in after the learning has occurred may not be graded (no more than 5 school days from the due date). I understand that using Artificial Intelligence to complete assignments where I am asked to produce original work will be considered Academic Dishonesty.

Student Signature: _____

Date:

Parent Contract: I understand that my child is expected to complete assignments on time. I will remain in communication with my child's teacher and monitor missing and late work as noted in Infinite Campus Parent Portal. If my child continues to submit work late, I understand that a parent-teacher conference will be needed to co-develop a plan of action. I understand that my child should not use Artificial Intelligence to complete assignments where students are asked to produce original work.

Parent Signature: _____

Date:__